

Fact sheet

Created Date: 18 December 2020

Review Date: 18 December 2021

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Bathing and Showering

Equipment, Aids and Adaptations

The type of equipment you need for bathing will depend on what facilities you have. There are pieces of equipment that will assist you to access the bath and those for showering, so if you are considering self-purchase, you will need to select the piece that best suits your environment.

Types of Bathing Equipment:

Bath Lift

What is it for? Used to lower someone into the bath. Person sits on the bath lift and from sitting, turns and lifts their legs over the edge of the bath.

Considerations?

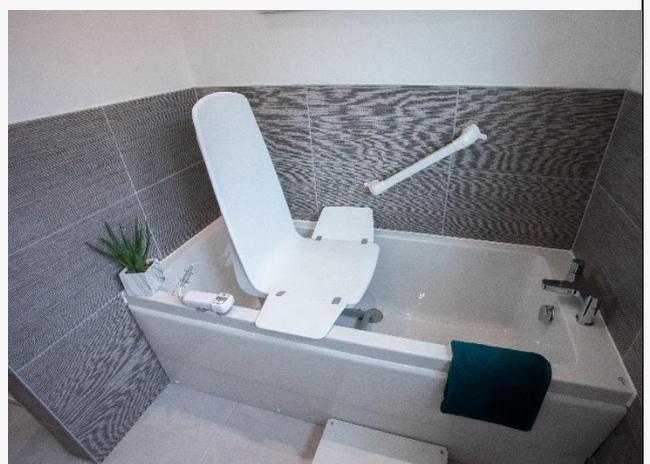
- Will need to be able to lift legs up from a seated position.
- Consider other users of the bath; it is a heavy item to be lifting in and out.
- Be wary of using with someone with a cognitive impairment (inc. dementia, stroke etc.) due to the need to use in a sequence and use safely.
- Consider use of the handset, grip and dexterity and understanding of buttons.
- Needs to be kept on charge when not in use.
- Glass shower screens may be an obstacle for the transfer.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.manageathome.co.uk/bathroom/bathing/bath-lifts/>
- <https://www.completecareshop.co.uk/bathing-aids/electric-bath-lifts/>

How much is it? £200 - £450



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Bath Step

What is it for? To make it easier to step into the bath because it reduces the height needed to step over the edge of the bath.

Considerations?

- Person must be able to lift their feet safely off the ground or this equipment will pose a trip hazard.
- Floor space must be clear for the step.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.nrshealthcare.co.uk/search?query=bath%20step>
- <https://www.completecareshop.co.uk/bathing-aids/bath-steps/>

How much is it? £13 - £30



Bath Board in conjunction with a bath seat

What is it for? Used to assist someone into their bath in combination with a bath seat. Person sits on the board and from sitting, lifts their legs over the edge of the bath, then lowers themselves down onto the bath seat.

Considerations?

- Bath boards need a minimal ledge to secure the equipment.
- Bath sides need to be flat for the suction to work to secure the bath board.
- Glass shower screens may be an obstacle for the transfer.
- Person requires good upper body strength.
- Body will not be fully submerged in the water.
- Weight restrictions of product

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/bathing-aids/bath-seats/>
- <https://www.manageathome.co.uk/search/bath%20seat>

How much is it? Combination cost £40 - £60



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Types of Showering Equipment

Shower stool

What is it for? Provides seating to allow an individual to shower more safely.

Considerations?

- Need to have good sitting balance as there is no back to rest against.
- Must be able to use both hands to assist with standing up to prevent tipping.
- Set at the correct height with the person's feet flat on the floor.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/bathing-aids/shower-stools/>
- <https://www.manageathome.co.uk/search/shower%20stool>

How much is it? £20 - £40



Corner Shower Stool

What is it for? Provides seating to allow an individual to shower more safely in smaller showers.

Considerations?

- Need to have good sitting balance as there is no back to rest against.
- Must be able to use both hands to assist with standing up to prevent tipping.
- Set at the correct height with the person's feet flat on the floor.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.manageathome.co.uk/search/shower%20stool>
- <https://www.completecareshop.co.uk/bathing-aids/shower-stools/>

How much is it? £30 - £50



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Shower chair

What is it for? Provides seating to allow an individual to shower more safely.

Considerations?

- Takes up more space than a shower stool.
- Must be able to use both hands to assist with standing up to prevent tipping.
- Set at the correct height with the person's feet flat on the floor.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/bathing-aids/shower-chairs/>
- <https://www.manageathome.co.uk/search/shower%20chair>

How much is it? £30 - £50



Bath Board

What is it for? Used to assist someone into their bath to sit under an overhead shower. Person sits on the board and from sitting, lifts their legs over the edge of the bath.

Considerations?

- Bath boards need a minimal ledge to secure the equipment.
- Bath sides need to be flat for the suction to work to secure the bath board.
- Person needs to have a good sitting balance as there is no back.
- Glass shower screens may be an obstacle for the transfer.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- [Bath Boards - Bathing Aids : Complete Care Shop](#)
- <https://www.nrshealthcare.co.uk/search?query=bath%20board>

How much is it? £17 - £30



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Bath Step

What is it for? To make it easier to step into the shower.

Considerations?

- Person must be able to lift their feet safely off the ground or this equipment will pose a trip hazard.
- Floor space must be clear for the step.
- Weight restrictions of product.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.nrshealthcare.co.uk/search?query=bath%20step>
- <https://www.completecareshop.co.uk/bathing-aids/bath-steps/>

How much is it? £13 - £30



If you are considering purchasing this yourself, here are some things to consider:

- With seated showering equipment, the person needs to be able to stand up using both hands to stop the seat from tipping. If they cannot manage this, you should consider referring them for an assessment.
- You need to consider your available space and whether there is space for a carer to assist if this is required.

