

A BASIC GUIDE FOR
BATHERS, FAMILIES AND CARERS

Why assisted bathing can be better than adaptive showering



This handy booklet explains the many reasons why having an assisted bath for your disabled child or dependent can be better than an accessible wet room or shower



CONSUMER

Why assisted bathing can be better than adaptive showering

Basic guidance for bathers, families and carers



If your child or relative has a disability or you care for a person with limited mobility, owning an assisted bath can be a real help. Having a powered bath at home that is height adjustable, includes a bather transfer seat or has special features can give greater care, safety and comfort to the bather.

Despite bathing being very popular in the UK for disabled and able-bodied people, Disabled Facilities Grant applications will often only recommend bathroom showering adaptations instead of a new hi-lo bath.

This viewpoint can sometimes be based on the misconception that an accessible bath is more

expensive than conversion of a bathroom to an accessible wet room with adapted fixtures and fitting – in many situations this is simply not true.

Safe access to a specialist bath can provide a variety of benefits to disabled bathers ranging from improved care and dignity through to enhanced well-being and mobility.

So if you are looking for help with justifying why an accessible bath is better than a wet room or shower for the person you care for, Abacus has compiled the following key points for you to consider.



See how our Gemini bath has helped the Orman family:

www.abacusheathcare.co.uk/case-studies

Legislation – key facts relating to the provision of an assisted bath

- Disabled Facilities Grant (DFG) legislation states that a bath or shower (or both), can be grant funded
- Children in the UK play in the bath. Play is a fundamental human right (United Nations Convention on the Rights of the Child, 1989)
- No sibling should be affected by their brother or sister's disability (Children's Act, 1989)
- The Housing Grants, Construction and Regeneration Act, 1996, states: '...providing for the disabled occupant, a room in which there is a bath or shower (or both)...'



See how our Scorpio bath has helped the Latham family:

www.abacushealthcare.co.uk/case-studies

Safety benefits of choosing an assistive bath instead of an accessible wet room

Most children and adults living with a disability seem to prefer bathing to showering. However access to a standard bath can be unsafe for bathers with limited mobility whilst manual lifting and lowering of disabled children by parents can result in potential back injuries.

With ownership of an electrically-operated adjustable bath, bath time can be more enjoyable and rewarding for both carer and bather. Benefits include:

- Lower risk of bather falls or slippages from shower chairs/stools
- Reduced risk of back or muscle injury for parents and carers – ensuring they can continue to physically aid disabled relatives with other daily activities

- Faster, more efficient changing, drying and bathing process – reduced transfers and the bather is kept warmer. The Abacus Gemini bath with integrated hi-lo platform is ideal for this
- Less challenging and stressful for both bather and carer
- Carers can attend to bathers more fully – delivering responsive assistance when required
- Carers remain dry during bath time so more convenient whilst their safety is improved

Practical and cost benefits of choosing an assisted bath instead of an accessible shower

There are many lifestyle benefits to be gained from ownership of an assisted bath as opposed to an accessible wet room or shower. These can include improved convenience, safety and peace of mind for a wider range of users or a whole family. An adjustable bath can also be fitted more quickly and easily than a wet room whilst ongoing costs can be less.

Cont. overleaf



The latest assisted baths from specialists such as Abacus include quality and reliable components so require less servicing and maintenance. Hence more cost effective than periodical refurbishment of watertight wetroom surfaces and fittings. In summary accessible baths offer:

- Faster installation and more cost effective in the long term – wet room ‘tanking’ can be costly to install and maintain
- Reduced upkeep and cleaning – wet rooms generate more moisture, and potential bacteria resulting in a greater risk of infection
- Able-bodied relatives still have access to a bath even in a one-bathroom household
- Reduced risk of leaks and drainage problems

Wellbeing-related benefits of bathing instead of showering

Bathing can have a positive effect on many aspects of life when living with a disability. Having access to a specialist bath does not only provide safe bathing, the act of bathing itself can improve many day-to-day activities outside of the bathroom.

In general terms, wellbeing, engagement, mobility and mood can be improved whilst pain and discomfort can be reduced. Key factors to consider regarding bathing:

- A warm, relaxing experience
- Avoids the ‘car wash’ experience of being sprayed on a transit chair or shower stool
- Induces relaxation which can aid sleep especially as part of a pre-bedtime routine

- Provides a safe play and learning environment for children
- Enhanced hygiene for greater protection against infection
- More dignity for the bather
- Reduces pain and improves mood
- Increases mobility and reduces muscle or joint stiffness
- Reduces the stress associated with manual moving and handling
- Helps with the use of prescribed ointments
- Delivers a positive experience and promotes carer-bather engagement

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See how our Scorpio bath has helped the Worthington family:



See how our Pisces bath has helped the Beaumont family:



www.abacushealthcare.co.uk/case-studies

To arrange a free home bathing demonstration:

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