

Raised toilet seat

A guide for patients and their carers

Your occupational therapist is



9231 3850 and pager _____

Please follow these instructions to set up the raised toilet seat.

Contact your Occupational Therapist if you have any questions.

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

Setting up the raised toilet seat

1. Lift the lid and seat of your toilet.

2. Place the raised toilet seat over the bowl so the flat edge is against the back and the lip is against the front of the toilet bowl.



Clamp

Lip

3. Fasten the clamp against the outside of the bowl so that it is secure.

Using a raised toilet seat

1. Ensure the seat is stable before use.
2. Reach back to support yourself on the toilet seat.
3. Lower yourself to sit on the toilet seat.
4. Push up from the seat using both hands to stand after using the toilet.

Be safe

- Remove all mats and other possible trip hazards. These increase the risk of falling.

