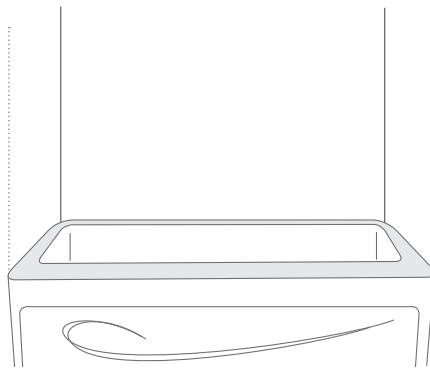


Adding Wall Grab Bars*

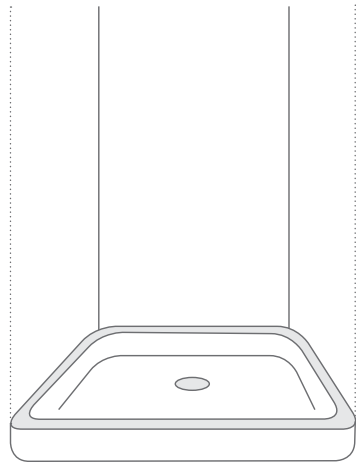
* Illustrations provided solely for information purposes: a qualified person must do the installation.

Bathtub



- A non-slip, vertical grab bar at least 24" in length on the wall with the faucets.
- A non-slip, horizontal OR angled grab bar at least 24" in length on the long wall.
- The bar center should be about waist high.

Shower stall



- A non-slip, vertical grab bar at least 24" in length near the entrance.
- A non-slip, horizontal OR angled grab bar at least 24" in length inside.
- The bar center should be about waist high.

Visited by _____

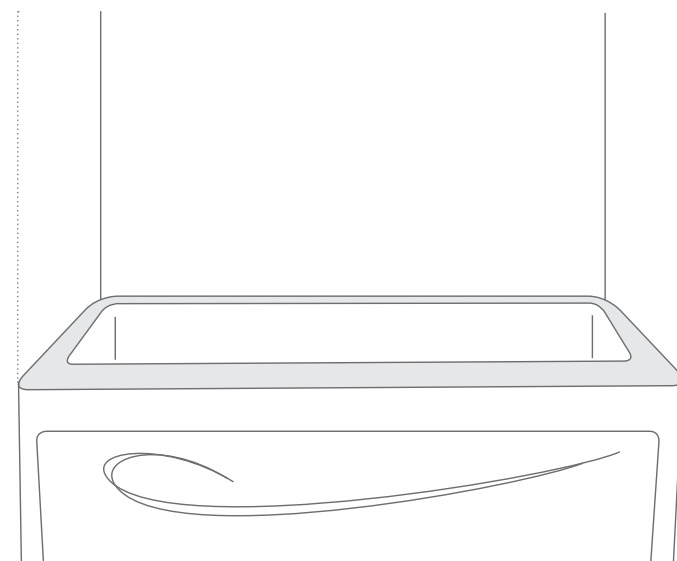
Tel. _____ Date _____

Client's file no. _____

SECTION 4 Notes

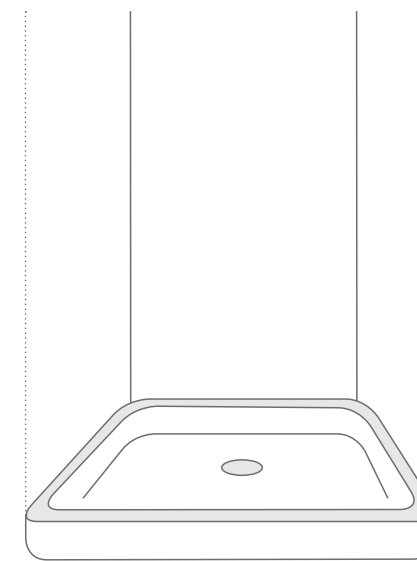
Bathtub

- Current situation
- Proposed situation



Shower stall

- Current situation
- Proposed situation



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Clinical **Algorithm** for
Selecting Bathing Equipment

Client's file no. _____

Client's name _____

Visited by _____

Date _____

SECTION 1 Clientele

The client:

- has a degenerative neurological disease (i.e. Parkinson or multiple sclerosis)
- OR
- is at the end of life
- OR
- has any medical contraindication.

