

# Taps and Water Temperature Regulation

**Many people have difficulty with grasp, hand function or sensation which can impact daily living activities. This publication gives information about taps, tap turners, and equipment that helps to regulate water temperature.**

## Things to Consider:

- Your hand strength and the type of tap handle or grip that suits you.
- Your ability to sense and react quickly, when water temperature is too hot, to help prevent burns.
- Who else will be using the taps - other members of the household, children, visitors?
- In rental properties, ask your landlord before making changes to taps or plumbing.

## Tap Turners

Tap turners are useful and economical for the task of turning taps on and off. They operate like a lever and require less hand strength. Each tap turner is designed to fit a specific type of tap handle. There are 'multi fit' options to suit a range of taps, , however these may be heavier and therefore more difficult to use.. Use caution when turning off the tap as overtightening may damage the washer. Tap turners are good as temporary devices and may be less effective than permanent solutions such as new taps.



Plastic tap turner



Tapmate



Hoselink tap turner



Homecraft contour  
turner



Crystal tap turner



Easy twist tap  
handle

## Lever Taps

Consider replacing your existing taps. Lever taps can make it easier to turn taps on and off. Some levers are very long and can be operated by your elbow. Others are shorter and are operated by using the hand. Some lever tap options can be retrofitted to an existing tap spindles.



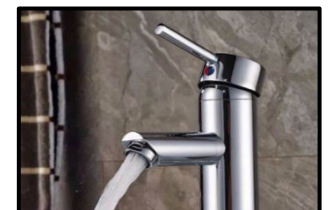
## Quarter turn taps

These taps only require a 90-degree turn (a quarter of a circle) to go from fully off to fully on. In contrast to traditional rubber washers, these taps use two ceramic discs that slide over each other to control water flow, and therefore are more durable and less prone to leaks.



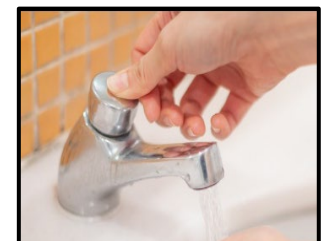
## Mixer Taps

Mixer taps usually feature a single lever outlet that blends hot and cold water. The lever can be rotated to control the water temperature and raised to increase water flow.



## Time Flow Taps

Time flow taps provide a timed flow and automatically shut off after a preset time. This also helps conserve water. The flow of water is activated by moving the lever or pressing the button with your hand, thumb, wrist or forearm.



## Knee/Foot Operation of Taps

Special lever or pedal tapware can allow a tap to be turned on with the knee or foot. Water flow can be activated either for a preset period (e.g. 15 seconds) or only while the lever/pedal is depressed by the knee or foot. A single tap is used, with water mixed to a preset temperature.



## Automatic/Sensor Taps

Sensor taps are hands-free option designed with infrared sensors or motion detectors to turn the water on and off automatically. The sensor can be located on the basin or in the wall. Installation is more expensive and maintenance is costly.



## Other Alternatives - Washers or Tap Spindles

Replacing regular washer or tap spindles with Hydroseal tap valve or ceramic spindles can make taps easier to operate. You will need to talk to your local plumbing store about the options that suit your taps, cost of purchase and installation.

# Water Temperature Regulation

## Water Temperature Regulation

There are devices that can regulate water temperature or stop the water flow if it gets too hot. They are designed to set the maximum water temperature, and therefore useful to help reduce your risk of getting burnt by hot water.

These anti-scald devices can be fitted to the hot water supply pipework, or for specific outlets, e.g. in the shower, bathroom, kitchen or laundry. They are recommended if you have poor sensation, slow movements, or slow reaction times.

## Tempering Valve

This device is used to control the temperature of hot water by mixing hot water from your hot water system with cold water. It is typically installed near the hot water system for multiple outlets, e.g. bathroom taps/showers. It is usually part of the plumbing system required in most domestic bathroom under plumbing regulations.



## Thermostatic Mixing Valve (TMV)

This device precisely mixes hot and cold water to maintain a constant, safe temperature and it adjusts quickly to changes in water temperature or pressure. It automatically shuts off if cold water supply fails, preventing scalding. Typically they are installed close to the water outlet in the ceiling or in the wall cavity and have an access panel for access. TMV's are required in healthcare, aged care, child-care and other sensitive environments.



## Thermostatic Shower Mixer

A thermostatic shower mixer contains a thermostatic mixing value to maintain a constant water temperature to reduce the risks with hot water.



# More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website [www.ilct.com.au](http://www.ilct.com.au) or email [info@ilct.com.au](mailto:info@ilct.com.au).
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

Independent Living Centre Tas Inc. (ILCT) acknowledges the generous support of the Tasmanian Government – Department of Health through the Home and Community Care (HACC) Program, and the Australian Government – Department of Health and Aged Care through the My Aged Care – Commonwealth Home Support Programme (CHSP). Their ongoing contributions enable the continued provision of these information sheets and our information services.

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