Adaptive Equipment – Bathing

1. A long-handled sponge can be used for washing your feet or back.

2. A bath mitt helps a person who has a hard time holding on to a bar of soap.

3. If the person uses a wheelchair, consider having him or her sponge bathe in the bathroom at the sink. An individual NOT using a wheelchair, who has balance problems or poor endurance, should use a bath bench, chair or commode.

4. To reduce the risk of falling due to slippery surfaces in the bathroom, a tub bench or chair is recommended.

Source: American Heart Association

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.