

Help with Bathing and Showering

Difficulties using a bath or shower can be resolved in a number of ways. This factsheet offers advice and information, and some practical solutions to help resolve problems with bathing and showering.

Before you seek advice consider whether your problem could be overcome by short-term treatment, such as Physiotherapy or Occupational Therapy, talk to your GP in the first instance.

What might help?

- Equipment such as bath boards and seats, non-slip mats, shower chairs and powered bath seats.
- Minor Adaptations such as grab rails, wall-fixed shower seats and over bath showers.
(If you are a Council or Registered Social Landlord tenant you can contact them direct).
- Major Adaptations such as level entry showers or special baths.
- Personal Care such as someone to help you in and out of the bath with or without equipment.

Safety Tips

Safety must always be your first consideration.

- Would it be better to bath only when someone else is in the house and could help you if you get into difficulty?
- If possible leave the bathroom door unlocked.
- Always use a non-slip mat and remove the plug before you start to get out of the bath.
- If in doubt about what might help, do not attempt to use the bath – follow the next step.

If you need more help finding a solution

1. A new online self assessment tool can help you to find the "right" bit of equipment without the hassle of going into shops or being pushed into something you really don't want or need. This is provided by the Disabled Living Foundation on their website <http://www.dlf.org.uk/public/sara.html>

2. Devon County Council's Adult & Community Services can offer you an assessment by an experienced person to help identify the best solution for you, and give you information and advice. Following assessment, you may be eligible for help.

To ask for an assessment or if there are other daily living activities which you feel you are not managing, please contact **Care Direct on 0845 1551 007**.

For further details on Fair Access to Care Services (FACS) – in other words our eligibility criteria, please read our **factsheet – FS1 Assessment and Fair Access to Care** or contact Care Direct on 0845 1551 007.

If you need help adapting your home see **Factsheet FS79b Adapting your home** for more advice.

3. The Independent Living Centre can offer impartial advice and information, free assessments at the centre

by appointment and the chance to 'try out' a wide range of equipment.

Independent Living Centre

**Isca House
Haven Road
Exeter
EX2 8DS**

Tel: 01392 687276

If you are paying for equipment or adaptations yourself

Should you decide to proceed privately or are not eligible for help

- The Independent Living Centre will be able to provide details of equipment suppliers particularly mail order companies.
- Care Direct can provide a list of local equipment suppliers. Many will arrange home demonstrations or have shops which you can visit.
- Devon Care and Repair can provide minor adaptations and handyman services at a reasonable cost. They can also provide initial advice on major adaptations.

Contact **Devon Care and Repair** direct on:

East Devon	01395 514790	South Hams	01752 896652
Exeter	01392 822650	Teignbridge	01626 355793
Mid Devon	01884 255587	Torridge	01237 424240
North Devon	01271 326141	West Devon	01822 613638

If you are paying for personal care yourself

Should you decide to proceed privately or are not eligible for help

- Care Direct will be able to provide you with a list of private care agencies.
- You may be entitled to claim Disability Living Allowance, or if you are over 65, Attendance Allowance or other benefits which may help pay for care. To ensure you are receiving your entitlements, you can request a free benefits check from Care Direct by calling 0845 1551 007.

Further information

Factsheet - **FS50b Bathing Problems and Simple Solutions** is available for more specific information about equipment and adaptations which can solve problems with bathing and showering.

Other useful information on equipment available can be obtained from the Disabled Living Foundation website:
<http://www.dlf.org.uk/public/factsheets.html>

Further factsheets can be found online at www.devon.gov.uk/factsheets

If you have any further questions or need help with accessing web based information please contact **Care Direct on 0845 1551 007**.

A large print version of this factsheet is available on www.devon.gov.uk/largeprint-factsheets but if you would like it in a different format such as Braille or tape, or in a different language, please contact our Customer Service Centre on 0845 155 1015 or email customer@devon.gov.uk.

Factsheet 50a – 30 July 2008 (2 Pages)