

Techniques for getting on and off the toilet

Moving from a standing position to a sitting position:

- > Position yourself in front of your toilet with your back to it and feel for the toilet seat
- > Lower your bottom down slowly, make sure your bottom is positioned in the centre over the hole.

Moving from a sitting position to a standing position:

- > Bring your feet towards the toilet so they are under your knees
- > Lean forward in preparation for standing
- > Lean forward enough so that your nose is over your toes
- > Bring your weight forward using the toilet seat
- > Take a moment to ensure you are balanced before walking.