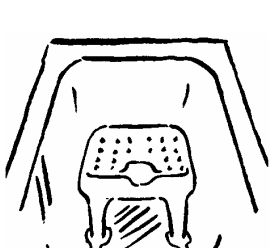
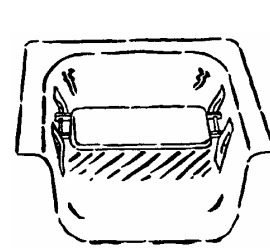

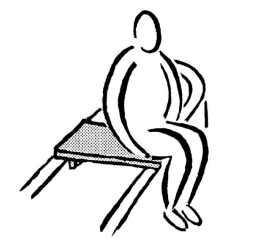
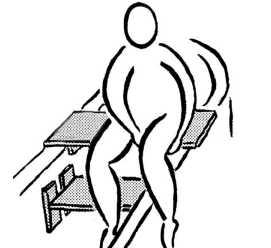


## Factsheet 50c Bathing Diagrams Appendix – 30 July 2008 (2 Pages)

### Bathing problems and simple solutions

This factsheet includes diagrams to accompany **Factsheet FS50b Bathing Problems and Simple Solutions** which explains practical solutions to problems with bathing and showering.

Bath seats		Bath board	Using a bath board	
				
Figure 1	Figure 2	Figure 3	Figure 4	Figure 5

#### Bath seats:

**Figure 1** This type of bath seat with rubber suckers at the bottom is suitable for plastic and acrylic baths. The suckers must grip the bottom of the bath securely. A non-slip rubber mat should go in front of the suckers.

**Figure 2** This type of bath seat expands widthways to fit securely in the bath and is only suitable for strong metal baths

#### Choosing a bath board:

**Figure 3** When choosing a bath-board make sure it will take your weight. You may also need a wall rail for support and safety as well as a non-slip mat. You may prefer a slatted plastic board especially if you intend to use the board with an over-bath shower

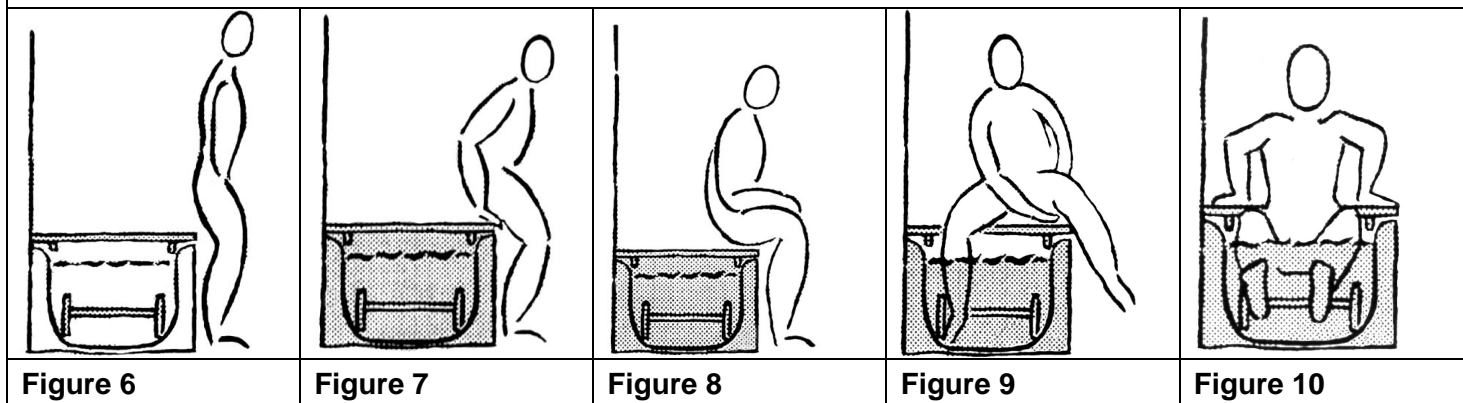
#### Using a bath board:

**Figure 4** Stand with your back to the bath, feeling the edge of the bath board with the back of your legs. Feel for the board with your hands, and sit down on the board. Slide backwards slightly, lift your legs one at a time over the side of the bath, then slide to the middle of the bath board.

**Figure 5** When you have finished, move to the edge of the board and lift your legs out of the bath, one at a time. Steady yourself, and push yourself up to a standing position.

Continued over page

## Using a bath board with a bath seat



## Using a bath board with a bath seat

**Figure 6** Stand backwards by the edge of the bath, feeling the edge of the bath with the back of your legs.

**Figure 7** Feel for the bath board with your hands.

**Figure 8** Sit down squarely and firmly on the board, then slide backwards towards the centre of the board.

**Figure 9** Swing round and lift your legs into the bath separately. You can remain on the board to shower.

OR

**Figure 10** Holding firmly onto the board, slowly lower your body onto the bath seat. Bend your knees if possible to help distribute your weight evenly.

Sit squarely and firmly on the seat. If possible fill the bath a little deeper and use a plastic jug for rinsing.

## Getting out of the bath using a bath board and bath seat:

**Figure 10** If possible, drain the water first. Hold on firmly to the bath board.

Bend your knees if possible, then lift yourself so that you are sitting on the bath board.

**Figure 9** Slide to the edge of the board then lift your legs out of the bath one at a time.

## Further information

Factsheet **FS50a Help with bathing and showering** is available for more general information about solving problems with bathing and showering and how to access services which can help.

**Further factsheets** can be found online at [www.devon.gov.uk/factsheets](http://www.devon.gov.uk/factsheets)

If you have any further questions or need help with accessing web-based information please contact **Care Direct 0845 1551 007**

A large print version of this factsheet is available on [www.devon.gov.uk/largeprint-factsheets](http://www.devon.gov.uk/largeprint-factsheets) but if you would like it in a different format such as Braille or tape, or in a different language, please contact our Customer Service Centre on 0845 155 1015 or email [customer@devon.gov.uk](mailto:customer@devon.gov.uk)