5 Removable Bathroom Fixes for Hard Days

Renter friendly. No drilling. Easy to take with you.

By Tamera Lynn Stewart | Hard Day Designs / Impact2HEAL

The bathroom is where a lot of hard days go sideways. Wet floors, high tub walls, low toilets and nothing safe to hold onto. If you rent, you may feel stuck because you can't drill into the walls. Good news... you have more options than you think.

I'm Tamera. I'm a cancer survivor and I've been a chronic pain and disability advocate since 2016. I also design homes that work on hard days. Every fix in here can come out when you move. They're designed to minimize permanent changes to your rental, and you keep your gear.

> **How to use this guide:** Pick ONE fix to start. You do not have to do all five. Each fix has a why, a how, and a rough cost. Costs are ballpark ranges and change by store.

The ones everyone already tells you

You've probably heard these. They're good, and they're everywhere:

- Clamp-on tub rail (grips the tub wall, no drilling)
- Shower chair or tub transfer bench
- Handheld shower head (screws onto your current pipe)
- Non-slip mat or stick-on treads
- Raised toilet seat or toilet safety frame

Quick safety note: suction cup grab bars can let go without warning. Use them for light balance only, never to pull up, lower down or catch a fall.

Outside of the ones everyone tells you, here are ours.

1. A padded tension-rod "lean bar" by the toilet

Why: Sometimes you just need something to push off of when you stand up.

How: Put a heavy-duty floor-to-ceiling tension pole (the kind sold for shower caddies or room dividers) beside the toilet. Slide foam pipe insulation over it at hand height so it's soft and easy to grip. It holds by pressure, so nothing gets drilled.

Rough cost: about $20 to $50 for the pole, a few dollars for the pipe insulation.

> **Safety note:** This is a steadying aid, not a grab bar. It is not rated to hold your full body weight. Push on it hard before you trust it, check it every week, and re-tighten if it shifts.

2. Roller rings on the shower curtain

Why: Plain rings drag and stick, so you end up yanking with your shoulder.

How: Swap your rings for roller ball rings. They glide, so the curtain opens one-handed with a light pull. Keep your old rings in a bag for move-out.

Rough cost: about $10 to $25 for a set.

3. A motion-sensor light under the vanity

Why: Night trips are when you're stiff, groggy and most likely to trip. No more hunting for a switch.

How: Stick a battery or rechargeable motion light under the sink edge or vanity. It turns on when you walk in and off on its own. Pick a warm, dim one so it doesn't blast your eyes.

Rough cost: about $10 to $25, often for a multi-pack.

4. A lever adapter on the faucet

Why: Wet, sore hands and round knobs don't mix. Gripping and twisting can hurt.

How: A faucet lever adapter slips over or clamps onto your knob so you can push it with your palm, wrist or forearm. Check that it fits your knob shape before you buy. It comes right off at move-out.

Rough cost: about $10 to $25.

5. A "sit-down station"

Why: Bending to reach shampoo or soap is a lot of work on a hard day.

How: Put a waterproof stool or bench in the shower. Then stick an adhesive caddy to the wall at the height of your hands when you're seated. Everything you need is in reach without bending or standing.

Rough cost: about $25 to $60 for the stool, $10 to $25 for the caddy.

My bathroom plan

The ONE fix I'll start with: _____

What I need to measure first: _____

Who could help me set it up: _____

> **Please read:** This is general information, not medical, legal or safety advice. Check the weight rating on every product, follow the maker's instructions, and check your lease before you change anything in a rental. If you are not sure, ask a doctor, occupational therapist or other qualified pro.

Ready for the rest of your home?

Bathrooms are just one room. The Renter's Hard Day Home Kit walks you through every room... entry and doors, bathroom, kitchen, bedroom, living space and laundry. You also get a priority checklist sorted by energy level, a move-out restore list, a tracking sheet, and a fill-in letter for asking your landlord for a reasonable accommodation or modification.

Surviving isn't the same as thriving. Your home can help with the thriving part. With you on the hard days, Tamera

Get the Renter's Hard Day Home Kit: [link to kit]