

Shower Chair/Stool

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What is a shower chair or a shower stool?

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The shower chair or stool is a chair or stool that is positioned within the shower recess. It is used for safe showering whilst seated in the shower.

When should I use a shower chair or stool?

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A shower chair or stool is used when you are unable to stand safely in a shower. This includes if you are feeling unbalanced, weak or unsafe whilst standing in the shower. Please call your local community service team or speak to your Doctor about a referral to an Occupational Therapist. An Occupational Therapist will recommend you to use a shower chair or stool if necessary.

How should I adjust a shower chair or stool?

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The chair or stool should be adjusted to allow ease of safe transfers and correct posture.

1. When seated your hips should be slightly higher than knees
2. Press the silver button on each chair leg and slide the legs up and down for correct height
3. Ensure the legs are locked into position
4. Some shower chairs and stools have drainage holes that may trap the user's genitalia. Consider using a wash cloth or similar item as a protective barrier between the user and the chair.

Do not use the shower chair/stool if it is uneven or unstable.



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How should I use the shower chair or stool?

How should I use the shower chair or stool?

1. Position the chair to allow safe access to taps and grab rails
2. Ensure adequate space to allow for safe movement in and out of the shower recess
3. Before you sit, walk back into the chair until you feel the chair on the back of your legs
4. Place your hands back to hold onto the arm rests
5. Sit down slowly
6. Ensure your feet are on the floor when seated
7. To stand, use the arm rests to push yourself into standing



How should I care for the shower chair or stool

How should I care for the shower chair or stool

1. Regularly check the rubber stoppers on the bottom of the chair legs and replace them if they are cracked or worn
2. Clean the chair with mild soap and water
3. Let the shower chair dry
4. Ensure regular maintenance. Report any faults or breakages to the equipment loan pool office immediately

Your equipment has been issued to you by:

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Please speak to your Occupational Therapist if you have any questions about using the shower chair or stool.

Your Occupational Therapist: _____

Phone: _____

Interpreter Services

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Professional interpreters are available if you need help understanding or speaking English.

Interpreter services are free and confidential. You can ask for an interpreter if one is not offered to you. The staff will book the interpreter for you. If you need an interpreter so you can contact us, please call the telephone Translating and Interpreting Service on 131 450.

This pamphlet has been developed to provide you with information regarding the purpose, safe use and installation of your prescribed equipment. This information serves only as a guide and must be used in conjunction with education from your Occupational Therapist. This resource has been written by the combined Occupational Therapy Departments of The Sutherland Hospital, St George Hospital and Calvary Hospital 2015.

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