# Assisting with and Adaptive Equipment for Toileting

## Edited Video Transcript

### Precaution—Wear Gloves Every Time

So, to start with, we're going to look at helping someone transfer from a wheelchair to a toilet using a walker. This is actually pretty much the same thing as somebody walking in to the toilet using an adaptive device, and the adaptive device doesn't matter all that much to be honest, okay. So first, our universal precautions. Very often when I'm working with a client, I'm actually not wearing gloves. If I'm just sitting at the table and we're doing dressing, I'm probably not even going to bother. However, if you're anticipating contact with bodily fluids, you'll wear gloves each and every time. This is for your protection. This is for your client’s protection, and for your next client's protection, all right?

### The Toilet Transfer

“So, what I'm going to have you do Cassie is stand up. Stand up right, at least one hand back, okay. I know. Okay, now pause, dominant foot.” “Which one's my dominant?” “Let's say your right foot—non-weight bearing on that right foot, yep. So, all the way up, hop over.” I would have a gate belt on at this point, okay. “Now, you're going to have to toilet. The toilet transfer is more complex than our standard transfer because of this step—you have to take the pants down, okay? This right foot is non-weight-bearing, okay? Good. Okay, hold on to the back of the toilet.” “The toilet seat is down—it feels so uncomfy—this is so low.” The toilet seat is, like we talked about in lectures, on average our lowest seat in the house. “You got it. You got it. You got it. Nice, nice, good! Easy, yeah, and that was a plop, okay. Very nice. You have normal balance and normal strength. Stand back up, well, when you're finished. You will, all right, okay?”

The Challenge—Cleaning Up

Now here's our next challenge. “Yeah, A, you've got to clean up! B, you're going to have to stand, not using both hands because you can't reach up on the walker. You can't reach up and pull in the walker, right, because that's not safe, okay? So again, stand up. Well yeah, how could you? What do you have to push on? Okay, but that grab bar is not secure—you're right, okay. You got it. You got it. You got it, okay, thank you! You're welcome—clean, clean, clean—you're good, all right?”

“Now, you’ve got to pull up the pants.” She didn't necessarily. If she had the sitting balance, she could clean while seated, yep. “You’ve got to tie up your pants. Very nice! So again, you would normally balance.” That's a classic contact guard. I did not trust her standing or moving without assistance, right?

### Adaptive Devices

The Toilet Seat Riser Okay, so first adaptive equipment we have seen—the toilet seat riser. It's got this clamp that allows it to clamp on [the toilet] and be secure. You just turn this little knob, okay, and it’s kind of scary. Maybe I turned it the wrong way—you're right. Probably yeah. I might just trim the middle out of this one. Yes, almost there. Probably shouldn't even bother to secure it, but I know the OT in me wouldn't [leave it unsecured]. There! All right, so now we've got this secure. Now, same thing. “Try sitting, yep even better. You’ve got handles, okay, yeah?” So like we talked about in lecture, the toilet seat is on average the lowest seat in the house, so simply raising it up these four inches can be a dramatic difference, okay?

The Toilet Safety Frame Other options, right. We can use a toilet safety frame. You bolt it onto the seat. This is kind of the standard way it works. “Okay, now, try that transfer, right? All right, so back up.”

The Bedside Commode Your other option for adaptive equipment—it's a bedside commode. The bedside commode can also be made at the bedside. They come with a bucket. You can take the bucket off, set this [commode chair] over your toilet, and you'll do that same thing—evaluate your surface height, all right? “Now sorry, no, it would not be all right. All right Cassie, sit back down on the toilet.” So, that’s the transfer part.

Assist with Toileting We also can help with the toileting part itself. “Actually, if you'd stand up and bring down those pants—like I said, this is the weirdest lab! All right, then sit back down.” Your client may be wearing a brief. This is a standard type of brief that you get in the hospital. They're the sticky-tab brief, standard type you'll get see in the nursing homes. Your fancy elastic waist Depends are more expensive, so you typically don't have them. The tabs go in the back, right. The non-tabs go in the front. We'll talk about how to don and doff a brief while somebody's lying down in a couple minutes, but you'll also have the opportunity to help people donning and doffing a brief at the toilet.

Donning and Doffing a Brief at the Toilet Let's say that someone was incontinent, bladder urinated in their brief, right, then you help them to the bathroom in order to change this. Easiest thing to do is when they're sitting on the commode, slip this between the legs, secure it this way. You don't have to bother taking off the shoes and pants, and you can doff it the same way, just in reverse, right?

Important little sub point to notice —I'm calling it a brief. I do not like the term adult diaper. Diapers are for infants. There's a term—infantilize. When we infantilize, we basically turn our older adults into infants. I find it really offensive right, so I prefer to call it a brief. If a client refers to it as a diaper, I will let them. I still always revert to brief, just because I find it really offensive to me. So, don't refer to it as diaper, all right?

Now, we've got a clean brief on. “Now again, I'm going to have you stand. I'll be nice and flip this back around for you to be quite secure, but it'll be good enough, all right? Now I'm going to bring up the brief.” Once you have the brief up nice and high, you can re-secure these tabs to make it tighter and actually effective. The facilities are responsible for supplying this style. If the client wants a better one, they need to buy their own, right.

The Reacher But now notice the pants have fallen all the way down. If the client needs a walker, they probably can't bend down to pick up their pants. One, we can always have adaptive equipment or a reacher can be very helpful. Second, get these pants up to the thighs while seated, and then spread the legs a little bit wide to hold them up. They also have pant clips, so basically alligator clips that clip to the shirt, clip to the pants with a piece of string in between, to just prevent falling, right.

The Tongs Then, we have other adaptive equipment. If you can't reach back, let's say shoulder surgery, all right. Let's say you have rotator cuff damage. Let's say someone who's bariatric—the classic tool to [assist wiping] is tongs. “I'm totally nervous right now—I feel like the tongs would kind of get up on me.” “It's okay. The tongs are kind of annoying. I can't disagree with you.” So, there are other tools out there. This is one model, okay. It’s actually not my favorite because I kind of find you almost need two hands to make it work.

The Bottom Buddy I like the bottom buddy, which is this tool. It’s got a little thumb catch. Put the toilet paper in this. It is soft and padded. It's got an ergonomic handle, all right. Then same thing, you can just turn, works better with wipes, right. You can just fling it off into a trash can or into the toilet, all right. So, questions about assist with toileting? Just wash [the bottom buddy] with soap and water, yeah. What do you do with your hands after wiping? Yeah, all right.

Important—Correct Directional Wiping Okay, two last pieces of toileting. What direction do you wipe when toileting? Front to back. This is something you will have to train your clients on because as they lose mobility, that [wiping] gets harder. For some reason, people are more likely to wipe back to front, right. I don't know why, but it just seems like it always happens. This puts somebody at increased risk of urinary tract infections, okay. Second, now you're clean—disposing of your gloves, right. You just have soiled your gloves. Grab the palm, pull thumb underneath—do not touch any of the dirty part. Optimally, it comes off in one nice unit.