Checked by _____

Date _____

OCCUPATION

The person:

- is able to get to the bathtub OR shower stall, alone
- AND
- is willing not to sit at the bottom of the bathtub.

PERSON

The person:

- is 18 years of age or older
- AND
- weighs less than 250 pounds
- AND
- is able to stand up and remain standing for 5 seconds
- AND
- can use a bar for support
- AND
- understands the instructions.

ENVIRONMENT

The bathroom used:

- has a standard shower stall OR bathtub
- AND
- can accommodate two grab bars.

Stop

See Section 2

Discuss with an occupational therapist if necessary

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Selecting a Seat

OCCUPATION

The person can transfer from one chair to another.

NO YES

Wants to shower in a shower stall.

NO YES

Wants to shower in a bathtub.

NO YES

Stop

PERSON

Can spread his/her feet about 12" AND
 Can raise his/her feet to the height of the stall sill.

NO YES

Can spread his/her feet about 12" AND
 Can raise his/her feet to the height of the bathtub's outer rim.

YES NO

When sitting with eyes closed, can move his/her trunk without losing balance AND
 Shows no fatigue, dizziness, or shortness of breath during the visit.

NO YES

Can reach his/her legs and feet when standing AND
 Shows no fatigue, dizziness, or shortness of breath during this task.

YES NO

When sitting with eyes closed, can move his/her trunk without losing balance AND
 When seated, can raise his/her feet to the height of the bathtub's outer rim AND
 Shows no fatigue, dizziness, or shortness of breath during the visit.

NO YES

Can stand up when seated at the height of the outer rim of the bathtub + 1".

YES NO

ENVIRONMENT

The width at the bottom of the bathtub or shower stall is at least 18" AND
 Can accommodate a bath stool.

YES NO

The width at the bottom of the bathtub or shower stall is at least 18" AND
 Can accommodate a bath chair.

YES NO

The width of the bathtub's inside rim is at least 3/4" AND
 A bath board can be installed.

YES NO

The height of the bathtub's outer rim is 19" or less AND
 A bath transfer bench can be installed.

YES NO

RECOMMENDATIONS

No seat

Bath stool

Stop

Bath chair

Stop

Bath board

Bath transfer bench

Stop



Discuss with an occupational therapist if necessary

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General Advice

- Put non-slip mats inside and outside your bathtub or shower stall.
- Install a telephone shower (ideally with a 6' hose, wall mount, and shower head with a pivoting elbow).
- If needed, buy accessories with long handles to reach all parts of your body.
- Free up space in bathroom to walk around easily.
- Replace sliding doors with a shower curtain to make it easier to get into your bathtub.
- If applicable, adjust the bath seat to the height of your knees.

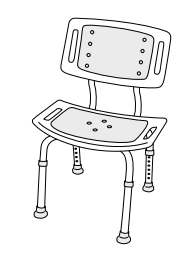
Adding a Seat*

* Illustrations provided solely for information

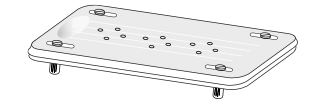
Bath stool



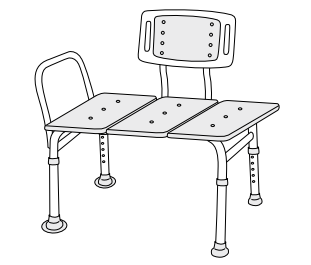
Bath chair



Bath board



Bath transfer bench



For the client