

How to use a Commode or Toilet Safety Frame

These devices are used when it is not possible to walk to, or safely sit on a toilet. Following these instructions will help you assist someone to safely use a bedside toilet (commode) or a toilet safety frame.

Before you start

- Make sure that the commode is not damaged in any way.
- Adjust the seat to the right height for the person. Generally feet should be flat on the ground, with knees just above hip height whilst seated. Extra height may be needed following hip surgery.
- Lift up the commode lid.
- If the frame is to be used over an existing toilet, remove any pan.
- Lift up the toilet seat and put the toilet frame over it.
- You may need to remove the existing toilet seat to allow the over toilet frame to be positioned as close to the toilet bowl as possible.
- Ensure toilet paper is within easy reach.

Using the commode or toilet frame

- 1 Help the person to stand at the front of the seat, and move into a position where they can feel the toilet seat behind their knees.
- 2 Have them put both hands on the armrests, with even pressure on both sides to prevent tipping.
- 3 Encourage them to bend slightly forward at the waist, slowly lowering themselves onto the seat.
- 4 If required, you could put your hand on the person's lower back and give gentle forward pressure.



Feel the front of commode at the back of your knees and hold onto the armrests with both hands.



Bend forward at your waist and slowly lower onto commode.

Lift up from commode using armrests and pushing up with legs.

Further information

Contact your nurse or health professional if you need further assistance.
www.caresearch.com.au

www.lmrpcc.org.au

When they have finished

- 1** Encourage the person to have both hands on the armrests and to lift their body weight by using their legs and pushing up with their arms on the armrests.
- 2** Have them use even pressure on both sides to prevent tipping. If required, you could put your hand on the persons lower back and give gentle forward pressure. Do not pull on their arms.
- 3** Never let the person you are assisting hold or hug you around your neck while you are helping them.
- 4** If the commode/toilet frame was used with its own pan, close the cover and carry the pan to the toilet to dispose the contents.
- 5** Regularly wipe over the frame, especially at the hinges under the seat, with general bathroom cleaning products. Replace if rust is found.



Encourage the person to lift up by using their legs and pushing up with their arms on the armrests.

Loddon Mallee Regional Palliative Care Consortium

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