

LIFE HACKS & TIPS for LIVING WITH CHRONIC ILLNESS

BATHROOM and LAUNDRY

Use a multi-pocket tote to organize your shower items. Store it under the sink so counters stay clear.



An arched shower rod allows plenty of room for your shower chair.



Put a tension shower rod about four inches from the shower wall. Hang your wet towels to dry out of sight.



A sliding bench with rotating chair makes the tub safely accessible and hides behind the shower curtain.



A multi-shower head with handheld device and sliding bar allows you to sit or stand safely for bathing.



Use body wash instead of bar soap to avoid soap scum on shower walls, faucets, and curtains.



Use a shower scrunchie or loofah on a stick to reach your back and feet. Be sure to rinse thoroughly and hang to dry after each use.



Pick a time of day that allows you to rest after your shower. Consider washing your hair on a different day.



Use your damp towel to wipe down the shower walls and faucets. Then hang on the tension rod to dry. Don't re-use the towel!



Safety bars are a must in the shower. A small vertical bar near the toilet can help you stand.



HCP or comfort height toilets should measure 17-19" from the floor to seat top to help you stand.



To keep bathroom looking clean, use a trashcan with a lid. Use plastic grocery bags to line the trashcan.



A laundry basket on wheels is very helpful and stores easily. You can push or pull it.



Use mesh laundry bags for socks and underwear to protect garments and help keep you from dropping them.



Detergent pacs or pods are easier than measuring liquid. Unscented detergents help avoid allergies.

