

# Checklist For Preparing A Bathroom for An Injured Person

Getting the bathroom ready to host a seriously injured person navigating home rehabilitation will require the help of your health provider, occupational therapist and possibly the physical therapist too. Below is not an exhaustive list, but provides some of the common steps our community takes to make the bathroom accommodating for reduced mobility.

## Using this checklist

Simply print off or save this document to your computer or device, then check off each item as you go.

### Bathroom

- ☐ Is there a clear path from all main rooms to the bathroom at a moment's notice?
- ☐ Is the door to the bathroom functioning properly (ie handle and bolt/latch not getting stuck)?
- ☐ Is the threshold / edge of the bathroom entrance neat and tidy (ie no loose nails, screws, carpet or lino)?
- ☐ Can any assistive equipment required to get to the bathroom freely move through the house without delay?
- ☐ Has the process of getting to the bathroom been practised outside of a live scenario?
- ☐ Can the carer or support person adequately manage any pushing, lifting or carrying they may need to do?

### Access

- ☐ All loose towels on the floor removed?
- ☐ All bath mats hung up?
- ☐ Dirty laundry cleared away or in a hamper at the side of the room?
- ☐ Freestanding racks and furniture removed or positioned well out of the way?
- ☐ Loose rubbish bins and toilet paper holders out of the way?
- ☐ Is there enough floor space for both the mobility impaired individual and a support person to comfortably move between toilet, basin and shower?
- ☐ Has the floor been mopped and dried properly?

## Bath / Shower

- ☐ Do you have a safe transfer plan in place?
- ☐ If using a Showerbuddy, has the shower base and bridge been assembled and tested?
- ☐ Has the temperature control of the shower and bath taps been limited to avoid inadvertent tap knocks and scolding?
- ☐ Does the shower fixture allow for removal off the wall and use to clean the user from any angle either solo or with a carer's help?
- ☐ Can the carer access the user for bathing assistance if required?
- ☐ Have all unnecessary loose objects been removed from the shower area and placed out of the way in storage or removed entirely?
- ☐ Can the individual access body wash and shampoo pump bottles themselves if the injury allows for solo bathing?

## Toilet

- ☐ Does the toilet function 100% properly?
- ☐ Has the seat height been considered to accommodate an injured user?
- ☐ Have you stocked up on toilet cleaners, gloves and brushes to clean accidents easily?
- ☐ Is the toilet seat tightly fastened to the bowl with no loose play in the hinge?
- ☐ Does a toilet riser securely lock in place even with uneven weight placed on it?
- ☐ If using a full bathroom transfer system, has the chair height been set to clear the top of the toilet easily?

## Notes

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Read more about rehab and bathroom use  
Interested in learning more about bathroom usage during physical rehab?  
Head over to our [dedicated guide](#).

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