



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Getting in & out of the shower

It is important to take care when using a shower. Narrow doors, wet cluttered surfaces and tight spaces make it difficult to move around safely. Getting up and over the step (hob) can make you unsteady and pose a fall risk.

Solutions

- Use a **shower chair** or **shower stool** if standing is difficult.
- Install a **grab rail** to make stepping in and out of the shower safer.
- Store **toiletries** at **eye-height** to reduce bending. Avoid shower oils.
- Use a **non-slip mat** or apply **non-slip strips** to the shower floor.
- Select a **weighted shower curtain** made of heavy plastic (if needed), so that the curtain does not get sucked in to the shower when in use.
- Where possible **remove shower hob** or reduce the height of it.
- Replace **broken tiles** and **remove mould** from the shower floor.

People who can help

Occupational Therapist:	Advise on ways of getting in and out of the shower, safety screening & provision of assistive devices.
Physiotherapist:	Suggest exercises to improve transfers & standing.
Family & volunteers:	Locate handyman. Obtain rails or shower chair.
Handyman/builder:	Fit grab rails.

For a free fall risk assessment and tips on preventing falls:

www.stopfallsathome.com.au