



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Getting on & off the toilet

Getting on and off the toilet can be difficult. Standard toilet seats are often quite low. This can make it hard to stand and keep your balance in the bathroom.

A grab rail fitted to the wall next to the toilet will give you sideways support and help you move from sitting to standing without the risk of falling.

Solutions

- Make sure your toilet seat is at the **correct height**. Your feet should rest comfortably on the floor when seated.
- If your seat is too low, install a specially **raised toilet seat**.
- Use a **toilet frame surround** or a raised toilet seat **with arms** which will make it easier and safer to stand.
- **Fit grab rails** on the wall beside the toilet if suitable.

People who can help

Occupational Therapist: Provide safety screening, assistive devices & advise the best way to get on and off the toilet.

Physiotherapist: Recommend exercises to help improve strength & balance to make transfers easier.

Family & volunteers: Purchase and install grab rails or raised toilet seat.

Home handyman: Fit grab rails onto your wall.

For a free fall risk assessment and tips on preventing falls:
www.stopfallsathome.com.au