

## AT FOR TOILETING

---



According to the [World Health Organization](#), more than one billion people worldwide, or approximately 15 percent of the world's population, live with some form of disability. Nearly 200 million of those people experience considerable difficulties in performing various functions. These may include [activities of daily living](#) such as bathing, dressing, transferring, feeding, and toileting.

If you have an upper- or lower-extremity disability, you may find that attending to your toileting needs is difficult without the assistance and support of a family member, friend, or caregiver. However, assistive technology (AT) products may help you attend to your toileting needs with greater independence and efficiency. This guide highlights some of the different types of toilet-specific AT products that are available on the market, including elevated toilet seats, powered toilet seat lifts, commodes, and other

toileting aids.

### Toileting Arm Supports and Footrests

If you have a balance disability and need help steadying yourself when getting onto or off of the toilet, there are fixtures you can add to or place near the toilet to provide you with additional stability and support. One example is [Numo Toilet Arms](#). This device attaches to your toilet like a standard toilet seat. It consists of two arms secured to a plastic-coated steel base plate. Once the device is securely in place, you can grab one or both of its arms to steady yourself whenever you sit down on or get up from your toilet. The Numo Toilet Arms:



*Numo Toilet Arms*

---

- Are height-adjustable;
- Are available in two sizes—standard and bariatric (the arms are 20.87 and 22.05 inches apart, respectively); and
- Can support up to 330 pounds.

Another example of a toileting arm support is the [Wingman](#). This device attaches to your toilet like a standard toilet seat. It consists of a seat with built-in arms (or “wings”) that extend out on either side. Once installed, you can hold onto the wings to steady your balance as you lower yourself onto or raise yourself up from the toilet seat. The Wingman:



Wingman

- Has strategically placed palm and grip surfaces that allow you to optimize your strength and control as you transfer laterally to/from a wheelchair (if you have a lower-mobility disability) and lower yourself onto/raise yourself up from the toilet;
- Can support up to 500 pounds.



Re-Lax Toilet Footrest

If you are of short stature or have a lower-extremity disability, your legs and feet may need additional support while sitting on a toilet. If that is the case, a footstool may help. To use the [Re-Lax Toilet Footrest](#), simply place the footrest on the floor in front of the toilet and rest your feet on top of it. The Re-Lax Toilet Footrest allows your body to maintain a squatting position while you are sitting on

the toilet, providing greater support to your abdominal walls to help with bowel evacuation. The Re-Lax Toilet Footrest:

- Has textured rubber footpads on top to prevent your feet from slipping;
- Is constructed of white plastic; and
- Measures 7.75 inches high and 19.5 inches wide.

## Elevated Toilet Seats

Elevated or raised toilet seats are toilet seats that are positioned higher than the average toilet seat. You do not have to bend your knees as much to lower yourself onto an elevated toilet seat, a major benefit if you have a balance or mobility disability and/or have trouble bending or sitting down.

One example is the [Carex Toilet Seat Elevator](#). It is a raised toilet seat that adds 3.5 inches to almost any standard toilet. The elevator fits under a regular toilet seat—between the seat and the bowl—and works in conjunction with the existing toilet seat and lid. To install the Toilet Seat Elevator, you first have to remove your existing toilet seat. Then, place the elevator on top of the toilet bowl, reposition the toilet seat on top of the elevator, and fasten all the fixtures to your toilet bowl using the bolts provided. The Toilet Seat Elevator:



*Carex Toilet Seat Elevator*

- Has four foam pads on the bottom to protect a porcelain toilet bowl;
- Has a weight capacity of 300 pounds;
- Measures 3.5 inches high, 13.5 inches wide, and 17.5 inches deep; and
- Comes in an elongated model for elongated toilets (this model is 0.5 inches wider and 1.75 inches deeper than the standard model; both models add 3.5 inches to the height of the toilet seat).



*E-Z Lock Raised Toilet Seat with Armrests*

Another option is the [E-Z Lock Raised Toilet Seat with Arms](#). This elevated toilet seat raises you 5 inches above a standard toilet, helping to ease the task of getting onto and off your toilet. Moreover, installing it does not require you to use any tools or remove your existing toilet seat—just turn the locking mechanism to secure it to your existing toilet seat. The E-Z Lock Raised Toilet Seat:

- Has a smooth contoured seat with built-in handgrips for easy handling;
- Is equipped with padded armrests wrapped in closed-cell foam for added stability (the width of the armrests can be adjusted from 18 to 22 inches);
- Has a weight capacity of 300 pounds; and

- Measures 5 inches high, 17 inches long, and 20.5 inches wide.

