



*home and community care*

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



**Independent  
Living Centre WA**

*Making choices finding solutions*

# Bathroom Advice

## TOP TIP

Use a towelling robe to help dry your body and sit to dry your feet.



# Making Choices, Finding Solutions

## About this Guide

This guide has been developed to assist you to find simple assistive equipment, technology and basic home modification solutions available in local stores and online. It contains a range of useful tips and advice to help you better manage every day tasks and common frustrations. Please note prices and products may change over time and are correct at time of printing.

### How the Independent Living Centre WA can help you

The Independent Living Centre WA (ILC) is a leading centre of excellence for assistive technology and equipment options, home modification solutions and allied health services.

Our purpose is to support people to live full and independent lives. We do this by providing individuals with allied health solutions and the right assistive technology that enables them to live in good health and independently at home and in the community.

Through our Assistive Technology Services you can receive information and advice about the most suitable assistive equipment, technology and home modification options for you.

Our Community Allied Health Services enable you to access occupational therapy, speech pathology and physiotherapy services in your home or community. Our experienced health professionals will work with you to achieve your goals.

Contact us to discuss how we can help you, including what government funded options may be available.

Phone: **1300 885 886**

Visit **[www.ilc.com.au](http://www.ilc.com.au)**

Drop into our: **Nedlands** or **Cockburn Centre**

### What should I expect if I call the ILC Helpline 1300 885 886?

If you call the ILC Helpline you will speak with an experienced health professional who can assist you with your assistive equipment, technology and home modification enquiries. You can also receive guidance about what services may be beneficial to you and funding options available.

### How to use NED – the online Australian National Equipment Database

NED, the online national equipment database, enables you to research the best assistive technology and equipment solutions available to you nationwide. It offers up to date information on an extensive range of assistive technology and equipment products available throughout Australia.

You can search for what you need by using key words or by browsing through the products by topics. You will find information about the product including a description, specifications and supplier details.

Visit NED at **[www.askned.com.au](http://www.askned.com.au)**

This guide has been developed for the Independent Living Centre WA in partnership with the WA Home and Community Care Program (HACC) as part of the Home Modification and Assistive Technology Project.

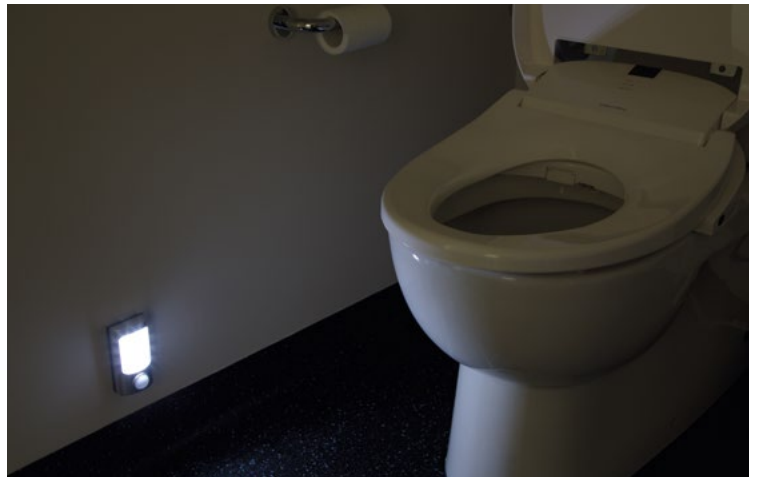
**Do you have non slip flooring in the bathroom and/or use a rubber non slip mat on the floor of your shower and in the bath?**



**Do you have hand rails near the toilet, shower, and bath so that you do not rely on door frames, towel rails or bathroom fixtures for support?**



**Do you have an automatic light or can you leave a light on during the night for toilet visits?**



**Do you have a thermostatic control on your hot water system?**

**Do you have an emergency response system/alarm and a plan in place if you are feeling unwell during the day or night?**





### PLAN

**Ensure you have all the items you need within reach.** For example, lay out clothes and long handled equipment next to you on a chair or bed.

