

# Independent Living



Bathroom  
Manufacturers  
Association

BMA

## Factsheet





Bathing is an integral part of life and one of the few daily tasks that has to be carried out to maintain cleanliness and health. More importantly retaining one's respect and independence is paramount to the end user.



There are many issues to consider when designing a bathroom for the end user who requires additional help, the Bathroom Manufacturers Association and its membership offers guidance, information and practical advice to aid in the process of 'Independent Living'.

With 1 in 10 people in the UK registered as having a disability, manufacturers are increasingly aware of the need for inclusive design products. Inclusive design is about ensuring that products work for all ages and abilities without sacrificing design and fashion elements, thus ensuring that 'independent living' can be achieved further into old age without the need for outside assistance.



As you consider the design layout for your new bathroom, take into account the needs of other family members and visitors, together with the elements that cannot be changed easily such as doors, windows and radiators. Wheelchair users may find the use of a total wet room, or low level or floor access showering more beneficial.



The choice of bathroom product available will encompass every conceivable design element from the smallest to the most opulent of bathrooms. With careful planning and the right product there is no reason why your new bathroom cannot meet your every aspiration.

### Right Product

Choosing the right product is important to ensure the needs of the end user are met. The right product will be dependent on several factors, including extent of disability, location



of bathroom and the requirements of other users. The BMA identifies those areas where additional attention should be given:

- Use a low level bath to improve access and egress from bathing or consider utilising a fixed or removable bath chair. Bath hoists are also available for those seeking additional support



- Low level or floor access shower tray accompanied with a door free shower enclosure offers easy access to showering areas at the same time retaining flair and design

- Minimise ridges, steps or other barriers for easy access to showertrays; or consider utilising the benefits of a wetroom

- Replace conventional taps and shower controls with levers that are easy to manipulate and which utilise a thermostatic control setting - or even



consider a shower that utilises a remotely sited on/off switch, so as to decrease the risk of scalding upon entering the shower

- For the visually impaired, use shower controls that are operated by touch buttons with tactile coding or illuminated controls for easy identification

- Install wall hung WC's or basins for increased manoeuvrability and ease of cleaning

- Specialist toilet seats that have additional thigh support or offer increased height are available in complementary colours and designs



- Use grab rails in areas that necessitate additional support. Many are offered in various finishes and colours to co-ordinate with your bathroom design. Grab rails should preferably be in contrasting colours with wall finishing



- Ensure that doorway widths are able to take wheelchair access if needed



- Position shelving and storage units at heights which are easily accessible

- When installing radiators consider allowing additional room for movement, to decrease the risk of burning

- Flooring and shower surfaces should be slip resistant to avoid accidents

The Bathroom Manufacturers Association offers a wide range of factsheets to aid in the planning process for your ideal bathroom, all are available for free download from [www.bathroom-association.org.uk](http://www.bathroom-association.org.uk)

## Contact details for plumbing organisations.



Scottish and Northern Ireland Plumbing Employers

Federation (SNIPF) is the trade association representing businesses involved in the installation and maintenance of plumbing and heating systems. For a list of members telephone **0131 225 2255**, or visit the website [www.snipef.org](http://www.snipef.org)



The Association of

Plumbing & Heating Contractors (APHC) is the leading Trade Association for the plumbing & heating industry in England & Wales. For a list of members telephone **02476 470626** or visit the web site [www.aphc.co.uk](http://www.aphc.co.uk)



The Institute of Plumbing and Heating

(IPHE) is the professional body for the UK plumbing industry. For a list of members telephone **01708 472791**, or visit the web site [www.plumbers.iphe.org.uk](http://www.plumbers.iphe.org.uk)

The Bathroom Manufacturers Association (BMA) is the trade association that represents the major manufacturers of bathroom products, ranging from sanitaryware, baths, taps, showers, enclosures, accessories and furniture.

Members of the BMA offer products with an outstanding combination of quality, style, design, colour and availability.