

Occupational Therapy

Bathing and showering advice and information

The aim of this leaflet is to give you and your carer advice and information about ways in which you may be able to solve bathing problems.

Some practical solutions

Washing

Many people keep themselves clean by regularly 'strip washing' and this may be the simplest, safest way to continue. It is often advisable to sit whilst washing yourself.

Bathing

Safety must be your first consideration. Bathing can be dangerous for anyone but the risks increase with age and disability. **If in doubt, do not attempt to use the bath.**

Problems with bathing

The main problem areas associated with using the bath safely are:

- Stepping in and out of the bath
- Sitting down and getting up again



Solutions

Bath-boards

Rather than stepping in and out, it may be easier and safer to use a bath-board. These boards fit across the top of the bath firmly. They allow you to sit on the board first, then swivel and lift your legs over the bath side. They are particularly useful with a shower over the bath, as you do not need to get down into the bath at all.

Grab rails

A grab rail fitted on to the wall adjacent to the side of the bath may help getting in and out.

Bath seats

A bath seat placed securely on the bottom of the bath may help you to get up and down more easily. It is also advisable to use a nonslip mat and/or grab rail to steady you.

Bath seats should not be used in conjunction with bath oils as this makes the bath slippery and doesn't allow the seat to stick sufficiently.

There is a range of other bathing equipment available. You may find it useful to contact the Disabled Living Foundation (DLF). The DLF is a national charity that provides free, impartial advice about **all types of disability equipment and mobility products**. Their helpline is 0845 130 9177 or via www.dlf.org.uk.

If you need further help

This factsheet is intended to provide you with some useful guidance and suggestions. Everyone's needs are different, and this advice may not meet everyone's needs. If you need further advice please contact your local Social Services Occupational Therapy department who will be able to provide you with a full assessment of your needs and access to other equipment and adaptations

Patient Information

**Coventry Occupational Therapy Department:
024 76833003**

**Warwickshire Occupational Therapy Department.
01926 410410**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 7838 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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