

Your free-standing toilet frame and how to use it safely

Why has a free-standing toilet frame been recommended for me?

An Occupational Therapist (OT) has recommended that a free-standing toilet frame is appropriate to support you getting on and off the toilet.

How will it help me?

The free-standing toilet frame will provide you with support when you are getting on and off the toilet.

Does it come with instructions?

When you receive your free-standing toilet frame, you will also receive an instruction for use leaflet that will include information about:

- Intended purpose
- Appropriate height adjustment
- Adjustment of floor-fixed legs
- Cleaning

The free-standing toilet frame will usually be delivered by Millbrook Healthcare, who will adjust the height for you. Alternatively, if the free-standing toilet frame is issued directly from the hospital, the OT will adjust the height of the free-standing toilet frame specifically to suit you. The height will be based on individual assessment.

How can I ensure that I use the free-standing toilet frame safely?

It is important that you understand how to use the free-standing toilet frame safely. The OT will discuss this with you and will provide you with written information which you can keep and share with people who may be involved in your care.

Please note the following points:

- The free-standing toilet frame must be used for its intended purpose, as agreed and discussed with the OT.
- If any further adjustments are made to the free-standing toilet frame:
 - Please ensure that the legs are adjusted evenly
 - Never angle the frame as this is dangerous and will compromise safety
 - Always ensure all legs are firmly on the floor
 - Please ensure that all the plastic clips are fully connected
- Ensure that you use both the padded armrests to support you when getting on or off the free-standing toilet frame. This will ensure that you do not tip the free-standing toilet frame.
- Ensure that the padded armrests are used for support, and not the metal arms close to the legs, as this may result in the free-standing toilet frame tipping or your hands slipping.
- As you are walking towards the toilet do not reach out for the free-standing toilet frame to provide support. This will ensure that you do not tip the free-standing toilet frame.

Please see our photos below to help you use your free-standing toilet frame safely:



Ensure correct installation of the free-standing toilet frame. Bars at the front. When the frame is delivered it will already be set at the correct height by Millbrook Healthcare. Alternatively, it will have been set by your OT.



Ensure that both padded armrests are used when sitting on the toilet. This will ensure that the free-standing toilet frame does not tip.



Ensure that both armrests are used when getting off the toilet. This will ensure that the frame does not tip.



X

Do not use just one armrest when using the free-standing toilet frame as this will cause the free-standing toilet frame to tip.



X

Do not reach out for the free-standing toilet frame as you are walking towards the toilet, as this may cause the free-standing toilet frame to tip and may cause you to fall.



X

Do not use the metal bars for support when using the free-standing toilet frame. Ensure that the padded armrests are used. Your hands could slip if you hold on too close to the legs, or the frame could tip forward.



X

Do not dismantle the free-standing toilet frame. The bars do not go at the back of the toilet. The free-standing toilet frame should be set up at the correct height and all clips should be firmly in place. Any problems or concerns with the free-standing toilet frame please contact your OT before use.

Who should I contact if I have a query?

Occupational Therapy Department:

Conquest Hospital Tel: 0300 131 4500 Ext: 735181

Eastbourne Hospital Tel: 0300 131 4500 Ext: 771065

Sources of information

Occupational Therapy Service

East Sussex Healthcare NHS Trust

Millbrook Healthcare

Telephone: 03332 400 599

Email: eastsussexcontactus@millbrookhealthcare.co.uk

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinician has reviewed and agreed this patient information:

Rosy Shrubbs – Clinical Lead Occupational Therapist – Integrated Discharge Team

The directorate group that has agreed this patient information leaflet: Community Health and Integrated Care

Next review date: September 2025

Responsible clinician/reviewer: Occupational Therapy Team

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