

Using bath and shower boards for over bath showers

This document covers the following:

Using a bath board for getting into the bath

Using a bath/shower board for showering

Using a bath board for getting into the bath

- > Sit on the board with your feet outside the bath
- > Slide along the board and turn to swing your legs over the side of the bath
- > Put your feet on the bottom of the bath and slide into the middle of the board. If you have good upper limb movement and grip then you may find a grab rail on the wall beneficial to stabilise yourself while performing this manoeuvre.
- > When you have finished, move along bath board towards the edge of the bath and swing your legs back over the side of the bath. When your feet are flat on the floor, stand up.
- > You may find it easier getting into the bath by lifting your leg (calf) backwards behind you and stepping back over bath side, holding onto something to steady you if you need to. You can then sit down on the bath board from inside the bath. If you struggle with this then sit down on the board then swing your legs over the bath side as specified above.

Using a bath/shower board for showering

Shower/bath boards can be positioned in a number of places along your bath. Find the position which best suits you and your environment.

Regardless of the position of your shower board we recommend that you turn your shower on before using the shower board, then you will not need to swivel around to reach the controls.

Option 1

This position is used to help those who have difficulty getting their legs into the bath but would mainly stand to shower.

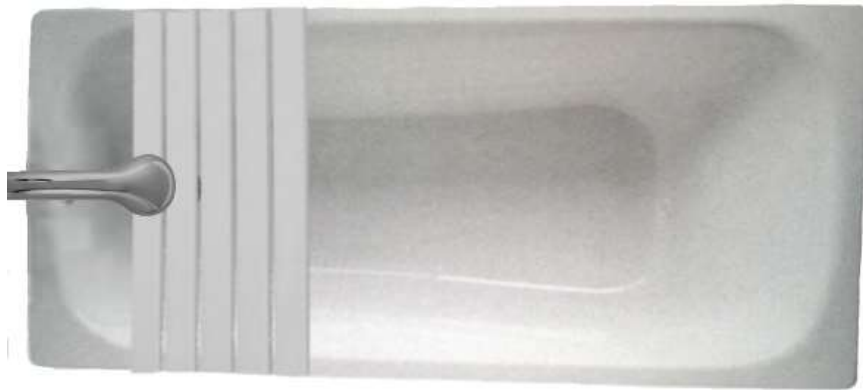
It is also useful for those who wish to sit as they wash their lower limbs; however, you may require an extended hose to wash the soap off etc.

You may need a grab rail along your bath side to assist you when walking along the bath to the shower controls, and also you may wish to have one fitted by your shower controls to steady you whilst you turn your shower on and off.



Option 2

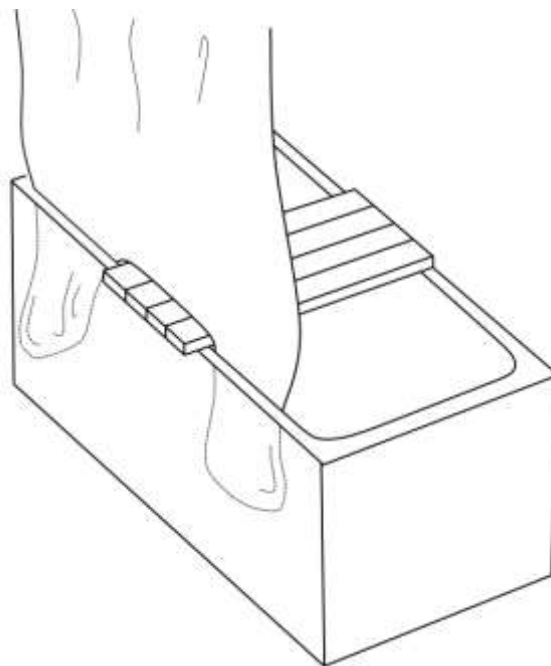
You may wish to put an additional shower head rail on the side of your bath if you wish to hold the shower head whilst showering. This means that you are sitting under your shower head and can stay seated to shower.



Positioning your shower curtain

To prevent water spilling over the bath side when showering, we advise that you position your shower curtain as shown in the diagram below.

It may be helpful for you to tuck the portion that is on the board under your thigh whilst showering to prevent the curtain slipping off.



Additional options you may wish to consider:

- > You could add a good quality bath mat to prevent slipping on the base of the bath. If you do, always check that the suckers are securely pressed to the bottom of the bath to prevent the whole mat slipping.
- > If when sitting to shower you have difficulty reaching the shower head, you can fit an extra long/flexi hose and a wall bracket.

Safety:

- > Please ensure that the board is fitted securely before each use
- > If when sitting to shower you have difficulty reaching the shower head you can fit an extra-long/flexi hose and a wall bracket.
- > If you are very breathless, lowering the shower-head to shoulder height may mean that the steam and water do not affect you as much.
- > A well-ventilated bathroom (using an extractor fan for example) can reduce the build-up of steam, which can help if showering makes you breathless.
- > You may choose to dry yourself while remaining seated on the board.
- > If when sitting you struggle to reach your legs and feet to wash, you may find long-handled washing equipment useful.