aidacare™
HEALTHCARE EQUIPMENT



# Clinical Assistance Guide

## Aspire Tilt & Recline Shower Commode

1300 133 120 | sales@aidacare.com.au | aidacare.com.au

# Aspire Tilt & Recline Shower Commode







The tilt in space shower commode has been designed to provide additional support for people who are unable to use a standard shower commode chair.

A shower commode chair with tilt provides the functionality of a shower chair with the convenience of a commode, reducing the number of transfers required for personal hygiene tasks.

The recline and tilt function gives comfort and stability for the user when showering while the open back webbing allows for a greater surface area to be accessible for washing and care.

The gas tilt mechanism provides a smooth lift action and reduces manual handling by the carer. Additionally, the chair back can be angled up to 30°, offering a range of seating options and the optimum posture for toileting and personal hygiene tasks.

## FEATURES

- 30° of backrest angle adjustment in 10° increments for effortless repositioning and maximum user comfort
- 0° to 35° of gas-assisted tilt-in-space functionality minimises manual handling efforts during the showering process
- 4x total locking castors provide brake access from all angles
- Open back straps provide greater access for bathing needs
- Backrest may be configured as full length or 3/4 length to accommodate an advanced headrest
- Open armrests style accommodates a wider sitting surface whilst maintaining a smaller base footprint for improved accessibility
- Height adjustable, swing away footrests with calf pads for optimal positioning, support, and ease of transfers
- Tool-free height adjustment to 4 settings allow the commode to be easily adapted to varying needs or different users

*Seat sold separately

### Compatible Accessories:

- Padded seats (460mm – open and closed; 530mm – open)
- Handmade pressure seats; Customisation available
- ROHO padded seat (425mm / 470mm)
- Pan carrier; bowl; bed pan
- Elevating Leg Rests
- Stump Supports
- Advanced Head Rest
- Lateral Support
- Oxygen bottle carrier
- Adjustable pelvic strap
- Adjustable IV pole

## IDEAL USER CONDITIONS

People with long term or progressive health conditions may benefit from the additional support and adaptability offered by a Tilt-in-Space mobile shower commode (TIS-MSC).

### This may include commode users with the following support needs:

- Require increased postural support due to:
  - Progressive neurological conditions such as MS, MND, Parkinson's disease, dementia
  - Neurological conditions such as TBI, CVA, Cerebral Palsy, Guillain Barre
  - Higher level spinal cord injury
- Require the ability to change their posture due to:
  - Autonomic dysreflexia risk
  - Extended bowel regime and pressure area management
  - Positioning for bowel or bladder management including catheter management
  - Increased or reduced tone
  - Reduced head control
  - Kyphotic posture and reduced visual orientation
  - Larger girth, requiring back rest recline for comfort
- TIS to aid positioning in commode chair from ceiling or mobile hoist transfers
- Require an open armrest style to provide a wider sitting surface whilst maintaining a smaller base footprint for improved accessibility
- Customised commode seat for management of pressure care and bowel routine/hygiene

### Considerations for use:

- A TIS mobile shower commode requires a large, level access shower recess to enable wheeled access and the increased space requirements for tilted/reclined positioning
- Consider accessways from bedroom to bathroom, including doorways and turning circles with the commode user positioned in tilt/recline
- Consider additional shower recess requirements and bathroom circulation space with a TIS-MSC + carer(s)
- Consider carer safety in regards to space requirements for safely completing hygiene routine, standing surface and access to taps, shower hose and toiletries
- Clearance at rear of toilet for extended back rest in tilt;:
  - Need for alternative head support
  - Need for bathroom modifications such as a recess to allow for back rest when TIS-MSC is positioned over the toilet
  - Repositioning the toilet further out from the wall

## CLIENT OUTCOMES

### Ease of access for transfers and positioning:

- Swing away footplates enable positioning of Tilt-in-Space Mobile Shower Commode (TIS-MSC) to facilitate hoist transfers
- Swing up arm rests enable side transfers
- Swing up and open arm rests and webbed backrest accommodate a larger MSC user or client with spinal abnormalities, whilst maintaining a smaller base footprint for improved accessibility

