

## Adaptive Equipment and Compensatory Strategies for Toileting

### Equipment:



3-in-1 Bedside Commode

~\$35-\$200



Drop Arm Commode

~\$80-\$200



Bidet toilet attachment

~\$31 - \$100



Bidet toilet seat attachment

\$250-\$2500



Grab bar

~\$15-\$70

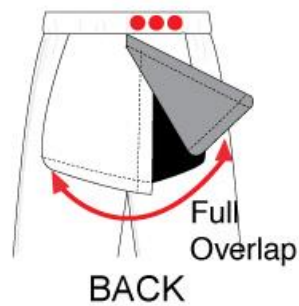
### Where to Buy

- Items may be purchased at Amazon, Medical Supply Store, Toto Washlet

## Strategies for Toileting

- **Clothing Options**

- Pants with open back: May be easier to put on in a wheelchair or in bed  
(wear without underwear) *\*Recommended for use with Hoyer Lift*
- Skirt (wear without underwear)
- Wear elastic waist pants that are easier to pull up/down
- Slacks with side zipper



- **Where to buy**

- Buckandbuck.com
- Silverts.com

- **Toileting**

- Use male/female urinal or care bags to avoid getting out of bed at night
- Use 3-in-1 commode next to bed
- Consider using a bowel/bladder program

## Strategies for Toileting when using a Hoyer Lift

- Use “U-sling”
  1. Place the sling behind the patients back with the lower edge of the sling at the level of the waist band. If a wheelchair seat belt is used, unbuckle it.
  2. If you wear side-zip slacks, unzip them.
  3. Bring the leg straps forward and under the leg, lifting each knee to get the straps up high under the thigh. ***This is the key to a safe, comfortable transfer!*** If you slide butt down to far through the sling, it is probably because the leg straps need to be moved further up under your thighs.
  4. Bring the lift bar over the patient and lower it. Hook the loops of the straps over the hooks on the bar. Each strap has a series of three loops. By choosing higher or lower loop you can adjust whether you sit upright or lean back
  5. Recheck to make sure none of the loops have slipped off the hooks and begin lifting. After making sure the patient is not slipping down through the sling (indicating that the straps need to be moved up higher under the thighs), move the patient over the toilet.
  6. If you wear side-zip slacks, grab the back waist band of the slacks and pull it down and forward while lowering the patient onto the toilet. For women there is no need to pull down the front of the slacks.
  7. When the patient is finished, recheck to make sure none of the loops have slipped off the hooks and begin lifting. When the patient is a few inches above the toilet, wiping can be done easily.
  8. Lower the patient back into the wheelchair. If you use side-zip slacks, grab the back waist band of the slacks and hold it back up in place while lowering the patient back into the wheelchair. Remove the sling, zip slacks, etc.



Lacks a  
headrest.