

# FACT SHEET: Mobile shower commode (carer propelled)

## Purpose

The mobile shower commode chair can make moving to, and around, the bathroom/toilet easier and safer. It allows the person to remain seated for showering, and can also be positioned over a toilet to create a raised toilet seat. A mobile shower chair can be utilised to manoeuvre between the shower and toilet facilities and can also be used as bedside commode with a commode pan in place.

## Description

A mobile shower commode chair is made of steel with 4 wheels (with 2 or 4 snap-lock brakes), foot plates and has a padded toilet seat.



## Setting up

- Assistance may be required for transfers on and off the commode chair and to position the chair in the shower/toilet area.
- When using the chair in the shower, make sure it is on level flooring, facing the shower with the brakes on.
- To position over the toilet, push the commode chair over the toilet bowl with the backrest facing towards the flushing mechanism.

## Using the mobile shower commode

- Ensure the brakes are on before you get on and off the shower commode chair. You may need to position the commode against a wall to prevent it moving (especially if you have only 2 brakes).
- When using the shower commode chair it is important to make sure you keep your feet on the footplates to avoid slipping forward.
- Other equipment such as a flexible shower hose can be used for ease of washing.

## Precautions

- Always ensure the brakes are on when transferring and when in the shower.
- Ensure the chair is positioned on an even surface so all four wheels are on the floor.
- Check that the load capacity for the chair will work with your weight (different chairs are available for different weights).

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 you have any concerns.

## Your occupational therapist:

