Occupational Therapy: Shower Seating

Shower chairs and stools are a sturdy plastic seat that can be used to sit on while showering and dressing in the bathroom. They are useful if you have trouble maintaining your balance or if you tire quickly. It helps to reduce the risk of falling in a wet area like the bathroom. When looking for a shower chair or stool, look for the following features:

- Height adjustable legs
- Slip resistant feet
- Suitable drainage
- Armrests

- Ideal height of seat: _________ cm.
Recommended Height: Measure from heel to back of the knee + 5cm while sitting

__Shower Chair__
- Has a backrest
- Is larger than a shower stool – may not fit in all showers

__Shower Stool__
- Can get with or without a backrest
- Often more compact in size

**Note:** Please check the person’s weight is not more than the maximum load limit for the item chosen.

**Therapist’s Name_______________________** Contact No.______________

Your therapist will supply you with a local supplier list