

Equipment Information for Personal Care

Managing personal care such as bathing and toileting is an important part of daily life. The range of mobility and independence a person has will dictate the type of equipment they will need in order to help with their washing and toileting needs. It is important to remember when buying equipment or re-designing a bathroom for an individual's needs that consideration is given to other family members who may need to use the same room and to any carers that may be attending.

Staff at Disabled Living aim to help and give advice on products and equipment that may help make daily living both easier and safer.

The equipment centre staff have extensive knowledge of national and local suppliers of equipment and can offer practical advice and details of where to get most disability products.

Disabled Living has on loan from companies, 100's of different types of disability equipment.

If you wish to try the equipment and to speak at length with an Occupational Therapist about equipment suitable for your needs please telephone Disabled Living for an appointment on:

0161 607 8200

Or email a member of the Equipment Centre staff at: equipment@disabledliving.co.uk

In order for staff to give you the right information please include in your email the area where you live or work.

Types of Bathing Equipment.

If you have problems washing there are many types of equipment that can help make this easier.

- Baths with doors
- Showers
- Bath boards
- Bath seats
- Bath lifts
- Grab rails

- Shower seats
- Specialist bath hoist
- Bath mats
- Shower trolleys / stretchers
- Changing tables
- Washing aids-long handled wash aids
- Hair washing trays
- and many more

Re-designing a Bathroom.

Any bathroom layout must be thought about carefully. It is wise to think about the needs of the user in years to come-bathrooms are costly rooms to kit out and it could prove expensive to convert or add more items after only a few years. To avoid mistakes it would be wise to seek the advice of a professional such as an Occupational Therapist in the first instance. Also, take into consideration others that may need to use the room, such as other family members, as their needs may not be the same.

Types of Toileting Equipment.

Managing toileting needs is important to a persons well-being. It may be that some equipment is only needed for a short length of time whilst others will be needed more long term.

- Toilet frames
- Toilet seats: raised and padded
- Toilet plinths
- Commodes
- Chemical toilets and accessories
- Bidets
- Commode and shower chairs

- Toilet support systems
- Specialist wash / dry toilets
- [Urinals and bedpans](#)

What other equipment can help with personal care?

There may be reasons why people can not use baths and showers and they may be confined to bed for short or long periods of time. It is still possible to have a bath, wash your hair and attend to your toileting needs with confidence whilst in bed. Hair washing trays, long handled brushes, special nail clippers, angled and magnifying mirrors urinals and bedpans plus many more items can help.

Bear in Mind

Any equipment used must be suitable and safe for the person to use. Everyone will have different requirements and needs, so what may suit one person may be of little or no use to someone else.

Where to get Equipment from

There are now many high street shops that sell a vast range of equipment. But could you be buying something you are entitled to get from either the NHS or Local Social Services? The offer of equipment from these services is limited. So if you are in hospital ask to see the hospital Occupational Therapist, if you are at home, contact your local Town Hall for your nearest Social Services Department and if you are in residential care ask the Care Manager.

Second-hand Equipment

Almost all equipment can be bought second-hand. This is a good way of saving money if the equipment is in good working order and is a fraction of the cost new. But, do be aware that second-hand goods will have a shorter life-span than new products. Also that warranties will probably have run out or may not be transferable to another owner.

ALWAYS CHECK

- The second-hand goods you are buying are in a good state of repair
- Check no removable parts are missing
- Ask for the original instructions
- Ask to see the equipment working

- Ask about any contacts the seller may have that could service or repair the equipment

But perhaps most important of all-don't buy something because it's cheap; buy it because it is safe and suitable for you to use.

Disabled Living advise that people obtain guidance from an Occupational Therapist or other such healthcare professional before purchasing disability equipment