

## 各式沐浴輔助器具 Bathing aids



沖涼椅  
Shower chair



浴缸板  
Bath board



有輪沖涼便椅  
Wheeled shower commode



活動掛牆淋浴椅  
Foldable wall-mounted shower seat



固定浴室扶手  
Fixed handrail



浴缸扶手  
Grab bar



長柄擦  
Long handled sponge



擦背毛巾  
Looped towel



防滑墊  
Non-slip mat

如有任何疑問，可諮詢本院職業治療師  
For any enquires, please contact Case Occupational Therapist

### 聯絡Contact

職業治療師Occupational Therapist: \_\_\_\_\_(姑娘Ms./先生Mr.)  
電話Tel : \_\_\_\_\_

# 沐浴篇 Bathing

## 淋浴 Shower

- 建議患者坐在沖涼椅 / 座廁 / 沖涼便椅  
Have shower in a seated position.



### 注意

不要坐在矮凳上  
淋浴/洗澡  
Do NOT sit on low stool.

## 2. 進入浴缸淋浴 Bath Tub Transfer



- 1 照顧者先協助患者坐下 (\*注意沖涼板是否穩妥)  
Secure bath board, let patient sit on the edge
- 2 協助患者把一隻腳放入浴缸，然後放好另一隻腳  
Put one leg in the bath tub, then the other
- 3 坐好  
Sit properly

### 注意

- \* 注意單腳在浴缸外時**不要站立**  
**Do NOT** stand with single leg
- \* 有需要時，可用跨缸式沖涼椅進出浴缸，步驟同上  
Use bath bench if needed



## 3. 進入企缸淋浴 In / Out Shower Tray



- 1 協助患者安全地進入企缸 (如有需要，可使用扶手)  
Assist patient to get into the shower tray (Support at handrail if needed)
- 2 讓患者坐好  
Get seated properly
- 3 淋浴  
Take shower

### 其他安全要點

- \* 避免一次塗搽太多肥皂 / 沐浴露在身上，以免滑倒  
Avoid applying too much soap at one time to prevent slip and fall
- \* 可考慮在地面上 / 浴缸內加防滑墊  
Use non-slip mat

