

## Questions to be asked when choosing a form of raised toilet seat for an elderly individual - [lookingaftermomanddad.com](http://lookingaftermomanddad.com)

Here is a list of questions that you may be wanting to ask yourself when choosing a raised toilet seat.

### **Environment in bathroom**

- is there much space around the toilet for manoeuvring ?
- has everything been cleared away which may cause a fall ? - rugs that curl up, cables, mats etc
- is the person using a walker to back up and sit down on the seat ?
- if your loved one is using a walker to back up to the seat, have they been taught how to sit on a raised toilet seat ?
- does the person need to have extra safety equipment to make them feel confident about using a raised toilet seat ?

### **State of Health** - what physical shape is the person in ?

- for what reason is your loved one using raised toilet seat ?
- is the raised toilet seat going to be for long term or short term use ?
- if it's a short term need will your loved one still need armrests etc ?
- if it is for the long term, you may want to buy a more solid seat now rather than another raised seat later as the person gets weaker ?
- will your elderly loved one require assistance ?
- are there other mobility issues, not just with sitting and standing ?
- is the user very elderly and frail ?
- what is your loved one's balance like ?
- does your loved one have problems with their vision ?
- how strong, or not, is your elderly loved one ?
- how strong is your loved one's grip ?

- does your loved one still have good coordination ? - seats with big armrests are easier for the elderly
- what is the person's mental condition - are they confident or nervous about using a raised toilet seat ?
- how confident is the user about moving backwards ?
- how can you make them more confident about using the seat ? - the more stable the model and the more there is to hold onto will increase a person's confidence
- can your loved one clean themselves afterwards ? - if they can't, you may want a drop arm bedside commode which allows access from the side, or an open front raised toilet seat so they can pass their hand underneath without getting up
- does your loved one sit back with quite a jolt ? - if so you will really want a secure model which can't come off the toilet, and you will need handles
- will the person be needing armrests to push themselves back up with ?
- is your loved one a larger person who will need a bariatric seat ?
- will your loved one need wide seat ? - if so you will have to get either a raised toilet seat with legs like the Maddak, a bariatric a safety frame with raised seat, or a bedside commode which you place over the toilet which comes in extra wide models

### **Medical reasons for needing a raised toilet seat**

- if there are medical issues, what are the specific problems ?
- do you need to check with your loved one's doctor or nurse ?
- if your elderly loved one has eye conditions, do they need extra grab bars or bigger armrests ?
- is it for a long term medical condition and what does that condition require ?

- is the seat for a younger person who has had a hip, or knee, replacement, who otherwise has good strength and balance on their good leg ?
- is the seat for an elderly person who has had a hip, or knee, replacement, who has poor strength and balance ?

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