

Shower Commode Chair (Attendant Propelled)

These instructions are to be used in conjunction with information from your Occupational Therapist.

WHAT IS A SHOWER COMMODE?

- A mobile shower commode chair is an open seat on wheels which can be used in the shower or positioned over the toilet. People who have difficulty walking to and from the shower or toilet may benefit from a shower commode chair.
- The chair is maneuvered by a carer or attendant.
- The seat can be padded, vinyl or plastic. The seat is also available in various cut-outs and shapes depending on your needs (as recommended by your therapist).
- Shower commodes are most commonly available in a fixed frame.

HOW TO USE A SHOWER COMMODE:

- Always ensure castor-brakes are applied before any transfer. You will need to use your foot to push down the lever located at the top of the rear wheels of the commode.
- Swing or slide footrests out of the way and ensure armrests are in mid position.
- Standing with the back of their legs touching the chair, instruct the person to lower themselves onto the seat using the armrests for added support.
- Position feet comfortably on footrests, ensuring feet remain on footrests whilst moving.
- Carer: Propel the chair to shower recess or toilet as desired. Keep chair close to your body. NB: If the commode chair does not fit over the toilet it can be used in conjunction with a pan. (Slide the pan onto the brackets under the padded seat.)
- When getting person out of the commode chair, ensure brakes are applied, footrests are out of the way and front castors face forward.
- Instruct the person to move their bottom forward on the chair so that their feet touch the floor. Get them to lean forward and use the armrests to help push themselves into standing position.



PRECAUTIONS & SAFETY:

- Ensure that the over toilet aid is stable, all four feet on the floor and cannot slide.
- Ensure that the toilet paper is easily reached.
- Ensure that you place both your hands on the rails to lower yourself down and push yourself up.

MAINTENANCE & CLEANING:

- Ensure that you regularly clean the over toilet aid with a mild disinfectant.
- If the equipment appears damaged - **DO NOT USE**. It may require replacing.