If you are not confident in selecting bathing/showering equipment that will help, or you have purchased some that no longer meet needs, we will assess you for equipment or adaptations. This may take place at our Independent Living Centre or at home. In the meantime, if the person is not safe to use the facility, we would recommend strip washing. A perching stool may assist with this (please note, perching stools are not to be used in the shower), allowing an individual to sit down and rest during the task.

If you would like an assessment or a conversation about the right equipment for you, please contact the **Wellbeing Independence Partnership on telephone: 01952 385385 (option 2)**. Their Trusted Assessor is able to assist with low-level equipment or will refer into Adult Social Care Occupational Therapy Team and we will assess for more complex equipment or adaptation.

We are only able to consider supporting access to one bathing or showering facility; typically we find showers are safer for the majority of people. If you still wish to access alternative facilities after your assessment then you will need to consider self-purchasing the equipment yourselves; however, you can attend an appointment at our Independent Living Centre to try the equipment before you buy it.

We cannot consider an adaptation to your bathing facility until we have tried the equipment available.



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Bathing Aids

The items listed below are not provided by Telford & Wrekin Council but are low cost suggestions to reduce risk, to manage bathing more safely or easily.

Tap Turners

What is it for? To assist with turning taps if poor grip.

Considerations?

- Needs to be compatible with the taps you have.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/kitchen-aids/tap-turners/>
- <https://www.nrshealthcare.co.uk/search?query=tap%20turner>

How much is it? £4 - £21

Long handled sponges

What is it for? Used to wash and clean hard to reach parts of the body. Typically the handle can be bent or is curved to allow reach around the back of the body or feet for example.

Considerations?

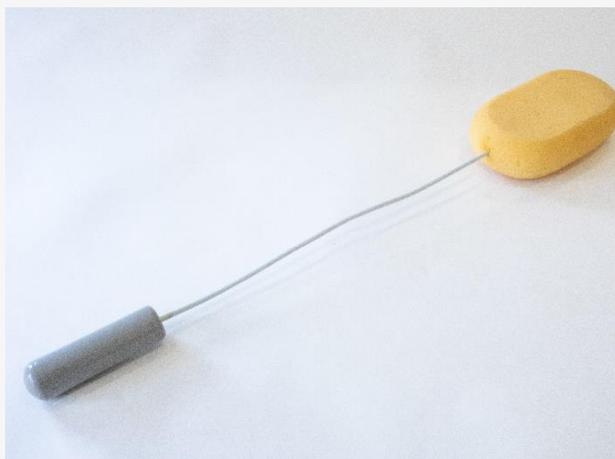
- Will need replacing as often as a standard sponge.

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/bathing-aids/sponges-and-washing-aids/>
- <https://www.manageathome.co.uk/search/sponge>

How much is it? £3 - £8



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Lotion applicators

What is it for? Assists with the applications of creams and moisturisers for hard to reach places

Considerations?

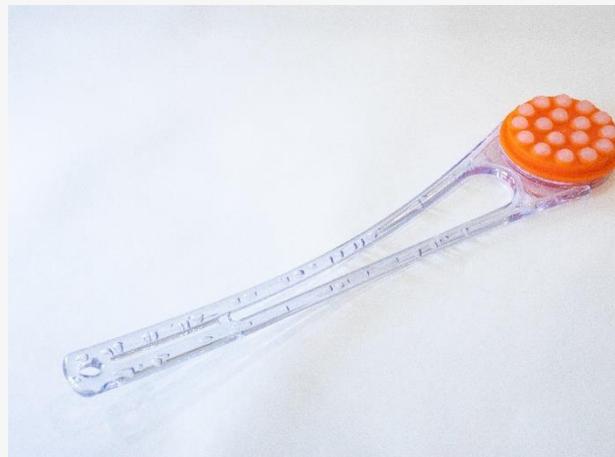
Need some dexterity to fill the lotion holder

Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/personal-care/personal-hygiene-aids/>
- <https://www.manageathome.co.uk/search/lotion%20applicator>

How much is it? £7-£13



Other useful Bathing Aids:

Flannel strap

Bath brush

Sticky Pads/Gripped bath mat

Adaptations

If after an assessment with equipment you still cannot safely access your bathing facility we can then assess you for an adaptation. This assessment is completed by a member of the Occupational Therapy Team; if it is assessed as necessary we will make an application to the Home Improvement Agency who will look at available grants to complete the works. This may be means tested, depending on whether other adaptations are required. It is also subject to landlord approval if you live in a rented property. We always look at how we will adapt the current facility or internal space rather than creating a new one.

Adapting your bathing facility yourself

You may choose to adapt your current facility independently if you are not eligible for financial assistance with the works, or if you don't want to wait to go through this process. Please note, if you decide to do this, then we cannot retrospectively fund the adaptation.

Here is some general advice about what to do and what to avoid:

- Walk in baths – are often thought of as a good solution, but they often have a high step so the user must be able to lift their foot clearly over this threshold. Additionally, the user has to sit in this while it fills up and empties, which may mean getting cold during this time.
- Tiled flooring – this can become slippery when wet so you must be selective in the choice of flooring you use. We tend to use Altro non-slip flooring in our adaptations



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- Thermostatically controlled showers – a thermostatically controlled shower should give a consistent temperature rather than running too hot or too cold. Someone with reduced mobility may not be able to move out of the way of the water or risk falling if shocked by a change in temperature.
- Wall mounted seats – these limit the position a person sits in the shower, can come away from the wall and can damage tiling. We can assess for suitable shower chairs and equipment in your adapted space.
- If you are a wheelchair user then we can assess you for a specialist shower chair if necessary.



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