## Powered Toilet Seat Lifts

Developers have taken that concept of powered lift chairs and implemented them into the bathroom, bringing you powered toilet seat lifts. These powered toilet seat lifts may help you transition independently from sitting to standing with just a push of a button. If you have a lower-extremity disability or muscle weakness as a result of your disability (e.g., multiple sclerosis, muscular dystrophy), powered toilet seat lifts may help you rise with greater ease and independence. With just a push of a button or lift of a switch, these toilet seat lifts can raise you from a seated position and help you stand upright independently.

One example is the [Standard Power Toilet Aid \(PTA\)](#). This system, which is powered by a 12-volt rechargeable battery, can raise your toilet seat up to a maximum height of 13 inches above the existing toilet seat. The PTA frame consists of the lifting device (which goes between the toilet bowl and your existing toilet seat), two supporting armrests, and the lift switch that controls the lifting device (located on the tip of either the right or left armrest depending on your selection). To use, remove the existing toilet seat, secure the PTA to your toilet bowl, and remount the existing toilet seat on top using the original nuts and bolts. To activate the lifting device, pull the lift switch up until the desired height is reached, and then push it down until you are fully seated atop the toilet. The PTA:



- Has steel-constructed armrests that are strong enough to withstand pressure but can be flipped out of the way when transferring to and from a wheelchair if you use one (the armrests are 19.88 inches apart);
- Measures 39.75 inches high and 24 inches wide; and
- Can support up to 400 pounds.



*Solo Toilet Lift*

Another possible option is the [Solo Toilet Lift](#), a battery-powered, switch-operated unit that gently lowers and raises you on and off the toilet in a way that mimics the natural standing motion. The frame, which measures 28 inches high and 28 inches wide, includes the lifting device (which comes with its own toilet seat), four cups at the base of the unit, two arms, and an operating switch located on the left arm for raising and lowering the toilet lift's seat.

To use, attach the Solo Toilet Lift directly over the toilet bowl—it will fit compactly over your existing toilet. Then make sure that the four cups at the base are securely

planted on the floor. When it's time to use the toilet, push the toggle switch to the left to raise the toilet lift's seat, and push it to the right to lower it. You can release the switch at any time to stop the toilet lift from moving. The Solo Toilet Lift:

- Allows you to flip its arms up so they are out of the way if you use a wheelchair and need to transfer to or from the seat;
- Comes with two battery packs and a battery charger with charging dock;
- Has a built-in battery monitoring system that conveys the status of your battery;
- Has adhesive slip pads on each of its four cups (this provides extra stability to the entire unit, especially on smooth floor (e.g., tiled or laminated) surfaces); and
- Has a weight capacity of 352 pounds.

## Commodes

If you have a mobility disability or experience difficulty getting to the bathroom in a timely manner, a [commode](#) (or portable toilet) might just be the answer. Most commodes have a chair-like frame with an attached toilet seat and a removable bucket underneath. But just as there are many different types of toilets, so are there many different types of commodes.

One example is the [Deluxe Folding Bedside Commode with Bucket and Splash Guard](#), a multifunctional toileting system that serves as a stand-alone commode, an elevated toilet seat, and a toilet safety frame in one. This unit consists of a 13-inch-wide and 14.5-inch-deep snap-on toilet seat and lid, a removable 12-quart commode bucket (that can be slid into place underneath the toilet seat), two armrests, and height-adjustable legs with push buttons, all of which are connected to a blue powder-coated steel frame.

To use the Deluxe Folding Bedside Commode as a stand-alone commode, assemble the entire unit and place it wherever it would be most convenient for you (e.g., beside your bed). If you need to use it as an elevated toilet seat, you can mechanically adjust the height of the legs until you reach your desired height. And, if you just need it as a toilet safety frame, place the unit (minus the commode bucket and the provided toilet seat and lid) around your existing toilet in the bathroom and use the armrests as needed. When not in use, this unit can be folded for easy storage or travel. The Deluxe Folding Bedside Commode has:



*Deluxe Folding Bedside Commode with Bucket and Splash Guard*

- Armrests that are positioned 18 inches apart;
- Legs with non-slip rubber tips that can be adjusted from 15.75 to 21.5 inches in height;
- A splash guard that helps keep urine from splashing out of the commode bucket; and
- A weight capacity of 350 pounds.



*Uplift Commode Assist (Model CA200)*

Another example of a commode chair is the [Uplift Commode Assist \(Model CA200\)](#). What makes this portable toileting aid unique is that it has a self-powered lifting mechanism that can provide you with up to 70 percent lift assistance. The hydraulic lifting mechanism, which does not require the use of any battery or electricity, can gently lower you to a seated position and then lift you up 10 inches above the commode at a 20-degree angle to help you stand upright. Measuring 26 inches wide and 21 inches deep, this white powder-coated frame has a 16.5-inch-wide and 16.5-inch-deep plastic snap-on toilet seat, a removable 6-quartz commode bucket, a

bucket hanger rail, a safety lock with lock release handle, a backrest bar, height-adjustable legs, and two armrests.

