

# Newsletter

*The latest news, views and announcements for the staff at Main Street Medical Supply.*

## *In This Issue*

### **Do you have what you need to prevent falls in the bathroom?**

### **Product Spotlight**

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### **Do you have what you need to prevent falls in the bathroom?**

Bathroom safety for seniors is a top concern. Did you know that people use the toilet 7 times a day on average? That's why bathroom safety for seniors is especially important. Balance issues, muscle weakness, frailty, and cognitive issues like Alzheimer's disease or dementia can make a simple activity like using the toilet difficult or even dangerous. In this issue we outline some simple tips and modifications that make going to the bathroom safer, easier, and less tiring for seniors.

Bathrooms are dangerous because they're small spaces with lots of hard surfaces and corners. On top of that, sitting down and standing up can cause dizziness or unsteady balance for seniors because of blood pressure changes or muscle weakness. That could easily lead to a devastating or embarrassing fall.

To help avoid falls keep walkways and floors clear, smooth and well-lit, day and night. Try to remove clutter or objects along the path to the toilet and to the shower. Add automatic nightlights or motion sensor stick-on lights. Remove any fluffy rugs or slippery floor mats, it's too easy to trip or slip on them. Instead, use low-profile, non-slip, absorbent floor mats. If the bathroom door has a raised threshold, consider replacing it with a low-profile doorway threshold or mark the raised area with colored tape to help your older adult notice and step over it – reducing the chance of tripping. *(continued on page 2)*

For added support when sitting and standing in the bathroom you should consider grab bars. There are several types of grab bars on the market. Toilet safety frames with arms, like the Nova Toilet Safety Rails, give seniors a helpful guide and support. They typically install easily with no tools and are easily removed. Another type of grab bar is a floor to ceiling pole option. Floor to ceiling pole grab bars, like the Stander security pole and curve grab bar, provide support, even in awkward spaces. They can be placed exactly where they're most helpful, installed easily with no tools, and removed easily. There are also wall-mounted grab bars, like Nova wall grab bar available in a variety of lengths and finishes and in either a suction mount or screw mount. They do require correct positioning and the screw mount require permanent installation to be effective and safe. Grab bar options like a raised toilet seat with arms are more targeted. Raised toilet seats with arms, like the Nova Toilet Seat Riser with Arms (available in elongated and standard), increase safety by reducing the distance and effort needed to sit and stand. They install easily with no tools and are easily removed. The newest grab bar option on the market is the Dignity Lift. The Dignity Lift is an automatic toilet lift. Working like a lift chair the Dignity lift easily fits over the toilet or can be used with a removeable commode pan. Toilet tissue aids, like the Everyday Essential Personal Hygiene Wipe, make wiping easier for increased independence and dignity as well as improved hygiene. Consider using these with moist wipes to even more cleanliness and comfort.

There are so many bathroom safety aids available now that can greatly reduce the number of accidents in the bathroom. If you are unsure which bathroom safety tools would best fit your needs, call or come in to the store. Our helpful staff would be happy to help you find the right products.



## Product Spotlight

Dignity Lifts automatic toilet lifts help you get down and up from the toilet easily. It gives you a slow and steady lift back to the upright position. Dignity lifts allow you stand up for yourself and to continue using the bathroom without the need for a helper. No one wants to get stuck on the toilet, and a Dignity Lift prevents that. They lift you at a reasonable pace, so even if your legs "fall asleep" on the toilet you'll still be safe. Dignity Lifts take 20 seconds to raise you all the way up from the toilet. This is the right amount of time so you can get circulation and feeling back in your legs. The Dignity Lift works with almost all toilets from bowl heights of 14" all the way up to 18". It has adjustable/removable legs to fit any toilet. It has an easy to clean seat that includes a "chute" design. This design ensures that all fluids and solids end up in the toilet bowl. The chute is sized to fit into standard toilets and it easily fits into elongated bowl toilets as well. The Dignity Lift helps prevent constipation. Toilet lifts get you lower so your body evacuates better. Not only will the lift raise you up, but you get the benefits of a low seat height too. This helps you avoid constipation and numbness of your limbs. Come in a check it out for yourself. \$1750