**Have a sturdy chair** in the bathroom and/or bedroom to sit on for drying and dressing.

**Long handled items** can make it easier to reach your lower body, back and even your hair.

**A magnified makeup mirror** makes it easier to see.

**Foam tubing** can make items easier to grip.

**Use a tube squeeze** to help get toothpaste out.

**Sitting saves you energy** and makes it easier to reach your lower legs and feet.

**Wash** the upper body first and then the lower body using long handled aids.

### PREPARE

### PACE



**Tube Squeeze Tool**



**\$14.95**



**fishpond.com.au**



**Croc Grip Anti-Slip  
Safety Strips**



**\$9.98**



**Bunnings**



**Zone Hardware  
White Suction Bath  
Mat**



**\$9.61**



**Bunnings**



# Simple Solutions for Common Bathroom Frustrations

## Reaching feet and toes to wash and dry

Use long handled brushes, sponges and toe washers to reach feet.

Sew loops or soft handles to towels to help grip towel when drying feet and back.

Use a dry long-handled toe washer/dryer to dry feet.



**Long Handled  
Sponge**



**\$18.42**



**fishpond.com.au**



**Patterson Medical  
Long Handled Toe  
Washer**



**\$17**



**fishpond.com.au**



**Magic Living 6 LED  
Sensor Nightlight x2**



**\$18.90**



**Bunnings**



**Magnifying Mirror 5X  
With Suction Cup.**



**\$28**



**visionaustralia.org**



**Magiplug  
Thermostatic  
Control**



**\$49.00**



**fishpond.com.au**

## Putting on socks, stockings and shoes

Try sitting down to dry and dress and use a foot stool to help dry feet and put socks and shoes on.

If reaching your feet seems a bit too far, using long handled aids like a shoe horn, stocking aid and dressing stick can make things simpler.

Consider shoes with Velcro straps or elastic laces instead of tying shoe laces.

## Getting dressed

If you find pulling up your zipper or doing up buttons a little fiddly, try a large button hook or zip puller loop (this also can help keep zips up by hooking loop over the button).

Always dress the weak or painful arm or leg first.







✓ **Long Handled Reacher With Magnetic Tip**

🏷️ **\$34.97**

🛒 **fishpond.com.au**



✓ **Long handled Shoe Horn**

🏷️ **\$1.99**

🛒 **Ikea**



✓ **Lightweight Long Handled Hair Brush And Comb Set**

🏷️ **\$29.95**

🛒 **fishpond.com.au**



✓ **Shoes With Velcro**

🏷️ **\$120-\$200**

🛒 **The Athletes Foot**



✓ **Zipper Puller - 10 Pack**

🏷️ **\$19.95**

🛒 **fishpond.com.au**



✓ **Silverts Front Fastening Bras**

🏷️ **\$40-70**

🛒 **fishpond.com.au**



✓ **Button Hook**

🏷️ **\$28.68**

🛒 **fishpond.com.au**

## Clip finger or toenails

Suction nail clippers hold themselves in place to make one handed cutting easier.

Modified enlarged nail clippers will help you see what you are doing.



**Long Handled  
Toenail Scissors**



**\$19.96**



**fishpond.com.au**



**Suction Nail Brush**



**\$37.88**



**fishpond.com.au**

## Manage Medications

Medication organisers or similar can be arranged through your pharmacy and can carry up to 4 medications for each day of the week.

Talk to your local pharmacy about simple pill crushers or splitters.

There are some aids to make holding the eye open and squeezing the tube to put in eye drops easier.

Pill reminder alarms can be set on your mobile phone or left next to your pills.



**Ezy Drop Eye Guide**



**\$13**



**visionaustralia.org**



**Medication Organiser  
Boxes**



**\$21**



**visionaustralia.org**



# Simple Bathroom Modifications



- ✓ Install lever taps to make turning taps off and on easier.



- ✓ Install a hand held adjustable shower head to wash the back and feet when sitting.



- ✓ Install an automatic sensor plug-in or battery-operated light to guide your way to the toilet at night.



- ✓ Install non slip adhesive strips or dots on bathroom flooring and/or inside the bath and shower.



**Shaw & Mason  
Chrome Lever  
Handle Taps - 2**



**\$29.98**



**Bunnings**



**Estilio Serena 3  
Function Shower  
Rail Handset**



**\$33**



**Bunnings**

*'With the help of the ILC we've had the house done so all the rails are in and the mats in the bathroom are fantastic.'*



### **Need more advice or help?**

Phone the ILC on **1300 885 886** for information about assistive equipment and home modification options and other local services.

### **Interested in viewing more products?**

This guide contains a small selection of assistive equipment, technology and home modification options available in local stores and online. To view a broader range of products visit NED at **[www.askned.com.au](http://www.askned.com.au)**