

Wet floor shower

If you are adapting your shower we would recommend a wet floor shower, which is a sloped tray that is formed into the floor. We do not recommend a shower tray with a lip because they can be a tripping hazard.

We cannot recommend shower companies. We would recommend you choose a company with positive customer reviews and a history of a reliable service. To view a wet floor shower contact the Lothian Disabled Living Centre at the SMART centre. This is based at Astley Ainslie Hospital, Grange Loan, Edinburgh, EH9 2HL.

Call – 0131 537 9177 (select option 5)

www.smart.scot.nhs.uk/service/disabled-living-centre/

You will need to seek permission from the owner of the property and may want to get advice from an architect or structural engineer.

For advice contact our Duty Occupational Therapist on 0131 271 3900.

Design considerations

- **Layout of the bathroom and space** - Consider the space around the shower, toilet and sink and if this will provide suitable access if you require to use walking aids or a wheelchair. We recommend a minimum turning circle of 1500mm.
- **Space around the toilet** – To allow enough space for equipment we recommend a close coupled standard height toilet of 400mm. A close coupled toilet has a visible cistern that is not enclosed or boxed in. We recommend that this is set out from the adjacent wall by 400mm to the centre of the toilet bowl. A toilet with a lever control to flush the toilet can be beneficial for those who have difficulties managing small controls.
- **Bathroom access** – To support access into the bathroom when using a wheelchair, consider widening or re-hanging the door to open outwards or consider a sliding door. We recommend 838mm as a door width should you require to use a wheelchair and you are of small to medium build.

- **Door threshold** - Consider altering the height of the threshold door for smoother access when using a wheelchair or to prevent a tripping hazard.
- **Size of shower area** - Consider the size of the shower area and if this will provide enough space for equipment such as a shower stool or chair and to allow support from a carer if needed. We suggest a shower area no smaller than 900mm x 900mm or 800mm x 1300mm.
- **Flooring** - Consider flooring which is slip resistant. Tiles can get very slippery when wet.
- **Shower controls** - Consider the shower unit and the power of water that this provides. Power showers can provide a stronger spray that may result in more water being spread around the bathroom. We recommend a mixer shower unit to better prevent water spreading.

The bottom of shower control unit is recommended to be positioned 1000mm above floor level to ensure good access if seated. You could consider a longer shower pole so that the shower head can be moved up and down to accommodate different heights.

- **Shower surround** – We recommend a shower curtain rather than a fixed glass screen, panel or door because this supports barrier free access.
- **Light fitting** - For safety against water splashes consider a covered light fitting.
- **Sink** – Consider a wall hung sink which allows for easier access should you require to use a wheelchair. We recommend level taps for ease of use.