

General Advice: These instructions are general advice only and do not take into account your specific circumstance. These instructions are to be used in conjunction with the information provided by your health professional and any instructions provided by the equipment manufacturer. Do not exceed the Maximum User Weight specified by the manufacturer. If you are unsure on how to use or fit a piece of equipment, please contact your Health Professional or Country Care Store.

Shower Commode Use

- A shower commode is a piece of equipment with castors designed for use in the shower and over the toilet. It is typically used by individuals who are unable to independently transfer or mobilise to use a standard toilet or shower chair
- The chair has an open seat and can come with a removable pan for waste. The shower commode is on castors so can be rolled over the toilet or into a shower for use. It is intended to help the user maintain their independence and dignity while performing daily hygiene tasks or assist carers with transfers and care tasks
- Shower commodes can only be used in accessible/level access showers. If your shower has a hob or track a shower commode will not be appropriate
- Shower Commodes come in standard sizing or customised options. Someone who has complex seating requirements may need a scripted/customised commode, which is usually prescribed by a Healthcare Professional

There are three common types of commodes:

- **Self-propel** - has bigger back wheels and the user can propel themselves
- **Transit/attendant propelled** - comes with 4 castors with brakes and the user is pushed by a carer
- **Tilt in space** - tilts to provide extra pressure reduction and comfort, which can assist users who are unable to shift or maintain their posture, or can assist carers with better positioning

Footrests / Footplates

Commodes come with a few different foot options to consider:

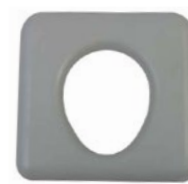
- **Swing away legs** - These are like swing away legs on a manual wheelchair, they are height adjustable and can be swung out of the way or removed for transfers or to limit space
- **Sliding Footplate** - This is a tray that sits underneath the commode, it can be slid back when assisting someone on to the commode, then slid forward to accommodate the persons feet. It can assist users who have feet positioning requirements. It is not height adjustable
- **Weight bearing Sliding Footplate** - This also slides back and forth underneath the seat however it can accommodate someone's weight if they require the footplate to push on while making seating and postural adjustments. It can also assist smaller users that have difficulty getting onto the commode, it can be stood on without tipping. It is not height adjustable



Example of a transit / attendant propelled commode with sliding footplate



Open Seat



Closed Seat

Seat Options & Materials

Commodes come with a few different seat options to consider:

- **Open Seat** - This is when the seat looks like a horseshoe shape with an opening, this allows easier access for hygiene tasks
- **Closed Seat** - Some users prefer a closed seat (so no opening), this is like a normal toilet seat
- Commode seats can come in vinyl, padded, pressure relieving material or contoured to assist with particular positioning requirements. If you are unsure what type of commode is most suitable for the user speak with your Healthcare Professional or Country Care Group Complex Rehabilitation team

How To Use a Shower Commode Chair (next page)

How To Use a Shower Commode

To use a shower commode, follow these basic steps:

1. Position the shower commode as close to where the user is transferring from (ie: the bed or wheelchair). Ensure you have enough space to make the transfer safely, these are usually done outside the bathroom or toilet where there is more room
 2. Make sure that the commode is on a level surface and that the brakes are engaged to prevent the chair from moving whenever the user is being transferred on or off the commode
 3. When sat in the commode ideally knees should be level with hips (approximately 90 degree angle) and feet should make full contact with the footrest
 4. If being used over the toilet ensure the pan is removed underneath so commode is able to be rolled over the toilet
 5. Move the commode over to toilet or into the shower so self-care tasks can be completed
 6. Ensure when tasks are completed that the commode is again wheeled as close as possible to where the user will be transferred
 7. Ensure commode is wiped down before being stored
- **It is important to note** that before using any medical equipment it is always recommended to consult with a healthcare professional and read the manufacturer's instructions and user guide

PRECAUTIONS & SAFETY

- Ensure that the over toilet aid is stable, all four feet on the floor and cannot slide
- Ensure that the toilet paper and toiletries are easily reached
- Ensure that you place both your hands on the rails to lower yourself down and push yourself up

MAINTENANCE & CLEANING

- Please check the product label / user manual for specific cleaning instructions
- If the equipment appears damaged, **DO NOT USE**. It may require replacing