

Help in the bathroom...

At the Independent Living Centre we have a large range of equipment for assessment, including bath lifts, showers, a walk-in bath, toilet seat raisers, bidet toilets, and more. Give us a call on **01380 871007** to book an appointment with our Occupational Therapist to find out what would be suitable for you.

Have you considered...

- Grab rails - these come in various styles.
- Toilet frames
- Toilet seat raisers - with or without arms
- Long handled aids, e.g. sponges
- Walk in showers or wet rooms
- Shower chairs
- Bath lifts
- Anti slip strips (a bath mat can be a trip hazard)
- Telecare - e.g. pendants/pull cords, falls detectors, flood detectors

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Things to consider when buying a bathlift...

- Different colours and styles are available, including swivel seats, corner bath models, bidet type seats, and reclining models.
- It is important to ensure the bathlift is suitable for your medical condition, as well as fitting the bath.
- Can you use the bathlift independently? Can you work the controls and reach the bath taps?
- Is it light enough to lift in and out for cleaning?
- Will you be able to charge it yourself?
- When you sit in the water will you be able to stretch your legs, and does it go low enough for the water to reasonably cover you?
- Do you feel safe and steady using the lift? Check that you cannot trap any part of your body.

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Things to consider before buying a bath with a door...

- You cannot open the door when there is water in the bath. This means waiting for the bath to fill around you, and then waiting for the water to drain away before getting out. Consider how you would get out of the bath in an emergency.
- Have you checked the bath will fit through any narrow areas in your house when it is delivered?
- Is there enough room in your bathroom for the door to open? If you choose an inward opening door, can you still get in easily?
- Have you asked how much water the bath holds? Could a shower attachment be added if required?
- Are you satisfied the door will not leak? Ask for a written guarantee that includes leaks.
- Grab rails cannot be fitted inside the bath.

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Before buying anything from a magazine, TV advert or the internet, can you say yes to the following questions?

- Have you asked a friend or family member to be with you when the salesperson visits?
- Have you been told the complete price? Delivery and fitting may be extra.
- Have you compared prices with other companies?
- Have you checked the item will fit and work in your home? Can you try before you buy?
- Are you being offered a guarantee? Is the repair service local?
- Have you been given all the information in writing? Are there contact details in case of a problem?

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