Bathing is essential for us all as it gives us dignity. It not only allows us to have pride in our personal appearance, but it can also have a significant impact on our physical and psychological well-being.

During the process of re-designing your bathroom to meet your changing needs, it is important to consider all the options available on the market to make our bathing both easy and a pleasurable experience.

As a retailer it is essential that the individual requirements of each and every customer are taken into account and that solutions are offered that will meet their specific needs now and in the future.

The Bathroom Manufacturers Association has compiled this questionnaire to help you as an individual gain a clear understanding of your own requirements and it can also be used by retailers and plumbers for the basis of discussion to address individual needs.

Your Needs
When you next use your bathroom ask yourself the following questions to begin to understand the design features you may need in your bathroom.
Your Questionnaire

### Individual Needs

#### Mobility

1. Do you have any mobility difficulties?  
   - Y  
   - N

2. Do you need the assistance of another person to help you bathe?  
   - Y  
   - N

3. Do you have problems bending?  
   - Y  
   - N

4. Do you have problems reaching?  
   - Y  
   - N

5. Do you have problems twisting?  
   - Y  
   - N

6. Do you use any disability equipment in the bathroom?  
   - Y  
   - N

7. Do you have a specific medical problem that impact on the way you use your bathroom?  
   - Y  
   - N

#### Muscle Strength & Dexterity

1. Do you have limited amount of movement in your arms, hands or both?  
   - Y  
   - N

2. Is your hand grip weak?  
   - Y  
   - N

3. Do you suffer with any pain upon moving your body?  
   - Y  
   - N

4. Do you have any problems with recognising different temperatures?  
   - Y  
   - N

#### Balance

1. Do you have a problem with maintaining your balance?  
   - Y  
   - N

2. Have you fallen in your bathroom within the last year?  
   - Y  
   - N

3. Is your balance affected when you are tired?  
   - Y  
   - N

#### Vision

1. Do you have impaired vision?  
   - Y  
   - N

2. Do you wear glasses?  
   - Y  
   - N

3. Do you need tactile information on products you choose?  
   - Y  
   - N

#### Safety

1. Do you need any grab rails around the bathroom?  
   - Y  
   - N

2. Do the bathroom products have weight limits?  
   - Y  
   - N

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**Questionnaire**  |  **Rate Your Bathroom**
Your Questionnaire

Your Families Needs

1. Is this your only bathroom? Y N
2. Do other family members use this bathroom? Y N
3. Do you need a bath for other family members e.g. grandchildren? Y N

Safety

1. Is the washbasin at a comfortable height? Y N
2. Are the taps easy to operate? Y N
3. Is the plug easy to get in and out? Y N
4. If you need to sit and wash is there enough room to fit your knees under the basin? Y N
5. Is the flush on the WC easy to operate? Y N
6. Do you need a toilet/bidet that washes and dries you? Y N
7. Can you adjust the height of your toilet seat? Y N
8. Can you reach the toilet roll dispenser? Y N
9. Can you easily replace the toilet roll? Y N

Bathing

1. Can you get in and out of the bath? Y N
2. Do you feel confident bathing? Y N
3. Have you ever been stuck in a bath? Y N
4. Are the taps easy to operate? Y N
5. Do you use a shower over the bath? Y N

The Suite

1. Do you feel confident getting in and out the shower? Y N
2. Do you feel confident whilst showering? Y N
3. Is the height of the showerhead adjustable? Y N
4. Is the riser bar for the shower long enough? Y N

Showering

1. Can you get in and out the shower? Y N
2. Do you feel confident whilst showering? Y N
3. Is the height of the showerhead adjustable? Y N
4. Is the riser bar for the shower long enough? Y N

Toilet & Basin

1. Is the washbasin at a comfortable height? Y N
2. Are the taps easy to operate? Y N
3. Is the plug easy to get in and out? Y N
4. If you need to sit and wash is there enough room to fit your knees under the basin? Y N
5. Is the flush on the WC easy to operate? Y N
6. Do you need a toilet/bidet that washes and dries you? Y N
7. Can you adjust the height of your toilet seat? Y N
8. Can you reach the toilet roll dispenser? Y N
9. Can you easily replace the toilet roll? Y N

Questionnaire | Rate Your Bathroom
### Your Questionnaire

#### Storage and Accessories

1. Is there enough storage for cosmetics, clean towels etc?  
2. Is the storage easy to access?  
3. Are there convenient soap dishes in the shower or bath?  
4. Are the soap dishes at the right height for you to use?  
5. Do you have access to a mirror?  
6. Can you reach the toilet brush?  
7. Does your window provide sufficient natural lighting?  
8. Is there adequate lighting?  
9. Would you benefit from more task lighting?  
10. Do you need low level lighting for night time use?  
11. Does your existing bathroom feel warm enough?  
12. Is your towel rail in the correct position?  
13. Is your radiator thermostatically controlled?  

#### Surfaces

1. Are all the services easy to keep clean?  
2. Are the bathroom walls free from mildew?  
3. Are your bathroom walls tiled?  
4. Have you considered using shower wall cladding?  
5. Is your floor carpeted?  
6. Do you have under floor heating?  
7. Would you prefer different finishes to your bathroom walls & floor?  

#### Services

1. Does your window provide sufficient natural lighting?  
2. Is there adequate lighting?  
3. Would you benefit from more task lighting?  
4. Do you need low level lighting for night time use?  
5. Does your existing bathroom feel warm enough?  
6. Is your towel rail in the correct position?  
7. Is your radiator thermostatically controlled?  

#### Environmental

1. Are you on a water meter?  
2. Would you like to reduce the amount of water used in the bathroom?  
3. Are you interested in water efficient products?
Your Questionnaire

Water System

1. Do you ever run out of hot water before everyone has taken a bath or shower? Y N
2. Is your water supply metered? Y N
3. Does an Immersion Heater heat your water? Y N
4. What type is your boiler?
   - Combi
   - Vented System
   - Condensing
   - Don't Know

Water Safety

1. Does a thermostatic mixing valve control your current shower valve? Y N
2. Do you have thermostatic mixing valves on your taps? Y N
3. Does the temperature in your tap alter when another tap is turned on in the house? Y N

Finally

List three items best liked in your bathroom:
1.  
2.  
3.  

List three items least liked in your bathroom:
1.  
2.  
3.  

For copies of other factsheets please visit our website www.bathroom-association.org.uk

Kate Sheenan, an independent Occupational Therapist with 20 years experience in the NHS and social services has worked closely with the BMA to produce this questionnaire.

Contact Details for Plumbing Organisations

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

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