

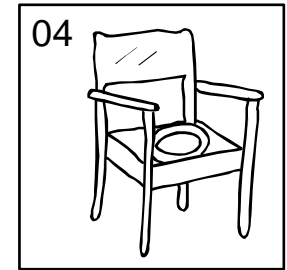
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

1	<i>Choosing an Armchair</i>
2	<i>Choosing a Bath with a Door</i>
3	<i>Choosing a Bathlift</i>
4	<i>Choosing a Commode</i>
5	<i>Choosing an Electric Bed</i>
6	<i>Choosing an Electric Wheelchair</i>
7	<i>Buying by Mail Order</i>
8	<i>Choosing a Riser Recliner</i>
9	<i>Choosing a Scooter</i>
10	<i>Choosing a Stairlift</i>
11	<i>Choosing a Walking Stick</i>
12	<i>Choosing a Wheelchair</i>
13	<i>Choosing a Wheeled Walker</i>
14	<i>Choosing a Mattress</i>
15	<i>Choosing a Social Alarm</i>
16	<i>Choosing Grab Rails</i>
17	<i>Avoid Slips and Trips</i>
18	<i>Choosing a Power Pack</i>

Large Print Versions Available on Request

~ For more information contact your local ~
 Independent Living Centre : **01392 687276**
 Citizens Advice Bureau : **see local phone directory**
 Trading Standards Dept. : **0870 872 9000**
 Social Services Dept. : **see local phone directory**

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Don't get caught short...

... read our useful information guide before you buy a **Commode.**



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Can you say YES to these questions?

Have you asked your doctor or Social Services whether you would be eligible for a free commode?	YES []
Will a static commode be adequate or would one that could be wheeled from room to room be better?	YES []
Would you, or your carer, like to wheel the commode over the toilet sometimes? Check it will fit.	YES []
Would you like to use the commode as a shower chair? If so it must be made for that purpose.	YES []
Would you ever like to take the commode away with you on a holiday? Folding versions are available.	YES []
Is the height of the seat right for you, so that you can get on and off easily? Remember, your feet should remain on the floor when sitting.	YES []
Is the commode really sturdy with a nice wide, stable base, strong arms and a comfortable seat?	YES []
Will it take your weight?	YES []
Is the commode easy to lift if you need to move it?	YES []
Can you take the seat off easily to reveal the pan ready to sit on?	YES []
Can the pan be removed easily for emptying?	YES []
Is the commode easy to clean?	YES []

COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

**IF NOT TELEPHONE YOUR LOCAL
INDEPENDENT LIVING CENTRE ON
01392 687276**

Useful tips to help YOU decide

- If you choose a wheeled commode you will need to check the brakes hold it steady and firm whilst you transfer
- Position your commode with a wall at the back, if at all possible
- Special features are available, such as bed attachments, folding arms, height adjustment and comfort seats
- Commodes are available in metal, plastic and wood. Some look like an ordinary chair.
- An oval toilet type seat is usually the most comfortable

**Prices start from around £70 for a
metal commode and £200 for a
wooden one.**
2011

Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.

**To find your nearest centre call us now on 0870 770 2866
(Textphone 0870 770 5813)**