

Equipment Handout for Home Safety

This handout was created for stroke survivors and their family members and caregiver to provide easy and simple instructions on what equipment they might need during discharge in acute care setting hospital. The following adaptive equipment were recommended based on the experience in the hospital. The therapists can print this information and hand it to stroke survivors with check marks if necessary.

Tub guard bathtub safety rail

Tub-guard bathtub safety rails offer you to move around safely inside their tub. This will prevent falling during tub transfer. DO NOT PULL on rail, it is for pushing off of.



Hand-held shower with ergo handles

The long hand-held shower provides a comfortable, nonslip grip. This equipment is helpful during shower, where you plan to take a shower while sitting up on a shower chair or tub transfer chair. This equipment will be easier to reach parts of your body and able to take shower independently.



Equipment Handout for Home Safety

Long handled Reacher

This equipment will allow to pick up objects without bending; which will prevent falling. Also, this can help to dress or undress pants. "Clip on" Reacher is recommended for you if you are using walkers.



Leg lifter

The leg lifter strap allows you to lift up your leg when your leg muscles are not able to do so on their own.



Contoured long handle sponges

Designed to promote a more independent those with limited reach. Handled Sponge comes with a sponge head that gently washes and scrubs all the hard to reach areas. This equipment will give you a way to shower independently.



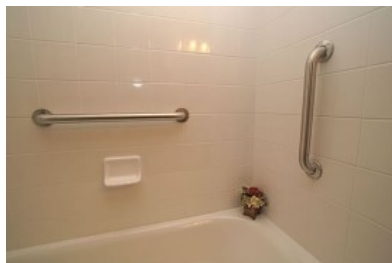
Transfer bench with suction cups

If you need extra support getting in and out of the bathtub or shower, transfer bench will be helpful for you. The bath chair is reversible with height-adjustable legs to fit most bathtubs. There are suction cups under the two legs inside tub for stabilizing the bench.



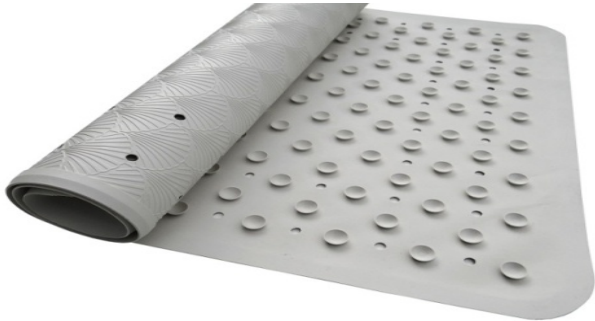
Grab Bars

Provides a reliable handhold while showering, bathing, or using the toilet.



Equipment Handout for Home Safety

- Non-slid rubber mats with suction cups underneath



Provides effective slip resistance in the bathtub; suction cups for reliable non-slid traction.



- Shower chair /stool

Allows you to prevent fall while showering. Adjustable legs allow to customize chair based on specific preference and drainage holes in bench reduce slipping. Also saves energy or reduce stress on lower extremities. Shower chair with back is recommended if you need back support.

Images retrieved from:

<https://bestchoicesforseniors.com/best-non-slip-bath-bathroom-mats-rugs-for-elderly-seniors/>

<https://thehelpinghome.com/aging-in-place-at-home-definitive-guide-part6/>

<http://getgrabbarsinstalled.com/reno>

<https://www.completecareshop.co.uk/bathing-aids/sponges-and-washing-aids/>

<https://www.arthritissupplies.com/leg-lifter.html>

https://www.allegromedical.com/daily-living-aids-c519/aluminum-reacher-with-magnetic-tip-p191918.html?CS_003=9164468&CS_010=8ab281020bb66dff010bb67e52885804&gclid=EAIaIQobChMI58bymcub4AIVEdVkCh2nDQpuEAQYASABEgIBqvD_BwE#DMI-1764

https://express.google.com/u/0/product/14329802860269338840_0_5826996?utm_source=google_shopping&utm_medium=tu_cu&utm_content=eid-lsjeuxoeqt>im=CP6Bw9L5rpPmQhDtmILC-reA328YwOrWFiiDvvNEKKC6mOMFMLTT4wI&utm_campaign=5826996&gclid=EAIaIQobChMIu9ibosub4AIVC8RkCh3oSw45EAQYASABEgKbrPD_BwE

This handout was created in partial fulfilment of OTD degree on February 1st 2019.

Equipment Handout for Home Safety

<https://www.amazon.com/Guardian-Hand-Shower-Ergonomic-Handle/dp/B0052ZUEGS>