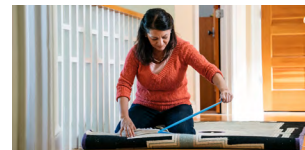
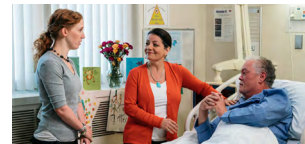


# TRANSFERRING FROM ASSISTIVE DEVICE TO SHOWER OR BED



When your family member uses a walker or a wheelchair to get around the house, taking a shower and getting into bed are special challenges. This video gives tips on how to help so that the person is safe and comfortable. If your family member's condition differs from the video demonstration—for example, the person resists taking a shower or is more disabled—ask for advice from a physical therapist, nurse, or other health care provider.

## Getting into the Tub for a Shower

1. Make sure you have all the supplies you need (e.g., towels, shampoo, soap, clean clothes) easily available before you begin.
2. A transfer bench or bath chair will make it easier to get into the tub. It should be positioned so that two legs are inside the tub and two outside. The suction cups should be securely attached to the tub and floor so that the bench doesn't slip.
3. The person should face you and ease onto the bench, which makes it easier to swing their legs into the tub.
4. Use a grab bar for support—not a towel rack, which can easily come loose and cause a fall.
5. When getting out of the tub, before the person stands, make sure his or her feet are dry to avoid slipping.

## Steps in Treatment

1. Have the person sit on the edge of the bed and then lay on one side, using a forearm and elbow for support.
2. Lift the person's legs onto the bed before rolling onto their back.
3. Make sure they are warm and comfortable.
4. Place the walker or wheelchair where it won't be a hazard.

## Costs

Many types of transfer benches and shower chairs are available. You may want a chair with a back and arms.

- > Medicare and other insurance plans generally do not cover this equipment because it is considered to be for the person's convenience and comfort, not for medical reasons. However, your doctor may be able to document a medical need. Even then, there is no guarantee that Medicare will pay.
- > Grab bars should be installed by a competent professional. Insurance generally does not cover these costs, but you may be able to find a local agency that provides these services.

## Other Resources

- > Rebuilding Together is a nonprofit organization that helps veterans, low-income seniors, and others complete home modifications. A list of local sites is available at [togetherwetransform.org/find-your-local-affiliate](http://togetherwetransform.org/find-your-local-affiliate).
- > Medline Plus from the U.S. National Library of Medicine offers a short list of tips for bathroom safety at [medlineplus.gov/ency/patientinstructions/000021.htm](http://medlineplus.gov/ency/patientinstructions/000021.htm).
- > For veterans and caregivers of veterans, go to [www.caregiver.va.gov](http://www.caregiver.va.gov) or call 1-855-260-3274 for more information about resources and support.

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