

Shower stool

A guide for patients and their carers

Your occupational therapist is



9231 3850 and pager _____

Please follow these instructions to set up the shower stool.

Contact your Occupational Therapist if you have any questions.

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

Setting up the shower stool

1. Ensure the height adjusting buttons are securely locked in position prior to use.
2. Where possible, the shower stool should be placed under the stream of water and where it is easy to reach the taps.
3. Ensure the back of the stool is not leaning against a glass wall of the shower.



Using a shower stool

1. Stand with the back of your knees against the shower stool.
2. Put both hands back onto the arms of the shower stool, and then sit down.
3. Complete your shower while sitting down as much as possible.
4. To stand, push up from both arms of the shower stool.

Be safe

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

