

Strategies for Showering



Tub Transfer Bench – (~\$50-\$200) Eliminates the need to step over into the tub. Back up to edge of bench and sit down. Slide over and lift legs into tub area. Also available with space cut-out for cleaning private areas. Must use with shower curtain.



Shower Chair – (~\$40-\$80) For use in a walk-in shower. Look for a sturdy design with adjustable legs and handles if you need help getting up from a seated position.



Roll-in-Shower Chair (~\$500-\$2,000) Has the following components: reclining feature, leg rests, arm rests, head support and larger wheels in the back)- For use with a barrier-free shower that is 5 foot x 5 foot. Offers more support and may also be used over the commode.

Strategies for Showering

- Shower when you have the most energy. Avoid long, hot showers which can be fatiguing.
- Sit to shower to conserve energy
 - Add shower chair with skid-proof rubber supports to help reduce falls
 - Install hand-held showerhead
- As ALS progresses, bathing techniques will need to change, and more assistance from a caregiver may be required.
 - If you wish to access the shower for a longer time, equipment will be necessary and renovations may need to be made.
 - If you are unable to access your shower safely because you are unable to sit in the shower without limb, trunk or head support, having a sponge bath or sink bath may be the safest option.

Creating an Accessible Bathroom Space

- Install handrails in the shower to provide additional balance and support
- Reduce moisture outside of the bathtub/shower (use exhaust fan)
- Line bathtub or shower area with non-slip mat
- Add slip-prevention rugs or “self-stick” strips to the main surface areas

Adaptive Equipment

- Choosing the right shower chair:
 - A rolling shower chair offers more support than a simple bath bench. You may transfer into the rolling shower chair outside of bathroom if it is a small space. Must have barrier-free shower that is at least 5 foot x 5 foot. May consider adding a shower ramp or re-modeling as necessary.
 - Medicare, if primary: does not pay for any shower equipment
 - Depending on private insurance, may be able to obtain but depends on policy
- Long handled sponge
 - Makes reaching feet and back easier while bathing
- Use pump soap bottles or an electronic soap dispenser