

Bathroom Safety

Common Problem Areas

Problem: Unsafe bath rug

- Use a thin, color-contrasting, bath mat with non-skid backing
- Remove bath mat when not bathing to minimize risk of falls

Problem: Lighting not adequate

- Increase bulb wattage as allowed
- Install motion sensor nightlights to bathroom
- Add overhead light- motion sensor, clap lights

Problem: No grab bars

- Add grab bars to toilet & shower/tub area
- Grab bars should be securely mounted into walls- do NOT use suction cup grab bars as they do not support body weight
- Consult an occupational therapist to determine the best position

Problem: Slippery tub/shower floor

- Add adhesive non-skid decals to bottom of tub
- Add non-slip bath mat in shower- MUST be high quality, secure bath mat
- Non-slip coating can be applied to tub/shower & bathroom floor

Modifications

- Shower chair
- Tub Transfer Bench
- Grab bars
- Raised toilet seat
- Toilet Safety Rails
- Handheld Shower Head
- Long-handled sponge/loofah
- Long-handled razor handle
- Push button or automatic soap dispenser
- Pump shampoo/conditioner
- Water thermometer

Bathroom DON'TS

- Stay away from suction cup grab bars- don't support body weight
- Don't use towel racks or sinks as grab bars- can come out of the wall
- Don't have unnecessary rugs/mats- pick up off floor when not bathing
- Never step on a loose towel
- Minimize slippery areas as much as possible
 - Make sure shower curtain or door is able to keep water off floor
- Minimize clutter- can contribute to falls

Energy Conservation Strategies

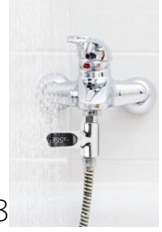
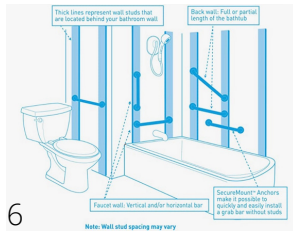
- Sit in chair when putting on makeup, styling hair, shaving, etc.
- Use wipes or sponge bath to freshen up if too fatigued to shower
- After bathing in hot water, body temperature drops causing tiredness
 - Consider turning down temperature before getting out
 - Figure out best time to shower for you
 - Shower before sleep if causes fatigue, but if already fatigued, hold off on showering until you have enough energy
- Use dry shampoo to prolong need to wash hair