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

- A TIS-MSC enables greater support than a standard shower commode for seated mobility to the bathroom and seated showering and toileting for MSC users who have reduced ability to support themselves in an upright posture e.g., due to low tone, spasticity, fatigue, postural abnormalities
- 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

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

- 0° to 35° of gas-assisted tilt-in-space function
  - Provides postural support through reducing the effects of gravity on maintaining an upright posture; this can also assist with reducing fatigue, pain and improving sitting tolerance
  - Provides postural support through reducing the effects of gravity on maintaining an upright posture; this can also assist with reducing fatigue, pain and improving sitting tolerance
  - Enables positioning of MSC users with a kyphotic posture, to improve visual orientation; TIS improves the sight line and the ability for the TIS-MSC user to interact with others and their environment and to be involved in their own care
  - Provides pressure redistribution to assist with pressure area management during extended hygiene routines
  - Assists positioning from a hoist transfer
  - Assists carer access to complete hygiene tasks and bowel routine management
  - Can assist management of low tone or spasticity
  - Can assist management of blood pressure
- 30° of backrest angle adjustment in 10° increments enables repositioning to improve user comfort
- The strap style backrest can allow for some accommodation of postural changes in the trunk through emersion into the webbing
- Accessories such as lateral supports, stump supports, calf 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

### Reduced pain and fatigue and improved circulation for hygiene routine:

- A mobile shower commode reduces the number of transfers required which benefits the client with pain or fatigue
- Seated support for the complete hygiene routine including mobility, toileting, showering and grooming, will aid endurance and reduce pain and fatigue
- Tilt in Space can increase sitting tolerance by reducing impact of gravity on upright posture

### 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
- Improved positioning from hoist transfers with TIS function, plus support to maintain positioning through lateral supports, pelvic strap and tilt/recline functions, reduce potential manual handling risks associated with repositioning the MSC user during hygiene routines

## SPECIFICATIONS

| | | |
|---|---|---|
| Code | BTC066030 | BTC066040 |
| Description | Swing Away - 460mm - Tilt & Recline | Swing Away - 530mm - Tilt & Recline |
| Over Height | 1315 - 1485mm | 1315 - 1485mm |
| Over Width | 560mm | 630mm |
| Seat Width | 460mm | 530mm |
| Backrest Height | 900mm | 900mm |
| Armrest Height | 275mm | 275mm |
| Anterior Seat Height | 460 - 630mm | 460 - 630mm |
| Posterior Seat Height | 460 - 620mm | 460 - 620mm |

## WARRANTY

5 YEARS WARRANTY
Corrosion

1 YEAR WARRANTY
Components

## COMPLIANCE

AS/NZS 3973:2009

## USER MANUAL

- Mobile Shower Commodes

## MAINTENANCE

### CLEANING

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

- Frame and metal components - Always keep the commode clean for greater comfort and long-lasting performance. Clean stainless-steel 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 - Easy clean material 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 or pads

### SERVICE AND MAINTENANCE:

No 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 ASessment Tool (eMAST)
- Neurogenic bowel management after spinal cord injury: A systematic review of the evidence Andrei Krassioukov, Janice J. Eng, Geri Claxton, Brodie M. Sakakibara, Serena Shum, and the SCIRE Research Team

## LINKS

- Queensland Spinal Outreach Team Mobile Shower Commode (MSC) Assessment & Prescription Tool for Therapists Reviewed Dec 2020
- Government of South Australian Equipment Program Clinical Considerations for Prescribers Mobile Shower Chairs 2013
- Mobility HQ - Benefits of a Shower Commode for Bathroom Safety and Independence Our Blog Bathroom Aids 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

## AIDACARE KNOWLEDGE HUB

Aidacare Website Link:

- Aspire Tilt & Recline Shower Commode | Aidacare

PDF Library:

- Aspire Mobile Shower Commode Range - User Manual
- Aspire Mobile Shower Commode Range
- Custom Made Shower Commode Seats



© Aidacare Pty Ltd 2026. All rights reserved.