

# Fact sheet

Created Date: 18 December 2020

Review Date: 18 December 2022

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## Toileting

### Equipment and Aids

Many people find that it is difficult to stand up from their toilet as these are typically lower than seating in their homes.

### Types of Toileting Equipment:

#### Commode

**What is it for?** Used for someone who requires quick access to toileting.

#### Considerations?

- Need to consider how it will be emptied and by who.
- Consider purchasing liners or gel crystals to absorb liquids.
- Must be able to use both hands to assist with standing up to prevent tipping.
- Set to correct height with person's feet flat on the floor.
- Need to be able to stand up independently and be able to walk a short distance to the equipment.
- Weight restrictions of product.

#### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/toileting-aids/commodes/>
- <https://www.manageathome.co.uk/bathroom/toilet-aids/commodes/>

**How much is it?** £30 - £70



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## Wheeled Commode

**What is it for?** Used for someone who cannot access the toilet quickly due to their mobility. Can be used as a toilet using pan or can be wheeled over the toilet.

### Considerations?

- Will need someone to push the chair with the person in it.
- Need to consider how it will be emptied and by who.
- Consider purchasing liners or gel crystals to absorb liquids.
- Must be able to use both hands to assist with standing up to prevent tipping and to be able to stand up safely from this.
- Feet should be flat on the floor to allow someone to stand up safely.
- Will need to be able to walk a few steps.
- Not suitable over the toilet if the toilet is too high or there is boxed in pipework or large soil pipes that prevent the chair from wheeling over the aperture of the toilet.
- Weight restrictions of product.

### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.manageathome.co.uk/bathroom/toilet-aids/wheeled-commodes/>
- <https://www.completecareshop.co.uk/toileting-aids/wheeled-commodes/>

**How much is it?** £70 - £150



## Toilet Frame with raised seat

**What is it for?** To raise the height of the toilet while also providing assistance to stand.

### Considerations?

- Must be able to use both hands to assist with standing up to prevent tipping.
- Set height so the person's feet are flat on the floor.
- Not suitable in narrow toilets or where there is boxed in pipework or large soil pipes that prevent the frame from standing back behind the toilet and allowing the seat to fit within in the aperture of the toilet.
- Weight restrictions of product.

### Where can I get it from?

Various outlets, may wish to consider trying:



Text relay



Telephone interpretation

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- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/toileting-aids/toilet-frames-with-seats/>
- <https://www.careco.co.uk/cat-ba13/frames.htm>

How much is it? £20 - £45

## Raised Toilet Seat

**What is it for?** To raise the height of the toilet, may be used in combination with grab rails fixed to the walls.

### Considerations?

- These can be difficult to fit, so ideally should only be removed for cleaning.
- Can come in a variety of heights, but when seated, hips should be in line with the knees and feet must be flat on the floor.
- Weight restrictions of product.

### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.nrshealthcare.co.uk/bathroom-aids/toilet-aids/raised-toilet-seats-raisers>
- <https://www.completecareshop.co.uk/toileting-aids/raised-toilet-seats/>

How much is it? £10 – £30



## Toilet Frame

**What is it for?** To assist with a stand from the toilet when the height of the toilet is appropriate.

### Considerations?

- Must be able to use both hands to assist with standing up to prevent tipping.
- Not suitable in narrow toilets or where there is boxed in pipework or large soil pipes that prevent the frame from standing back behind the toilet.
- Weight restrictions of product.

### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/toileting-aids/toilet-frames/>
- <https://www.nrshealthcare.co.uk/bathroom-aids/toilet-aids/toilet-frames>

How much is it? £17 - £40



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If you are considering purchasing any of these items yourself, here are some things to consider:

- With toileting equipment that is based on the floor, the person needs to be able to stand up using both hands to stop the seat from tipping, if they cannot manage this, you should consider referring them for an assessment. We may consider grab rails.
- A person should have their feet flat on the floor to make it easier to stand up.
- If the toilet is in a narrow room with walls either side, toileting equipment such as a frame may not be a good idea as this can trap a person's fingers if it was to tip. Instead, we would suggest grab rails fitted to the walls in these environments. We can look at fitting these for you as part of our assessment.
- You need to consider your available space and whether there is space for a carer to assist if this is required.

We can assess you for the equipment shown above, however there may be a delay if we are holding a waiting list due to levels of demand; though we tend to prioritise delivery if a commode is required. If you are not confident in selecting toileting equipment that will help or you have purchased some that no longer meets your needs, we will assess you for equipment or adaptations. If you would like an assessment or a conversation about the right equipment for you, please contact the **Wellbeing Independence Partnership on telephone: 01952 385385 (option 2)**. This may take place at our Independent Living Centre or at home.

## Aids to assist with toileting

There are several items on the market that may assist you with toileting including items to help with wiping or clips that stop clothes falling to the floor when using the toilet, making it easier to get dressed afterwards.

If you are experiencing frequency and urgency with toileting, please discuss a referral to the appropriate health team with your GP.

## Adaptations

We will assess for access to a toilet if you are struggling to get to the toilet, or your only toilet is on one level only (either upstairs or downstairs). Most often, we will provide you with a solution to access your existing facilities rather than create a new toilet. The assessment is completed by a member of the Occupational Therapy Team. If it is assessed as necessary we will make an application to the Home Improvement Agency who will look at available grants to complete the works, this may be means tested, depending on whether other adaptations are required. It is also subject to landlord approval if you live in a rented property.



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