

How To Use Your Bathboard

This handout has been provided to assist you with using your bathboard. Details on how to use and clean the bathboard are included.

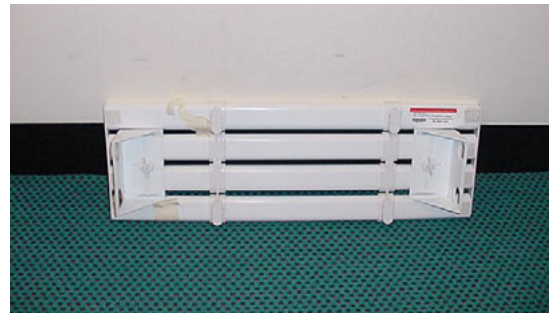
If you have any problems or require further information in regards to the bathboard please contact the Occupational Therapy Department.

The Occupational Therapist who issued your bathboard was _____
telephone (02) 9845 3369.

If you have loaned your bathboard, it is due to be returned by _____



Wooden bathboard
(For purchase only)



Plastic bathboard
(Available for loan)

Installation

- Installation instructions will be provided to you by your occupational therapist when the bathboard is provided. Here are some additional tips for installation.
- If your bathboard has a rail please make sure the rail is on the wall or non-transfer side of the bath.
- The wooden bar or plastic clips underneath the bathboard can be adjusted to fit the bath by loosening the attached wing nuts. The bar/clips are used to wedge up against the sides of the bath and once secure, the wing nuts need to be tightened. It is advisable to secure the opposite side first, followed by the side closest to you if appropriate to your bathboard.
- Please make sure the bathboard is fitted securely and that there is no movement from side to side.

Cleaning and Maintenance

- The bathboard can be cleaned using a mild detergent that is non-abrasive.
- The bathboard should be cleaned regularly to help prevent infection.
- If the bathboard becomes cracked or any of the fixtures become loose, please contact the issuing occupational therapist so that a new bathboard can be provided. Please ensure that bathboards that are cracked or in disrepair are not used.

Safety/ Use of Bathboard

- Prior to using the bathboard please ensure that it is correctly fitted and secure. If an occupational therapist has fitted your bathboard please don't change the adjustments. The bathboard can be lifted out of the bath and put back in if it gets in the way
- It is recommended that a hand-held shower hose be used with the bathboard as this assists in directing the water flow and can maximise independence and participation during bathing. However, hand held shower hoses can be dangerous if left unattended in the bath.
- When using/installing a hand held shower hose please ensure it is at least 2.6 meters from the nearest electrical powerpoint (Australian Standards 1428.1).
- Always make sure the bathroom floor is dry and not slippery when transferring.

How to use the bathboard

- Sit on the edge of the bathboard that is fitted to the bath.
- Lift your first leg into the bath so that it is facing the tap end.
- Once you have one leg in the bath and one leg outside the bath, slide yourself to the centre of the bathboard and then swing your other leg across into the bath.
- Do not attempt to step into the bath, and then sit down on the bathboard. Always sit on the bathboard first, and then swing yourself into the bath.

Please note that children should not use the bathboard by themselves, supervision of at least one adult is recommended at all times when a child is using this piece of equipment.

Conditions of Loan

The wooden bathboards are for purchase only by families. Please note that this equipment is unable to be reused between patients due to hygiene concerns.

The plastic bathboards belong to The Children's Hospital at Westmead and is loaned to you on the conditions shown below:

- The equipment must be returned by the due date unless otherwise arranged with your Occupational Therapist. Please return promptly once the bathboard is no longer required.
- It must be kept clean and maintained in good working order.
- You are required to pay a deposit and service fee in order to loan a bathboard or other equipment. ***Please retain the receipt.*** Upon the return of the bathboard to the Occupational Therapy Department, the deposit may be collected from The Appliance Centre.

Please contact your Occupational Therapist if the bathboard is required for longer than the date specified