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