



# CLINICAL ASSISTANCE GUIDE

ASPIRE MOBILE SHOWER COMMODES

# Aspire Mobile Shower Commodes

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The shower commode chair is an open seat on wheels that can be used in the shower and positioned over a toilet. At Aidacare we offer a wide range of shower commodes and accessories to meet the needs of the user.

Our products include self-propelled shower commode chairs that provide independence while reducing the risk of slips and falls, along with attendant propelled, compact (aluminium), bariatric and tilt in space models.

Shower commodes are designed to assist people who have difficulty using the toilet, standing for long periods in the shower or mobilising to the shower/toilet. They can also improve safety by reducing the number of transfers required for bathroom tasks.

Padded seats and ergonomic designs offer comfort and support in a variety of positions, while offering a hygienic wipe-clean surface. The shower commode can also be fitted with a commode pan carrier for use as a standalone commode.

The Aspire Upright Mobile Commode Range includes the following options:

- Size: 460mm, 530mm, 600mm seat widths
- Footrests: Weightbearing platform and swing away footrest models
- Propulsion: Attendant propelled and self-propelled models

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## FEATURES

460mm and 530mm Weight Bearing Platform models and 460mm, 530mm and 600mm Swing-away Footplate models:

- 8° backrest angle ensures patient comfort
- Angle adjustable backrest from 8° to 18° for improved seating comfort (available for 600mm swing-away footplate model; not available for 600mm WB platform model))
- Improved over toilet clearance
- Integrated access trough improves hygiene whilst maintaining toilet bowl clearance height of 465mm
- Ultra-low seat height of 590mm which can be reduced to 490mm when customised (swing away footplate models only)
- 4 x Tente total locking castors provide brake access from all angles (attendant propelled model)
- Self-Propelled model also available
- Safety arms prevent falls and swing back out of the way for transfers
- Open armrests style accommodates a wider sitting surface whilst maintaining a smaller base footprint for improved accessibility
- Easy-slide weight bearing platform footrest slides completely away for transfers
- \*Seat sold separately

### 600mm Weight Bearing Platform model:

- Heavy duty reinforced wide frame can support bariatric users up to 400kg
- 4 x total locking stainless steel castors provide brake access from all angles
- Adjustable IV pole
- Height adjustable reinforced armrests offer drop flat positioning to assist with lateral slide transfers
- Easy-slide weight bearing platform footrest slides completely away for transfers
- \*Seat sold separately

### Compatible Accessories:

- Open Padded seats (430mm, 530mm, 600mm)
- Closed Padded Seat (open and closed; 530mm – open)
- Handmade pressure reducing seat - customisation available - open front closed front; open left open right
- Roho padded seat (425mm / 470mm)
- Padded offset arm rest
- Pan carrier; commode bowl; bed pan;
- Stump Supports
- Advanced Head Rest
- Lateral Supports
- Self-propelling conversion kit
- Oxygen bottle carrier
- Adjustable pelvic strap
- Adjustable IV pole

## IDEAL USER CONDITIONS

People with the following support needs may find an upright mobile shower commode beneficial i.e., the person who:

- Has difficulty walking to and from the shower or toilet
- Has vertigo or reduced balance for standing to shower or use the toilet
- Has reduced endurance, fatigue, pain or shortness of breath with hygiene routines
- Has a high risk of falling or fear of falling
- Is non-weightbearing (UL or LL), which impacts their ability to safely mobilise and transfer on/off other shower/toilet aids
- Would benefit from the front opening or customised seat to enable perineal access for hygiene and management of bowel routines
- Is unable to access the toilet or would benefit from a bedside commode
- Would like a single piece of equipment to use in all areas i.e., shower, toilet and bedside  
Requires assistance with transfers or the use of transfer equipment
- Requires multiple assisted transfers that contribute to pain or fatigue in completing a showering/toileting routine. A mobile shower commode will reduce the number of transfers required.
- Requires an open armrest style to provide a wider sitting surface whilst maintaining a smaller base footprint for improved accessibility
- Requires a self-propelled commode chair to enable independent showering and toileting
- Requires anti-tip bars to enhance safety with the self-propelled MSC model

Formal and informal carers are also assisted by:

- Reducing the physical load by minimising the number of transfers they are required to assist with
- Minimising the injury risk to the carer by reducing the falls risk of the person they assist

## CONSIDERATIONS FOR USE:

- A mobile shower commode requires a level access shower recess, or a suitable shower base to enable wheeled access
- Consider carer safety in regards to space requirements and level standing surface to enable assistance to shower a client
- Consider shower and toilet access and circulation space to enable independent MSC use with the self-propelling MSC

## CLIENT OUTCOMES

Ease of access for transfers:

- Swing away footplates enable positioning of MSC to facilitate step or pivot transfers
- Swing up arm rests enable side transfers

