

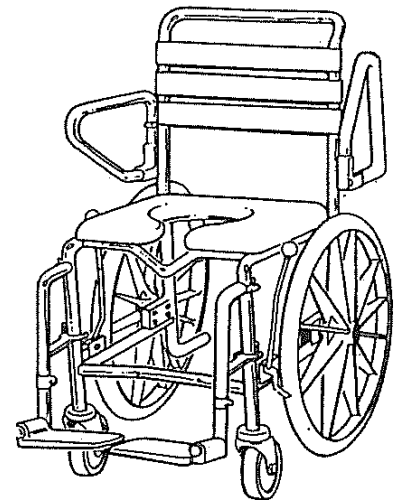
Falls Prevention – Equipment installation & safe use

SHOWER COMMUNE CHAIR (SELF PROPELLED)

These instructions are to be used in conjunction with the information that your Health Professional has discussed with you.

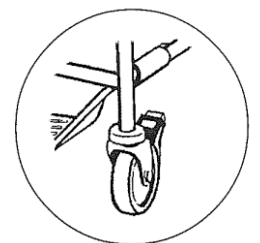
WHAT IS A SHOWER COMMUNE CHAIR?

- ◆ A mobile shower commune chair is an open seat on wheels which can be used in the shower or positioned over the toilet. People who have difficulty walking to and from the shower or toilet may benefit from a shower commune chair.
- ◆ This chair is self-operated.
- ◆ The seat can be padded, vinyl or plastic. The seat is also available in various cut-outs and shapes depending on your needs (as recommended by your occupational therapist).
- ◆ Shower commodes are most commonly available in a fixed frame; however collapsible commodes are also available.



HOW TO USE THE SHOWER COMMUNE:

1. Always ensure brakes are applied before any transfer. The lever is usually located on the front aspect of both wheels.
2. Ensure footrests are swung out of the way and that armrests are in mid position.
3. Stand with the back of your legs touching the chair. Lower yourself onto the seat using armrests for added support.
4. Position your feet comfortably on the footrests, ensuring your feet remain on footrests whilst moving.
5. Use inner rims on both wheels to propel yourself to the shower or toilet, as demonstrated by your Occupational Therapist. Ensure that your fingers do not get caught inside the rim of the wheels whilst in motion.



6. When getting out of the commode chair, ensure brakes are applied, footrests are out of the way and front castors face forward.
7. Move your bottom forward on the chair so that your feet touch the floor. Lean forward and use the armrests to help push yourself up into standing.

PRECAUTIONS & SAFETY:

- ◆ Ensure brakes are always applied when the shower commode is stationary or when getting on/off the commode chair.
- ◆ When using the commode, do not lean too far forward to wash your feet as the chair may tip forward.

MAINTENANCE & CLEANING:

- ◆ Ensure that you regularly clean the commode with a mild disinfectant and dry thoroughly.
- ◆ Should the equipment appear damaged or corroded –do not use. It may require replacement.

Acknowledgement to:
NSLHD and CCLHD Community Falls
Prevention Committees.

For further information scan this with your smart phone

Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

