

How to use a Shower Stool

A shower stool is used for people who have difficulty standing in the shower. Following these instructions will help you assist someone to use a shower stool safely whilst they are showering.

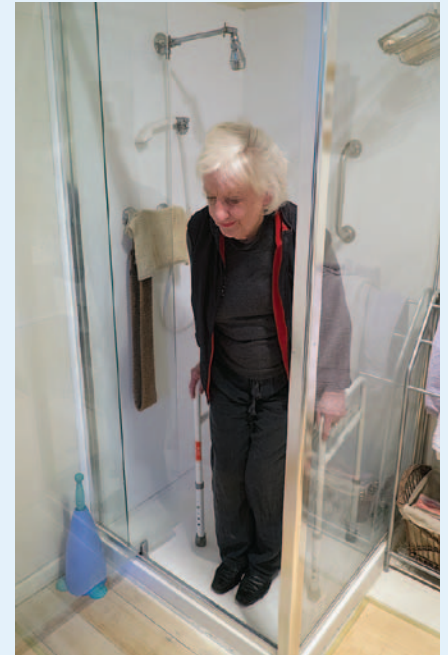


Before you start

- Do not assist with showering if you feel unsafe or unsure how to proceed on your own. Contact your nurse instead.
- Do not use the shower stool if you have a shower over a bath. Please ask your nurse about the recommended equipment in this case.
- Check the shower stool to make sure it is not damaged in any way.
- Prepare for a wet and slippery surface in the shower by wearing appropriate non-slip shoes.
- Adjust the height of the stool. Correct height is having the person's feet flat on the ground, with knees just below hip height.
- Put the shower stool in the shower recess. Each leg of the stool can be adjusted individually for uneven floor surfaces.
- Ensure the seat is level and does not rock.
- Using a non-slip bath mat in the shower beside the shower stool for the person's feet is recommended.

Using the shower stool

- 1 Help the person to stand at the front of the stool, and move into a position where they can feel the stool behind their knees.
- 2 Have the person put both hands on the armrests, with even pressure on both sides, to prevent tipping.
- 3 Ask them to bend slightly forward at the waist, and slowly lower themselves onto the seat. Both of their feet should always be able to touch the floor.



Feel the front of the chair at the back of your knees and hold onto both armrests. Bend forward at your waist and slowly lower onto the chair.

Further information

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

www.lmrpcc.org.au

When showering is completed

- 1** Assist the person to dry-off completely including bottom of feet.
- 2** Mop up any excess water on the floor before moving the person.
- 3** Gently help the person to lift from the stool – encouraging use of their leg muscles. Ask them to support their weight on the armrests (with even pressure on both sides to prevent tipping).
- 4** Gentle assistance can be provided by placing your arm around their waist to stabilise them.
- 5** Never let the person hold or hug you around your neck as you may injure your back or both become unstable.
- 6** Regularly wipe over the shower stool using soap and water. Replace if rust is found.



Bend forward at your waist and slowly lower onto the chair.

Be careful of wet and slippery floor surfaces when lifting from chair.

Lift up from the chair using armrests and pushing up with legs.

Loddon Mallee Regional Palliative Care Consortium

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