### Improved safety and reduced falls risk for showering and toileting:

- A mobile shower commode (MSC) enables seated mobility to the bathroom and seated showering, minimising the falls risk for users with reduced balance or mobility, pain, fatigue, shortness of breath or reduced endurance for hygiene routines
- A MSC assists users and/or carers to maintain hygiene with sponge washing when a shower is not accessible or not required each day
- 4 lockable castors on attendant propelled model offer easy brake access for stability
- Anti-tip bars on the self-propelled MSC enhance safety during transfers
- Safety arms can be positioned to prevent falls and to enable handgrips to be held at different angles to improve user confidence. They can swing back out of the way if required to assist with transfers
- The weight bearing platform provides greater stability; can enable to user to reposition themselves in the seat and can easily slide backwards to support stand transfers or use of transfer equipment

### Improved comfort, postural support and pressure care:

- The strap style backrest can allow for some accommodation of postural changes in the trunk or sinking into the seating
- 8° back rest angle promotes user comfort and can be increased to enhance posture or comfort
- Lateral supports, stump supports, advanced head rest and adjustable pelvic straps are available to support individual positioning needs
- Roho padded commode cushions seats are compatible to provide high level pressure relief for high needs users
- Oxygen bottle carrier and adjustable IV poles are available for user support needs

### Energy conservation, reduced pain, fatigue or shortness of breath for hygiene routines:

- Seated support for the complete hygiene routine including mobility, toileting, showering and grooming, will aid endurance and reduce pain and fatigue
- A mobile shower commode reduces the number of transfers required which benefits the client with pain or fatigue

### Independent showering, toileting and grooming activities:

- For people with good upper-body strength, a self-propelling shower commode allows the user to move around the bathroom without assistance
- For people requiring carer support, a shower commode can be moved in to place, allowing the person to carry out personal hygiene in private, without the aid of a carer or with minimal assistance where required
- Positioning the MSC at the bathroom basin can enable to person to independently complete basin washes and grooming activities

### Improved carer safety and sustainability of formal and informal supports:

- Reduced manual handling due to minimising the number of transfers required for showering and toileting routines
- Reduced injury risk to the carer by reducing the falls risk of the client during transfers, mobility or standing during showering and toileting routines, especially in a confined space or where there are wet surfaces
- Improved safety for client and carer in confined spaces where there is limited room to assist with transfers or to reach to assist with hygiene. The MSC can be wheeled into position and moved to a more suitable space to enable assistance to complete hygiene or enable safe transfers
- Carers may find the larger rear wheels of the self-propelling model easier to push, especially with heavier users or over bumps, floor surface changes or carpet

### Improved health and wellbeing:

- Improved independence, control and sense of dignity can have positive impacts on health and wellbeing

### Travel support:

- Multipurpose use reduces the amount of equipment required to take on a holiday. The MSC will provide assistance for showering, toileting and for overnight commode use

## SPECIFICATIONS

Code	Description	Overall Height	Overall Width	Seat Width	Backrest Height	Armrest Height	Anterior Seat Height	Posterior Seat Height	SWL
BTC066000	WB Platform - 460mm - Att Propelled - S/Steel	995mm	535mm	460mm	305mm	225mm	590mm	560mm	200kg
BTC066200	WB Platform - 460mm - Self Propelled - S/Steel	995mm	665mm	460mm	305mm	225mm	590mm	560mm	200kg
BTC065900	Swing Away Footrest - 460mm - Att Propelled - S/Steel	895-995mm	535mm	460mm	305mm	225mm	590mm	560mm	200kg
BTC066100	Swing Away Footrest - 460mm - Self Propelled - S/Steel	895-995mm	665mm	460mm	305mm	225mm	590mm	560mm	200kg
BTC066050	WB Platform - 530mm - Att Propelled - S/Steel	995mm	605mm	530mm	305mm	225mm	590mm	560mm	200kg
BTC066055	WB Platform - 530mm - Self Propelled - S/Steel	995mm	735mm	530mm	305mm	225mm	590mm	560mm	200kg
BTC066060	Swing Away Footrest - 530mm - Att Propelled - S/Steel	995mm	605mm	530mm	305mm	225mm	590mm	560mm	200kg
BTC066065	Swing Away Footrest - 530mm - Self Propelled - S/Steel	995mm	735mm	530mm	305mm	225mm	590mm	560mm	200kg
BTC061400	WB Platform - 600mm - Att Propelled - S/Steel	995mm	725mm	600mm	300mm	290mm	590mm	560mm	400kg
BTC061300	Swing Away - 600mm - Att Propelled - S/Steel	995mm	675mm	600mm	305mm	225mm	590mm	560mm	200kg
BTC061305	Swing Away - 600mm - Self Propelled - S/Steel	995mm	805mm	600mm	305mm	225mm	590mm	560mm	200kg

### WARRANTY

- Corrosion: 5 Years
- Components: 1 Year

### COMPLIANCE

- AS/NZS 3973:2009

### USER MANUAL

- Aspire Mobile Shower Commodes User Manual:  
[https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire\\_mobile\\_shower\\_commodes\\_user\\_manual.pdf](https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_mobile_shower_commodes_user_manual.pdf)

