

Do you have difficulty using your bath or shower?

There may be options to help you continue to do this.

If your difficulty is because you have been ill recently, follow the advice of the health professionals supporting you to get better so you can return to using your bath or shower.

Equipment to help you use the bath or shower

A grab rail fitted on the wall by the side of your bath or shower may help you. A grab rail must be fitted securely to the wall following the manufacturers fitting instructions.

If you are a council or housing association tenant, they may be able to fit a grab rail for you.

A bath board or swivel bather may help you to sit while you wash or shower in the bath. A shower stool may help you to sit while you use a shower.

How to get equipment

There is equipment available that could help you in your home. Including grab rails and equipment to help you keep clean.

You can buy your own equipment, without the need for an assessment, online or from mobility shops.

Bradford Adult Social Care Fact Sheet

Bathing and Showering

Equality Together are a local organisation for disabled people, their carers and families. You can go to Equality together to try equipment before you buy it.

Equality Together, Manningham Mills Community Centre, Lilycroft Road, Bradford, BD9 5BD

Monday: Thursday 9.30-3pm

Contact: 01274 594173

Online: enquiry@equalitytogether.org.uk

We provide equipment to people who need it following an assessment of need. There is no financial assessment.

If you want an assessment phone us on 01274 435400 to find out more about requesting an assessment or go to our website

<https://www.bradford.gov.uk/adult-social-care/living-independently/living-independently/>

Key Links

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