### Occupational Therapy: Toilet Aids

<table>
<thead>
<tr>
<th><strong>Toilet Surround</strong></th>
<th>![Toilet Surround Image]</th>
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</table>
| A frame that fits around the toilet and provides arm rests to help you get on and off the toilet. A toilet surround is useful if you have difficulty getting on and off the toilet. Look for a frame that has:  
  • Adjustable height  
  • Slip resistant feet  
  • Durability and comfort  
  • Armrests  |
| Recommended arm-rest height: |

<table>
<thead>
<tr>
<th><strong>Over Toilet Frame</strong></th>
<th>![Over Toilet Frame Image]</th>
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| A frame that fits over the toilet to raise the height of the toilet seat and has arm rests to help get on and off the toilet. Look for a frame that has:  
  • Adjustable height  
  • Slip resistant feet  
  • Durability and comfort  
  • Armrests  |
| Recommended height: |

<table>
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<tr>
<th><strong>Raised Toilet Seat</strong></th>
<th>![Raised Toilet Seat Image]</th>
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</table>
| A raised toilet seat is a plastic seat which fits onto the toilet bowl to make the toilet seat higher. Consider the following:  
  • Do you need arm rests?  
  • Check that it secures tightly to the toilet bowl  
  • Some have an open front section for greater access  
  • Comes in many different heights  |
| Recommended height:  
*Check your raised toilet seat regularly to ensure it is secured to the toilet safely.* |
### Bedside Commode

A bedside commode is a moveable toilet which does not use running water. It looks like a chair with a toilet seat and bucket underneath, which is removed for cleaning. Bedside commodes can sit by your bed or in any room of the house. Look for a commode that:
- Has height adjustable legs
- Has slip resistant feet
- Has arm rests
- Has a lift out bucket for cleaning
- Has easy to clean upholstery

Recommended height:

### Bedside Urinal

A urinal is a bottle for urination. It can be kept by the bedside and used throughout the night. Urinals are available for males and females, each designed slightly different. A urinal eliminates the need to get in and out of bed to urinate. Look for a urinal that:
- Has an easy to carry handle
- Plastic, easy to clean material
- Has a flat bottom & lid to prevent spills

### Bed and Chair Pads

Bed and chair pads are reusable pads that are designed to protect chairs or mattresses from incontinence. They have a waterproof backing and are often machine washable. Consider the following:
- Absorbency capacity
- Required size
- Does it need to be secured to bed/ chair

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