



## McGuyver the Bath.

Determine the correct height for the shower bench top by the height you need to stand without significant effort. For me it was 2" shorter than my inseam.

Determine the height needed for the elbow shelf to comfortably rest your elbows to wash the top of your head. And fit over your lap

Place horizontal safety bar at a height to support the elbow shelf frame with the pad on top

This horizontal 42" bar (\$36) allows the shelf to slide close to shampoo or pushed away for more maneuvering room. A knurled or peened bar surface offers a more secure grip if it will be used to stand or balance.

The elbow shelf, is an inverted OasisSpace Bed Rail (\$49) with a bungee-attached Dimple DC14008 kneeling mat (\$12.) The handle hole holds the back brush.

Position a vertical safety bar -- this one is 24" (\$20) within easy reach of the bench seated person to provide a holder for a handheld shower head. This "Delta faucet U6300-WH grabbar handshower mount" (\$18) lets you slide shower head up and down, back and forth. The shower head is a "Moen dn8001ch home care" (\$44) which has 3 speeds

including a very slow one and a 7' soft hose and is lightweight vs all-metal shower head hoses.

For the shower bench, Medline Transfer Bench (\$55) needed walker leg extensions (\$22.) For even more height add a thick foam pad. This was a Raclvay waterproof (not really) Bench Cushion 45" x 18" x 3.5" which was cut down to the bench length and wrapped in a textured flannel backed vinyl tablecloth (\$10.99) too big at 54"x70" strapped down to the top of the shower bench with flat bungee cords.

Thread a length of pool noodle over the bench's arm before bench assembly.

Hang transparent shower curtains on the same rings—outside extra long, extra wide—Barossa clear Shower Curtain Liner 82 Width by 74 Height with Free Hooks - 6 Bottom Magnets, \$13.99 plus a \$10.99 inner, lighter curtain on the same curtain rings. Tuck the inner curtain under the bather's outer thigh and hip to keep the water inside the tub

Not seen: a 36" safety bar on the wall leading to the shower. \$30)

The bench has to be carefully positioned to avoid wobble as the inside tub is rounded.

Prices from Amazon.

Glimpsed in the lower left corner: a LiftSeat toilet seat elevator \$1,500 including the back-up battery

## Adapt the Recliner



Determine height needed to stand easily - build a box to support the recliner