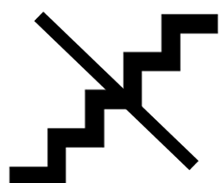


# Level access showers



This easy read tells you about level access showers.

## What is a level access shower?



A level access shower is an accessible bathing area. The area has no steps or lips to get into the shower area.

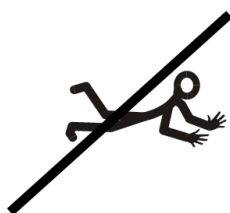


They are helpful for people with mobility difficulties.

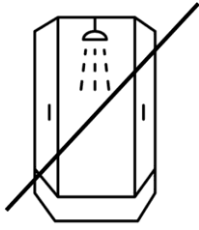
## What does a level access shower look like?



There is no tray or lip into the shower.



The shower lip is hidden under anti-slip flooring.



It is a large shower space instead of a shower cubicle.

## Why are level access showers useful?



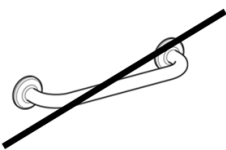
Having to step into a shower tray can be too difficult for people with mobility issues



If the shower space is too small there isn't space for chairs or stools for people who are not able to stand for long enough to have a shower.



Small showers can also make it difficult for carers to help people have a shower.



Plastic shower cubicles can stop grab rails from being fitted.

# Things to think about for your level access shower

## For the shower unit:



- You can get a shower unit with pre-set controls or one control for the shower flow and temperature.



- The shower unit needs to be able to be accessed whether you are standing up or sitting down.

## For the shower area:



- Make sure the shower area is big enough for a wheeled shower chair, if you need one now or might need one in the future.

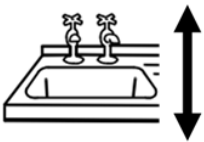


- If the space is too small you are more likely to get stuck, for example in the shower curtain.

### **For the hand basin:**



- If wheeled equipment is needed or likely to be needed you should think about where the hand basin is in the shower room so it does not stop any equipment from moving properly.



- You should think about the height of the hand basin if it will need to be used when someone is sitting down.

### **For the taps:**



- Lever style taps can be easier than taps you have to turn if you have problems with grip or movement in your hands.

## For the toilet:



- If a wheeled chair or commode are needed or likely to be needed you should think about where the toilet is in the room to make sure that equipment you need can be moved around easily.



- The position of the waste (soil) pipe is also important because it could stop access for equipment such as a commode if it is fitted to the side of the toilet.

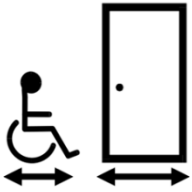


- A standard toilet bowl shape and height should allow your equipment to fit.

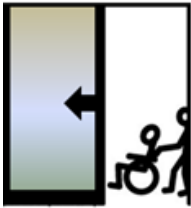


- If you need help or advice about this you can [ask for an Occupational Therapy Assessment](#).

### **For the doorway:**

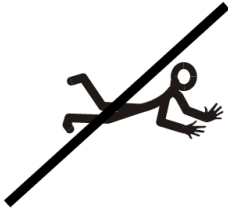


- If wheeled equipment is needed now or likely to be needed in the future the doorway needs to be wide enough for this.



- A sliding door or a door that opens outwards can make it less likely that you will get stuck if you have a fall.

### **For the floor:**

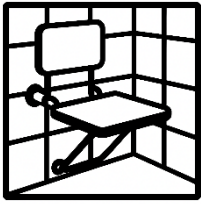


- Anti-slip flooring should be used in any area that is likely to get wet to make the risk of slipping or falling smaller.

### **For shower chairs or stools:**



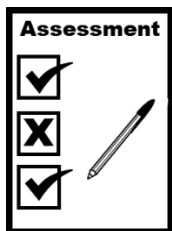
- Shower chairs or stools can make bathing easier if you can't stand for long enough to have a shower.



- Wall-mounted drop-down shower seats can fold away when they are not being used but they can limit movement and are at a set height which may not be right for you.



- A standalone shower chair or stool can give you more flexibility and make it easier for carers to help you have a shower.



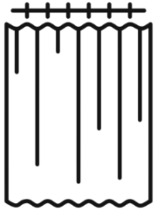
- [An Occupational Therapist Assessment](#) can help you to get equipment if the assessment says that you need it.

### **Grab rails:**



- Grab rails can be fitted in the shower to provide additional safety and aid movement.

## **Shower curtains:**



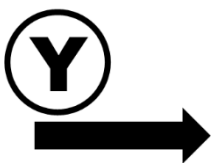
- Full-length shower curtains give more room and are easier to use if hand movement and grip are difficult for you.

## **Colour:**



- Colour can be helpful for people with visual impairments, to make things easier to see. For example, a dark blue grab rail on a white wall can be more easily seen than a white grab rail on a white wall.

## **Long term needs:**



- It is important to think about your long-term needs and what you are likely to need in the future because having a level access shower installed is very expensive and a big adaptation so it must be done right.



## Choosing a contractor



Nottinghamshire County Council works with [the Checkatrade website](#) to help make sure that people can choose a trader that they can trust.

## Financial Assistance



Most things we buy includes a government tax in the price – **Value Added Tax**.



**Value Added Tax**, or VAT, is collected by people who sell things. It is usually 20 per cent of the price. The retailer does not keep this money, they collect it for the government.



If you're disabled or have a long-term illness, you will not have to pay VAT on products designed or adapted for your own personal or domestic use.



More information about VAT relief on products designed to support people with disabilities or long term illnesses is [available on the GOV.UK website](#). the [government's website](#).



The information on this easy read document is just a guide and it is important to think about your personal needs and circumstances to make sure your shower is right for you.

## **Occupational therapy assessment**



You can request an occupational therapy assessment by contacting our helpful customer service team.

There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



### **Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## **Links in this document**

### **The Checkatrade website**

checkatrade.com

## **GOV.UK – VAT relief**

[gov.uk/financial-help-disabled/vat-relief](https://gov.uk/financial-help-disabled/vat-relief)

## **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](https://nottinghamshire.gov.uk/contactform)

## **Relay UK app**

[www.relayuk.bt.com/how-to-use-relay-uk/download-app.html](https://www.relayuk.bt.com/how-to-use-relay-uk/download-app.html)

## **SignVideo app**

[signvideo.co.uk/download](https://signvideo.co.uk/download)

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For plain English web page version of this information, go to:

[Level access shower \(Nottinghamshire County Council\)](https://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/level-access-shower)

[nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/level-access-shower](https://nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/level-access-shower)

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