

### Helpful questions to ask

- How would you feel about me looking at your bathroom?
- Can you show me how you get around your bathroom?
- Do you have difficulty stepping into the shower or over the bath?
- Are you able to bathe and shower yourself?
- Do you find any aspects difficult, such as reaching to wash your hair?
- Can you reach your feet and toes when in the shower?
- Is the toilet a good height for you?
- Do you get to the toilet in time?
- Do you feel safe in your bathroom?
- Where do you hold on for stability?
- Does the floor or base get slippery?
- Have you had any slips/trips or falls in the bathroom?

### What to look out for

- Holding onto shower screen or taps to support themselves getting in and out.
- No rails or other sturdy supports in the bathroom/shower/toilet.
- Difficulty lifting legs over shower hob.
- The shower/bath/appears to not have been used recently.
- Pulling self off toilet using door handles/toilet roll holder.
- Distance and route to toilet from lounge and bedroom.
- Rushes to the toilet or has limited/no warning of their need to go.
- Frequently gets up in the night to use the toilet.
- Smell of urine on flooring in bedroom, hallway, bathroom or toilet.

### Translating what you see & hear into your assessment

- X demonstrated getting in/out of the shower holding onto the shower screen handle and glass for stability.
- X observed holding onto the taps while standing in the shower.
- X demonstrated getting on/off the toilet holding onto the toilet roll holder and pulling on door handle.
- X observed using hands to help lift leg over shower hob.
- X's bedroom is located at the opposite side of the hallway to the bathroom.
- X reports having difficulty getting to the toilet in time during the night and has started using continence pads.