



A quick look at bathrooms

What you choose for your bathroom will be influenced by:

- How you get about (walking or wheelchair)
- Any movements that are particularly difficult
- Any vision, thinking or planning limitations
- Space needed to use any assistive equipment
- Space for a carer providing assistance
- Others who may use the bathroom

Consider:

- Doorway width
- Outward-swinging or sliding door
- Door handle style – lever type or D-shape preferred
- Door lockable and able to be opened from the outside in an emergency
- Slip-resistant, water-proof vinyl or tile floor surface
- Floor vinyl extended to cover up the walls, with waterproof seal between the vinyl and wall material
- Location of light switches and power points
- Style of switch to operate light and power
- A fixed or remote switch to operate an exhaust/fan heater
- Windows that are easy to open and close, or installation of a ventilating skylight

Shower:

- Large shower base to allow the use of a shower chair or wall-mounted seat
- Stepless shower base without lip, hob or step
- Shower floor gently sloping to the drain
- Shower curtain, or shower door that can be removed from its frame
- Improved access to the shower by having it open on two adjacent sides
- A shower curtain with a weighted hem
- Hand-held shower with flexible hose, mounted onto a vertical rail allowing height and angle adjustment

Taps:

- Lever or capstan (cross-bar) style tap handles with ¼ turn movement
- A single lever mixer tap or thermostatic mixer tap
- An electronic tap which is operated by a movement sensor
- Clear hot/cold identification on the taps

Grabrails:

- Walls strengthened to allow the installation of grabrails
- Vertical or horizontal grabrail positioned to provide stability in shower, over bath, or elsewhere in the bathroom
- Grabrail at appropriate angle beside toilet when the toilet is located in the bathroom
- Rails with a slip-resistant finish

Bath:

- Adequate space to access the bath from a wheelchair
- A bath with level edges around the top is required to support a bath board
- The bottom of the bath should be flat and slip-resistant
- Specific space requirements for a mobile hoist, or structural requirements for a ceiling-mounted hoist

Hand basin:

- Wall-mounted hand basin with sufficient adjoining bench space, or semi-recessed or in-bench basin
- Knee space under basin for wheelchair user
- Insulation on any exposed pipes

Toilet:

- Additional space for a wheelchair or carer on at least one side of the toilet
- Mobile shower commode chairs require additional space around and behind the toilet
- Toilet pan and seat at appropriate height for all users
- Location of the toilet paper holder and the flush control
- Suitability of a bidet/toilet

Temporary solutions may be provided by assistive equipment such as bath boards, bath seats and benches, hoists, shower commodes, toilet frames, toilet seat raisers, molded seats and detachable rails. There is a flat-pack kit-bathroom available.

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 or email 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).

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