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Equipment



Equipment Resources

- [1: https://www.walgreens.com/store/c/walgreens-bath-chair-with-back-adjustable-height/id=prod6183382-product?ext=goHome+Health+Care+Solutions+-SSCHome+Health+Care+Solutions__local&gclid=CjwKCAIA3L6PBhVeiwAlNj9l0h9ovEvZSi-v0gqb2ByqsLAP_b0wDJX_3DkVeY2Pjf_D5DDDzgoXNMQAvD_BwE](https://www.walgreens.com/store/c/walgreens-bath-chair-with-back-adjustable-height/id=prod6183382-product?ext=goHome+Health+Care+Solutions+-SSCHome+Health+Care+Solutions__local&gclid=CjwKCAIA3L6PBhVeiwAlNj9l0h9ovEvZSi-v0gqb2ByqsLAP_b0wDJX_3DkVeY2Pjf_D5DDDzgoXNMQAvD_BwE)
- [2: https://www.hsn.com/products/drive-medical-splash-defense-transfer-bench-w-curtain-p-20441084?sz=3&sf=HF0213&ac=](https://www.hsn.com/products/drive-medical-splash-defense-transfer-bench-w-curtain-p-20441084?sz=3&sf=HF0213&ac=)
- [3: https://www.target.com/p/ignite-5-function-handheld-showerhead-chrome-moen/-/A-78617644](https://www.target.com/p/ignite-5-function-handheld-showerhead-chrome-moen/-/A-78617644)
- [4: https://www.walgreens.com/store/c/midline-adjustable-toilet-safety-rails/id=prod3945763-product?ext=goHome+Health+Care+Solutions+-SSCHome+Health+Care+Solutions__online&gclid=CjwKCAIA3RkQBhCNARIsACUEW_Y38ARbKq9QHFrfR338HtoU9TZp5-r2RNI096y3MRfQkanD1PN-RAEaJ7IEALw_wcB](https://www.walgreens.com/store/c/midline-adjustable-toilet-safety-rails/id=prod3945763-product?ext=goHome+Health+Care+Solutions+-SSCHome+Health+Care+Solutions__online&gclid=CjwKCAIA3RkQBhCNARIsACUEW_Y38ARbKq9QHFrfR338HtoU9TZp5-r2RNI096y3MRfQkanD1PN-RAEaJ7IEALw_wcB)
- [5: https://dmesupplyusa.com/drive-premium-plastic-raised-elongated-toilet-seat-lock.html?gclid=CjwKCAIA3RkQBhCNARIsACUEW_ZuDAUir2_Rp3MdtU3YCPHhZDeZek2U0fUSVjKbhmlWj1ARkR0S0WQAq06EALw_wcB](https://dmesupplyusa.com/drive-premium-plastic-raised-elongated-toilet-seat-lock.html?gclid=CjwKCAIA3RkQBhCNARIsACUEW_ZuDAUir2_Rp3MdtU3YCPHhZDeZek2U0fUSVjKbhmlWj1ARkR0S0WQAq06EALw_wcB)
- [6: https://www.homedepot.com/p/MOEN-Home-Care-24-in-x-1-2-in-Concealed-Screw-Grab-Bar-with-SecureMount-in-Stainless-Steel-R8924/203931911?g_store=&source=shoppingads&locale=en-US&mtc=Shopping-RM-F_DYNNM-G-D29B-Multi-MOEN-NA-NA-SMART-NA-RMP-MK493313300_9016832380_FY22_2_Leader_in_Shower_All&cm_mmc=Shopping-RM-F_DYNNM-G-D29B-Multi-MOEN-NA-NA-SMART-NA-RMP-MK493313300_9016832380_FY22_2_Leader_in_Shower_All-7170000090527736-58700007652384169-927000691826142558&gclid=CjwKCAIA3RkQBhCNARIsACUEW_adqQdieAhhFm6-UzSBVok1Br57WpCZ9mHxAc3GI3RyueYI37H0r8aAnd2EALw_wcB&gclid=aw.ds](https://www.homedepot.com/p/MOEN-Home-Care-24-in-x-1-2-in-Concealed-Screw-Grab-Bar-with-SecureMount-in-Stainless-Steel-R8924/203931911?g_store=&source=shoppingads&locale=en-US&mtc=Shopping-RM-F_DYNNM-G-D29B-Multi-MOEN-NA-NA-SMART-NA-RMP-MK493313300_9016832380_FY22_2_Leader_in_Shower_All&cm_mmc=Shopping-RM-F_DYNNM-G-D29B-Multi-MOEN-NA-NA-SMART-NA-RMP-MK493313300_9016832380_FY22_2_Leader_in_Shower_All-7170000090527736-58700007652384169-927000691826142558&gclid=CjwKCAIA3RkQBhCNARIsACUEW_adqQdieAhhFm6-UzSBVok1Br57WpCZ9mHxAc3GI3RyueYI37H0r8aAnd2EALw_wcB&gclid=aw.ds)
- [6: https://www.amazon.com/Moen-30-Inch-Bathroom-Stainless-R8960FD/dp/B0045EK71/ref=as_li_ss_tl?ie=hpc&ie=UTF8&qid=1547878480&sr=1-5&keywords=grab%2Bbars&pldnSite=1&linkCode=ll1&tag=seniorsafet03-20&linkId=Bae194b7069e47672407edd7636cc13&language=en_US&th=1](https://www.amazon.com/Moen-30-Inch-Bathroom-Stainless-R8960FD/dp/B0045EK71/ref=as_li_ss_tl?ie=hpc&ie=UTF8&qid=1547878480&sr=1-5&keywords=grab%2Bbars&pldnSite=1&linkCode=ll1&tag=seniorsafet03-20&linkId=Bae194b7069e47672407edd7636cc13&language=en_US&th=1)
- [7: https://www.amazon.com/Aquasentials-Exfoliating-Mesh-Brush/dp/B001BSH2E2?SubscriptionId=AKIAIA3UEVTLIG7A1KFA&tag=sahs2006-208linkCode=xm2&camp=2025&creative=165953&creativeASIN=B001BSH2E2](https://www.amazon.com/Aquasentials-Exfoliating-Mesh-Brush/dp/B001BSH2E2?SubscriptionId=AKIAIA3UEVTLIG7A1KFA&tag=sahs2006-208linkCode=xm2&camp=2025&creative=165953&creativeASIN=B001BSH2E2)
- [8: https://www.amazon.com/Giraffe-Bath-Body-85100005003-Extension/dp/B00HXQP3VA?SubscriptionId=AKIAIA3UEVTLIG7A1KFA&tag=sahs2006-208linkCode=xm2&camp=2025&creative=165953&creativeASIN=B00HXQP3VA](https://www.amazon.com/Giraffe-Bath-Body-85100005003-Extension/dp/B00HXQP3VA?SubscriptionId=AKIAIA3UEVTLIG7A1KFA&tag=sahs2006-208linkCode=xm2&camp=2025&creative=165953&creativeASIN=B00HXQP3VA)
- [9: https://www.walmart.com/ip/Dodocool-Digital-Shower-Thermometer-Bath-Temperature-Monitor-Water-Thermometer-5-85-Measuring-360-Rotatable-LED-Display-for-Baby-Elderly/118326713?wmlspartner=wplsa&selectedSellerId=189888&aid=2222222224247610628&wl0=&wl1=g&wl2=c&wl3=511984654740&wl4=aud-1185573580265:pla-121339472853&w15=9023886&w16=&w17=&w18=&w19=pla&w10=125210027&w11=online&w12=118326713&whsem=sgclid=CjwKCAIA5t-0BhYeiwAhr-hm82XaeF5FebF-89V5mPsxjMQkMe8Pj1WfYfn_4WlxQ6bDs_v277xoC4bUQAvD_BwE&gclid=aw.ds](https://www.walmart.com/ip/Dodocool-Digital-Shower-Thermometer-Bath-Temperature-Monitor-Water-Thermometer-5-85-Measuring-360-Rotatable-LED-Display-for-Baby-Elderly/118326713?wmlspartner=wplsa&selectedSellerId=189888&aid=2222222224247610628&wl0=&wl1=g&wl2=c&wl3=511984654740&wl4=aud-1185573580265:pla-121339472853&w15=9023886&w16=&w17=&w18=&w19=pla&w10=125210027&w11=online&w12=118326713&whsem=sgclid=CjwKCAIA5t-0BhYeiwAhr-hm82XaeF5FebF-89V5mPsxjMQkMe8Pj1WfYfn_4WlxQ6bDs_v277xoC4bUQAvD_BwE&gclid=aw.ds)

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