

**Question:** How do I choose the best shower chair for my needs?

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**Answer:**

When selecting a shower chair, consider the following factors:

- **Height:** Opt for chairs with adjustable legs to ensure comfortable sitting and standing.
- **Weight capacity:** Verify that the chair can support the user's weight; standard chairs typically hold up to 250 pounds, with bariatric models accommodating more.
- **Size:** Measure your shower or bathtub to ensure the chair fits appropriately.
- **Purpose:** Determine whether you need assistance with transferring into the tub or simply require a safe place to sit while bathing.
- **Additional features:** Consider accessories like non-slip rubber mats, grab bars, or safety belts to enhance safety.

