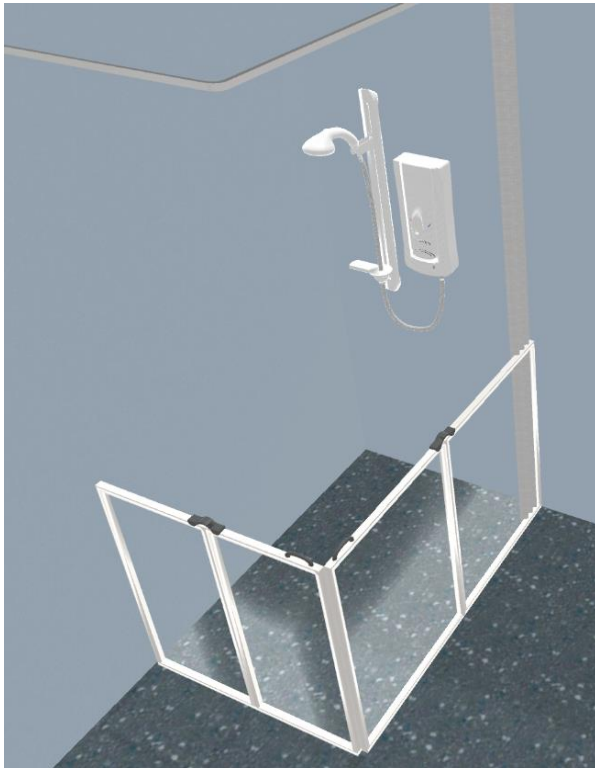




Aberdeenshire
Health & Social Care
Partnership

Top Tips for Bathrooms



Aberdeenshire
COUNCIL



NHS
Grampian

If you are planning to upgrade your bathroom, these top tips will help guide you to plan your bathroom to meet your needs now and in the future.

Tip 1

Doorway

Consider the width of the bathroom door and whether you can get in easily. We would recommend the minimum width of a door to be 826mm, but this is not always possible in older buildings.

Consider the direction of the door swing – does it restrict space and movement within the bathroom

Consider what type of lock you fit on the bathroom door – is it easy to operate and can it be unlocked from the outside?

Tip 2

Flooring

Slip resistant flooring – The majority of slips and falls happen in the bathroom. Specific slip resistant flooring can minimise the risk of falling.

With slip resistant flooring, the shower tray may be underneath the floor and fully covered.

Under-floor heating – If you are planning to put in under-floor heating in a bathroom, please have a discussion with your contractor about its compatibility with the shower tray you use.

Tip 3

Walls

Consider how you will waterproof the walls of your shower. Wet wall panels are easy to install and very easy to clean, whereas tiling the walls may create more maintenance of the grouting in the future

Tip 4

Wash hand basin

Taps – Consider lever taps. They are easier to use if someone has changes in their hand strength or movement.

Semi- pedestal or wall hung wash hand basins allow access from a seated position. Bulky, fixed bathroom units reduce the space within the room and can be difficult to change without major work being carried out. If storage space is important, consider non-fitted cabinets and shelving which can be removed if greater space is required.

Consider the width and depth of the wash hand basin you plan to install to ensure it is deep enough for your use. A minimum width of 450mm is suggested.

Tip 5

Toilet

Consider the height of the existing toilet – Is it a good height for you to stand up from? You can choose to install a higher toilet if you are tall but remember to also take into consideration other users in the house. You can check what height of toilet will suit you, by sitting down on a chair with your feet flat on the ground. Measure from the floor to the back of your knee. Add 1 or 2 inches to this measurement. This is the ideal height for your new toilet

Toilet flush – For people who find using a push button flush difficult, a paddle flush or even a sensor flush may be worth considering

Tip 6

Lighting

Consider the amount of light in the room and whether anyone living there has any visual impairment. It is helpful to ensure good placement and levels of lighting in bathrooms

with limited natural light or where darker décor is going to be selected. If you have a bathroom with a lot of natural light or have selected lighter coloured or glossy décor, consider the glare that may occur.

Tip 7

Heating

Be guided by your contractor in relation to the heating unit size in relation to the size of the room.

Placement of the heater should be considered so that it does not restrict access to the room itself or its use.

If you choose to install a towel rail as the bathrooms only heating source, be guided by your contractor to ensure it will generate enough heat to adequately heat the whole bathroom

Tip 8

The Shower area

A wet area or level access shower would be the best way to future proof the bathroom for long term use. It is worth considering some points in relation to the shower area:

Shower cubicle doors – The way some shower doors can open can block your access into and out of the shower area.

Double glass sliding doors – These doors meet in the middle and can make it difficult for grab rails to be fitted.

Hinged doors – Doors that fold into the shower space are usually easy to use when stepping into the shower, but can be difficult to open from the inside due to lack of space.

Half height doors – These are worth considering if you need a carer to assist you. This prevents the carer from getting wet.

Stepping in – Consider the height of the step into the shower. Is it easy for you to manage? Will you require something to hold on to? Is there a wall that a support rail could be fitted in the future?

Shower size – A general idea for the internal area size of the shower is to **go for the largest size that can be accommodated within the space you have**. Think about the space you need in a shower – bending down to wash your legs and feet and having 'elbow' room to wash your hair. Consider whether there is space to accommodate a shower seat and sit comfortably on it, should you require one in the future.



Shower cubicle doors, double glass sliding doors and hinged doors that fold into the shower space could all cause difficulties: Tip 8

Tip 9

Shower position and controls

Choose a shower that provides flexibility and consider if you will be using the shower seated or standing and if you can use the style of control switch and temperature adjustment. Some showers come with rails that allow the height of the shower head to be adjusted. It is worth considering the height of the rail, a 2metre hose and the shower controls can be set so the shower can be used and controlled from a seated position as well as standing.

Top Tip

Contact Aberdeenshire Council Occupational Therapy Service, on 0345 608 1206, for guidance or an assessment if you have a specific condition



Half height doors are worth considering if you need a carer to assist you: Tip 8

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For further information and guidance, please contact Aberdeenshire Council Occupational Therapy Service on **0345 608 1206**

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