

General advice on bathing

Keeping Active

- > Bathing is a very personal activity and is one that people try to manage for as long as possible. People are very good at problem solving their bathing problems, but there comes a time when professional advice is needed. We hope the following information is useful.
- > Did you know that if you practice getting in and out of a bath several times a day (as a dry run) you could build up some muscles and you might find bathing easier? Only do this if you are confident or if you have someone with you for safety.

Preparation

- > If you are feeling unwell, breathless or are unsure or worried about your safety, please make sure there is someone else within earshot while you bathe in case you need any help.
- > Please make sure that the bathroom floor and all pathways in and out of your bathroom are clear. If you make sure the bathroom is well lit, as this will also help you.
- > A well-ventilated bathroom (for example, using an extractor fan) can reduce the build-up of steam, which can help if showering makes you breathless.

- > Wet surfaces and floors may cause you to slip, so please take care when moving around the bathroom.
- > Make sure you have everything to hand, shampoo, soap, towels etc to make it easier and safer for yourself.

Comfort

- > If you suffer with shortness of breath, and you think that a shower may be easier for you to manage than a bath and you are considering having one fitted try taking a shower somewhere first. Ask a relative or friend if you can use their shower to make sure that the steam does not affect you before you make the decision.
- > If you have a shower and are very breathless, lowering the shower-head to shoulder height may mean that the steam and water do not affect you as much. If you do not wish to fix the shower-head permanently in a low position, then an extra-long shower hose can be fitted, this means all users can adjust the height.

Safety

- > Always fill the bath and check the temperature before you get in – remember your hands are more tolerant to hot water than your feet. Be aware that when you get out of the hot bath the heat and steam from the water can make you feel dizzy.

- > If you are concerned about slipping on the base of your bath/shower, there are non-slip semi-permanent treatments available to buy.
- > If you use creams or oils, whether it is in the bath or after washing, please be aware that they will create a slippery surface.
- > If you use a product in the bath that fixes down with suckers and you regularly use creams and oils in your bath, please be aware that you will need to clean the equipment regularly, especially any suckers, to make sure the product remains secure within the bath. Please note that parts may also need to be replaced more often.
- > If you wish to use any bathing product that fixes to the base of the bath with suckers, you must REMOVE the bath mat as equipment is designed ONLY to fix directly to the base of the bath.