

FACT SHEET: Over-toilet frame

Purpose

An over-toilet frame can make getting on and off the toilet easier and safer for you by raising the seat height and providing armrests for additional support.

Description

The over-toilet frame is made of powder-coated steel. It has 4 rubber tipped legs of adjustable height, a hinged plastic toilet seat and 2 armrests. It can be purchased with a splash guard underneath and can also be used as a bedside commode with the attachment of a bowl.



Setting up

The over-toilet frame has height-adjustable legs to make your toilet seat higher making it easier for you to get on and off the toilet. Once you or your therapist has determined the correct height for you, sit on the seat, making sure it is at a comfortable height. Position the frame directly over the toilet.

Recommended height

If not given a recommended height, measure your lower leg from your knee crease to your heel and add 5cm.

Using the toilet frame

- Always ensure that all 4 legs are stable on the floor before sitting.
- If you weigh over 90kg, check that the load capacity for the frame will work for your weight.
- When getting on and off the over toilet frame, always use two hands on the arm rests to stop you tipping of the chair.

Care and maintenance

Use warm, soapy water to clean the chair or a cream cleansing agent for more stubborn stains. Rubber stoppers need to be checked and replaced regularly. The legs will need to be removed, cleaned and greased with Vaseline regularly.

Precautions

If you have had a total hip replacement, you may need to adjust the front legs so that they are slightly lower than the back legs. This will allow you to sit comfortably whilst positioning your hips slightly above your knees as recommended following a total hip replacement.

This equipment is recommended based on your current needs. No responsibility is taken for improper/inappropriate use or maintenance of the equipment. Please contact the Occupational Therapy Department on 4433 2370 if there are any concerns.

Your occupational therapist:

