

# Over Toilet Aid

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### What is an over toilet aid?

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An over toilet aid raises the height of your existing toilet to make it easier to get on and off. The arm supports allow you to push up to stand and use a support when sitting.

### When should I use an over toilet aid?

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An over toilet aid can be used if you are feeling unsafe, weak or unbalanced when getting on or off a toilet. 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 an over toilet aid if necessary.



### How should an over toilet aid be adjusted to fit?

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The over toilet aid should be adjusted to suit you and allow ease of transfer and correct posture.

1. Lift up or remove existing toilet seat
2. Place the over toilet aid over your toilet
3. Your hips should be slightly higher than your knees whilst sitting on the chair
4. Press the silver button on each chair leg and slide the legs up and down for correct height

### How should I use the over toilet aid?

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1. Before you sit, walk backwards until you feel your seat at the back of your legs
2. Hold onto the arm rests on either side and slowly sit down
3. Ensure your hips and knees are level and your feet are on the floor when seated

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Occupational Therapy Departments (St George, Sutherland and Calvary Hospitals)  
Locked Bag 21, Taren Point NSW 2229

If you need an interpreter, please call TIS National on 131 450

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### How should I care for the over toilet aid?

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1. Regularly check the rubber stoppers on the bottom of the chair legs. If worn or cracked replace them immediately
2. Clean the over toilet aid using mild soap and water or non-abrasive cleaner
3. Let the over toilet aid 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 over toilet aid.

Your Occupational Therapist: \_\_\_\_\_

Phone: \_\_\_\_\_

### Interpreter Services

#### Interpreter Services

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.

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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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