



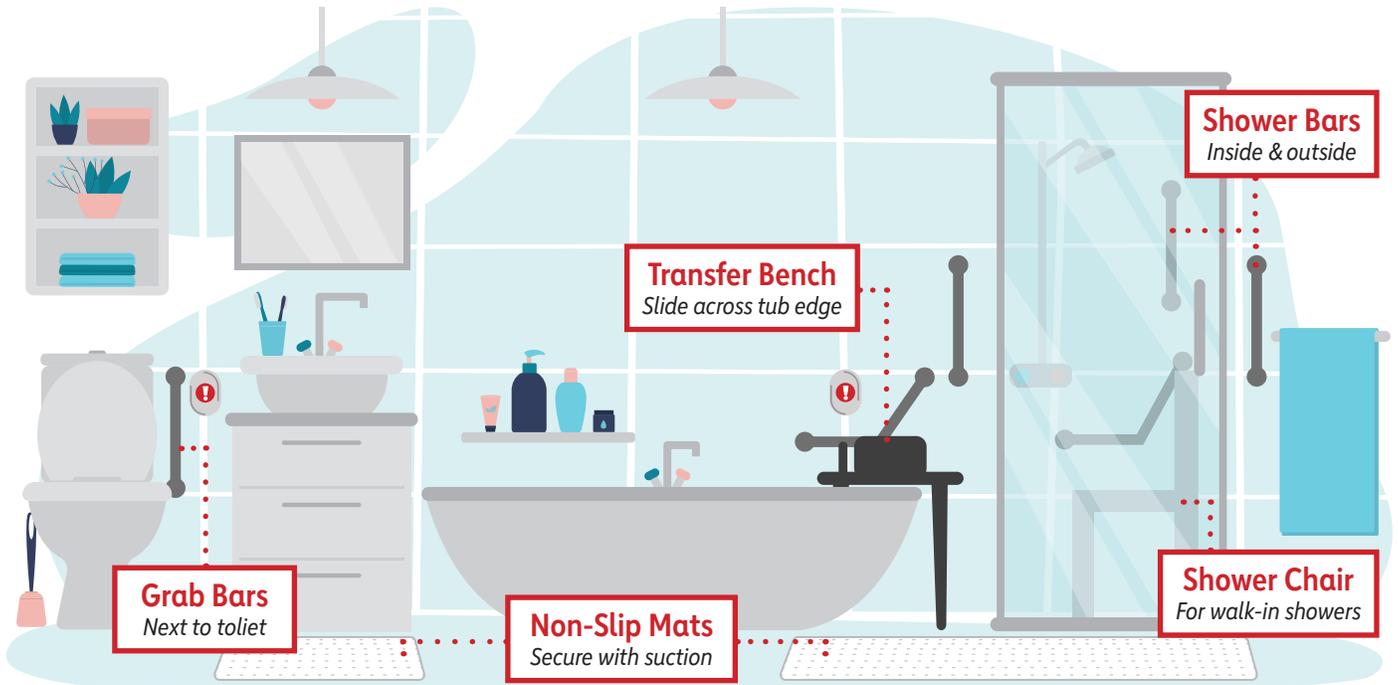
American Stroke Association
A division of the American Heart Association.

Together to End Stroke®

Fall Prevention

Bathroom Setup After Stroke

Simple changes make bathing safer and more independent



Professional Installation

Have grab bars installed by a professional. Improperly installed bars can pull out of the wall when used.



Good Lighting

Ensure bright lighting throughout bathroom. Add nightlights along path from bedroom to bathroom.



Shower Safety

Use shower chair for walk-in showers. For tub/shower combos, use transfer bench to sit and slide across tub edge safely.



Emergency Help

When possible, have someone nearby when bathing. Keep bell or emergency call button within reach.



Non-Slip Surfaces

Put rubber mats in tub/shower. Secure bathroom floor mats with suction cups or non-slip backing.



Get Help

Ask your health care team about bathroom safety assessments and available assistance programs.

Additional Resources

» [Post-Stroke Bathing Safety Checklist](#)

» [Home Safety Checklist](#)

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