

# Over toilet frame

## A guide for patients and their carers

### Your occupational therapist is



9231 3850 and pager \_\_\_\_\_

Please follow these instructions to set up the over toilet frame.

Contact your Occupational Therapist if you have any questions.

A family member or friend will need to set up the over toilet frame for you. Your Occupational Therapist can show your carer how to do this.

### Setting up the over toilet frame

1. Ensure the height adjusting buttons are securely locked in position prior to use.



2. Lift the toilet lid and seat. Place the over toilet frame so that the seat lines up with the surround of the toilet bowl.



If you are using a splashguard, lift the seat of the over toilet frame and place the guard on the supports. Ensure the splashguard does not touch the toilet bowl. You may need to increase the height of the over toilet frame to stop the splashguard touching the toilet bowl.

### Using the over toilet frame

1. Stand with the back of your legs against the over toilet frame.
2. Put both hands back onto the arms of the over toilet frame then sit down.
3. To stand, push up from both arms of the over toilet frame.

### Be safe

- Ensure all four legs are on an even surface.
- Remove all mats and other possible trip hazards. These increase the risk of falling.