### NDIS ASSISTIVE TECHNOLOGY (AT) REQUIREMENTS

- NDIS Funding Category: Capital
- Cost: Mid Cost \$1,500 to \$5,000
- Risk: High Risk
- AHP Assessment: Required
- AT Trial: Required
- Letter of Support: Required if item is listed in plan
- AT Request / Quote: Required if item is NOT listed in plan
- NDIS Code:  
 05\_091203053\_0103\_1\_2 (460mm and 530mm models)  
 05\_091203054\_0103\_1\_2 (600mm models)
- Mobile Shower Commode - Composite:  
 05\_413\_0103\_1\_2 (all models)

## MAINTENANCE

### CLEANING:

**Note:** It is strongly recommended that protective clothing be used when cleaning.

- Visually inspect mechanical components: can you see damage, chips or deformation to the frame, armrests, seat, backrest, legrests or commode bowl?
- Are the castors, wheels and brakes functioning as they should?
- Are all frame securement hand wheels present and tightened?



## CLEANING:

- Frame and metal components - Always keep the commode clean for greater comfort and long-lasting performance.
- Clean metal components with water and a mild detergent. Wipe dry.
- Brakes - The braking effect depends on the state of the tyre tread. Excessive dirt build-up may negatively affect the application of the brakes. If necessary, clean tyres with a small brush to remove dust and waste.
- Seat and backrest padding - All padding is made in PU foam that can be washed with water and neutral soap/detergent.
- Commode Bowl - Remove and clean with water and a neutral soap/detergent.

**CAUTION:** Do not use abrasive Hypocarbonate or Phenolic compounds of pads

## SERVICE & MAINTENANCE:

To prolong the working life of the commode and for trouble free operation it is recommended that routine inspections should be performed by a person who is suitably qualified and well acquainted with the design, use and care of Aspire Mobile Shower Commodes. If inspection reveals that the safety of the commode is compromised in any way, it should be IMMEDIATELY WITHDRAWN FROM SERVICE, tagged as such and the owner notified, until repair or replacement has occurred.

## INSPECTION:

A visual and functional inspection should be performed monthly and every time the commode changes user.

- Visually inspect mechanical components: Can you see damage, chips or deformation to the frame, armrests, seat, backrest, legrests or commode bowl?
- Are the castors, wheels and brakes functioning as they should?
- Are all frame securement hand wheels present and tightened?

## SUPPORTING EVIDENCE

- Friesen, E. L. (2019). An introduction to the electronic Mobile shower commode Assessment Tool (eMAST).  
[https://www.researchgate.net/publication/331260722\\_An\\_introduction\\_to\\_the\\_electronic\\_Mobile\\_shower\\_commode\\_ASessment\\_Tool\\_eMAST](https://www.researchgate.net/publication/331260722_An_introduction_to_the_electronic_Mobile_shower_commode_ASessment_Tool_eMAST).

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## LINKS

- Practitioner Manual for Bathing and Toileting, A manual for SWEP registered and credentialed practitioners Developed by the SWEP Clinical Advisory Team, Copyright Ballarat Health Services 2021  
[https://swep.bhs.org.au/files/500/Bathing\\_and\\_Toileting\\_Practitioner\\_Manual.pdf](https://swep.bhs.org.au/files/500/Bathing_and_Toileting_Practitioner_Manual.pdf)
- Mobility HQ - Benefits of a Shower Commode for Bathroom Safety and Independence  
<https://www.mobilityhq.com.au/blog/benefits-of-a-shower-commode-for-bathroom-safety-and-independence>
- Occupational Therapy Interventions for Adults with a Spinal Cord Injury An overview © Agency for Clinical Innovation 2014, Shirley Ford, Annette Keay, Daria Skipper,  
[https://aci.health.nsw.gov.au/\\_data/assets/pdf\\_file/0004/155191/occupational-therapy-interventions.pdf](https://aci.health.nsw.gov.au/_data/assets/pdf_file/0004/155191/occupational-therapy-interventions.pdf)

## AIDACARE KNOWLEDGE HUB

### Aidacare Website Link:

- Shower Commode - Mobile & Practical Shower Commode Chair With Wheels:  
<https://www.aidacare.com.au/products/bathroom-toilet/shower-commodes>

### PDF Library:

- Aspire Mobile Shower Commodes - User Manual:  
[https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire\\_mobile\\_shower\\_commodes\\_user\\_manual.pdf](https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_mobile_shower_commodes_user_manual.pdf)
- Aspire Mobile Shower Commode Range:  
[https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire\\_shower\\_commode\\_brochure.pdf](https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_shower_commode_brochure.pdf)
- Custom Made Shower Commode Seats Script Form:  
[https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire\\_custom\\_made\\_shower\\_commode\\_seats\\_script\\_form.pdf](https://www.aidacare.com.au/globalassets/knowledge/resources-page/aspire/aspire_custom_made_shower_commode_seats_script_form.pdf)
- Safe Use Guide:  
[https://www.aidacare.com.au/globalassets/knowledge/resources-page/cat-service-user-guides/guides\\_for\\_installation\\_-\\_shower\\_commodes.pdf](https://www.aidacare.com.au/globalassets/knowledge/resources-page/cat-service-user-guides/guides_for_installation_-_shower_commodes.pdf)