

Bathing and showering advice

Many people keep themselves clean by regularly "strip-washing" with water, soap and a flannel. This may be the simplest and safest way of keeping clean.

When having a bath or shower, safety should be your first consideration. Bathing can be dangerous for anyone but the risk increases with age and disability. If in doubt, do not attempt to use the bath or shower.

Some special equipment could make bathing easier and safer:

A bath seat placed in the bottom of the bath may help you get up and down more easily.

A bath board may help you get into the bath, or enable you to sit while washing or showering in the bath.

Grab rails fitted on the wall by the side of the bath may help you get in and out of the bath. Towel rails, basins and taps may not be strong enough for you to lean on.

Tap rails fitted securely to the taps can help you steady yourself when getting in and out of the bath.

If you are finding it difficult to manage, please contact us 'Contact us'. We can help you by given you advise. You may need to have a shower installed or have alterations made to your home.

The person that should help you out is "the occupational therapist" i.e.; the O.T.

Disabled Facilities or adaptations to your home will be assessed by them.

If you are in Gibraltar you can give them a call on; 72266 Ext; 2184