The Uplift Commode Assist can be used either as a stand-alone commode or as a toilet safety frame over your existing toilet. To use it as a stand-alone commode, back up to the Uplift Commode Assist until you feel the toilet seat at the back of your legs (it will

generally reach just above the backs of your knees). Then grasp the armrests and sit down/lean against the raised toilet seat. When you apply the required pressure, the Uplift Commode Assist will gently lower you to a seated position while supporting up to 70 percent of your body weight (when the toilet seat is fully depressed, the safety lock will automatically latch into place). When you are ready to stand back up, depress the release handle located on the side of the seat to unlock the safety lock, and then lean forward and push off with your arms and legs. The lifting mechanism will automatically kick into gear and support you as you rise to help make the sit-to-stand transition a smoother one. If you prefer to use the Commode Assist over your existing toilet, remove the commode bucket, the bucket hanger rail, and the backrest bar from the unit. Then place the frame over your existing toilet, adjusting the height of the legs as needed. The Uplift Commode Assist has:

- Armrests that are positioned 20 inches apart;
- Legs with non-slip rubber feet that can be adjusted from 24.5 to 30.5 inches in height;
- A splash guard and lid in the commode bucket;
- A safety lock that keeps the toilet seat immobile while you are seated (you will hear an audible “click” when the safety lock mechanism latches into place); and
- A weight capacity of 300 pounds.

### Post-Toilet Cleaning Aids

If you have difficulty bending or limited use of your hands and arms because of your disability, you may find it difficult to clean yourself after toileting. If that is the case, there are AT products that are designed to help make the post-toilet cleanup process more manageable and less troublesome.

One such option is the [Self-Wipe Bathroom Toilet Aid](#). This hygiene aid and toilet paper holder has a 5-inch-long angled clamp on one end and a 9.75-inch-long sturdy handle on the other. To use, wrap toilet paper around the angled clamp. Hold the handle and direct the toilet paper-covered angled clamp to clean yourself, and then press the release button on the end of the handle to discard the toilet paper. Cleanup complete!





Toilet paper holders are not the only available post-toilet cleanup option. An alternative solution is the bidet, a plumbing fixture that allows you to cleanse yourself with water instead of toilet paper. Take, for example, the [USPA 6800 Bidet Seat](#). This electrically powered bidet toilet seat, which can be attached to your toilet bowl, uses water stored in its tank reservoir, which is connected to your tap water source. The system then sprays water out through the nozzles attached to the toilet seat to provide you with the water you need to thoroughly cleanse yourself after toileting. What's more, you can control and operate all of USPA 6800's cleansing functions using its wireless remote control with LCD window (you can either mount the remote on the wall with the included mounting brackets or use it as a wireless handheld remote). The USPA 6800 has:

- Dual self-cleaning spray nozzles for posterior and feminine cleaning (the water spray will stop automatically after 60 seconds);
- An adjustable water spray (adjust the heat and pressure of the water to your preferred temperature and force);
- A heated toilet seat (adjust the seat's heat to your preferred temperature);
- A built-in deodorizer (eliminates up to 99 percent of odors and works automatically whenever you use the bidet and stops 60 seconds after you stand up); and
- A warm air dryer (after rinsing and before standing, press the "Dry" button on your remote control to activate the dryer function, which emits warm air for 3 minutes, giving you ample time to dry off).

With the USPA 6800 Bidet Seat, you can complete your post-toilet cleanup with just the press of a few buttons on your wireless remote control.

### [For More Information](#)

To learn more about [these and other toileting aids](#), please visit [AbleData](#) or [contact us](#) for more information.

### [References](#)

Cho, H. Y., MacLachlan, M., Clarke, M., & Mannan, H. (2016, August). *Accessible home environments for people with functional limitations: A systematic review*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4997512/>

Homeability.com. (n.d.). *Toilets for disabled person: Which type is best?* Retrieved from <http://homeability.com/accessible-toilet-which-type-is-best/>

World Health Organization. (2011). *World report on disability*. Retrieved from [www.who.int/disabilities/world\\_report/2011/report.pdf](http://www.who.int/disabilities/world_report/2011/report.pdf)



The contents of this publication were developed under a contract from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR contract number ED-OSE-13-C-0064). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this publication do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

Address: AbleData, 103 W Broad Street, Suite 400, Falls Church, Virginia 22046  
Telephone: 800-227-0216 (Se habla español.)  
TTY: 703-992-8313  
Fax: 703-356-8314

All AbleData publications, the AbleData database of assistive technology, and other AbleData resources are available on the AbleData website, <http://www.abledata.com>. Copyright 2018, New Editions Consulting, Inc.