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**Assistive Technology: Foldable Shower Seat**

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**Mission & Population**

The goal of the foldable shower seat is to reduce the efforts required for showering, targeting individuals with circumstances that reduce their energy levels so they can reserve energy to carry out other meaningful activities.

- Older adults
- Individuals recovering from injuries
- Individuals with permanent disabilities

**Device**

The foldable shower seat comes in different shapes and sizes, the purpose if the variety is to provide an assistive technology that is client centered and appropriate for different bathrooms. Below are two examples of ADA compliant shower seats:

- **Phenolic Solid WHITE**
  - 250 lbs weight capacity
  - 26" x 22½"

- **Phenolic Slatted TEAK**
  - 250 lbs weight capacity
  - 24" x 15"

**Price Range & Comparison**

Range from $150-$500

- Freedom Showers
- Room42
- Harney Hardware
- Grab Bar Specialists

**Energy Conservation**

The aim of energy conservation is to improve quality of life by conserving energy for the activities a client likes to do as well as those they have to do within a safe and well structured environment.

- Reduce the consumption of energy
- Adapt daily activities
- 6 Ps:
  - Prioritize
  - Plan
  - Positioning
  - Pace yourself
  - Positive attitude
  - Purshed lip breathing

**Occupational Impact**

Showering/bathing:

- Bathing and showering is one of the Activities of Daily Living (ADL) under the Occupational Therapy Practice Framework (OTP) 4
- Obtaining and using supplies; soaping, rinsing
- Maintaining bathing position
- Transferring to and from bathing positions

Sustaining performance:

- Endurance-persists and completes the task without demonstrating physical fatigue, pausing to rest, or stopping to catch breath
- Pace-Maintains a consistent and effective rate or tempo of performance throughout the entire task performance

**Social/Community Implications**

Community Implications:

- Proper Installation
  - Decrease risk of injuries
- Moisture/Mold
  - Wall studs
- Preventable with waterproof sealants
- Materials/Budget
  - Bamboo/ Marble/ Granite
- Sizing
- Family Usage
  - Universal Design

Social Implications:

- Increases an individual’s independence
- Discrete

**Installation**

Installation Requirements:

- Experienced carpenter
- Strong wall support
- Tools
  - Electric drill, punch, measuring tape
- OT can provide a valuable role

Installation Process:

- After wood blocking is placed and the wall finish has been installed, use masonry bit and drill to anchor hardware
- Strong wall support
- Experienced carpenter
- Use punch hammer to nick tile
- Test the seat to make sure it is secure
- Preventable with waterproof sealants

**Preventable with waterproof sealants**

- **Wall studs**
- **Moisture/Mold**
- **Proper Installation**

**Universal Design**

- Bamboo/ Marble/ Granite
- Decrease risk of injuries
- Sizing

**Sizing**

- **Materials/Budget**
- **Installations**
- **Social/Community Implications**
- **Occupational Impact**
- **Energy Conservation**
- **Mission & Population**

**Prevention**

- **Medicines used to treat depression and anxiety**
- **Medicines used to treat cancer (chemotherapy)**
- **Examples of medications**:
  - Antibiotics
  - Blood pressure medicines
  - Medicine used to treat depression and anxiety
  - Pain medicines
  - Positive attitude
- **Medication**
- **Strategies for shower safety**:
  - Know side effects of your medication and don’t take blood pressure medication before showering
  - Drink one glass of water before shower to help lower blood pressure
  - Check your blood pressure before showering (normal = 120/80 mmHg)
  - Stop moving immediately and then sit down until feeling lightheaded or affect your balance.

**References**

- All Terrain Medical (n.d.). 5 advantages of owning a shower or bath chair. Retrieved from https://www.allterrainmedical.com/a5-advantages-of-owning-a-shower-or-bath-chair/

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- **Installations**
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