

MAKING TOILETS AND WATER POINTS EASIER TO USE

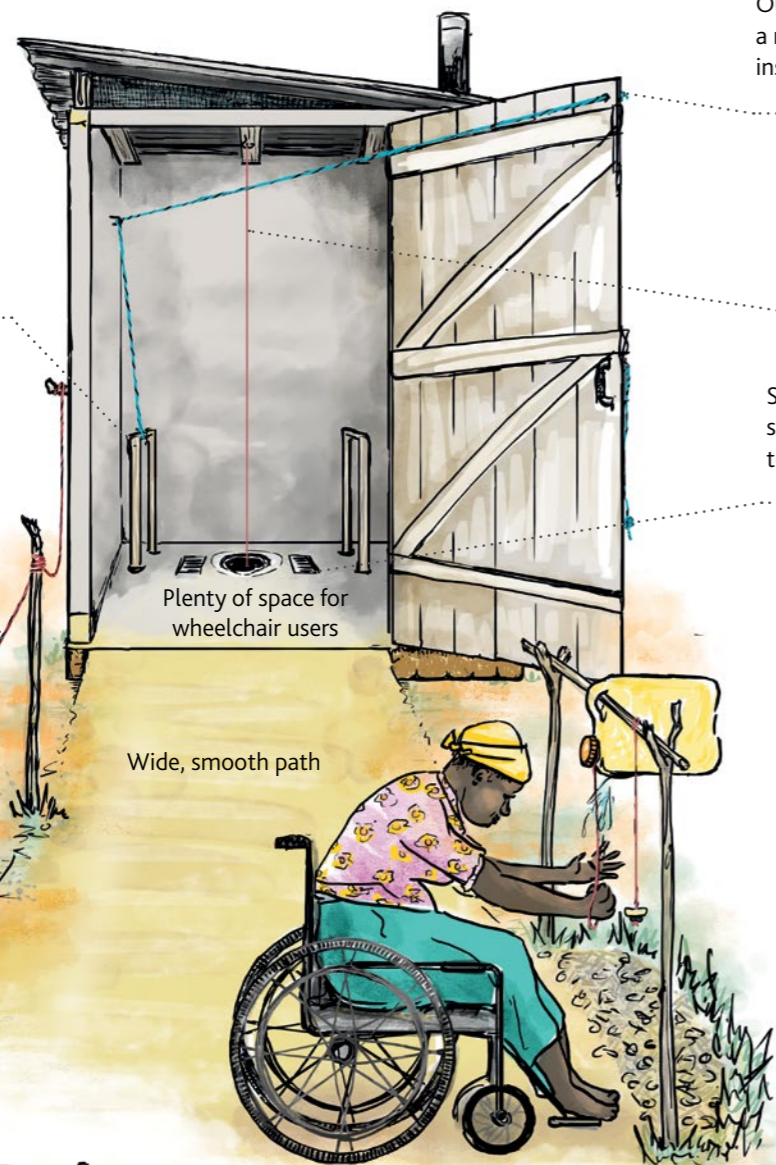
There are many simple and low-cost ways toilets and water points can be made easier to use. People will need different adaptations depending on their abilities.

TOILETS

ACCESSIBLE SQUAT TOILET

Handrails for people who find it difficult to squat without support

Wooden railing or rope to help people with visual impairments find their way to the latrine



Wide, smooth path

Plenty of space for wheelchair users

Outward-opening door with a rope and handle on the inside to make it easy to close

Guide string to help people with visual impairments find the squat hole without having to touch the floor

Slightly raised foot rests so people know where to place their feet



ADAPTED CHAIR

If a person has difficulty squatting, make a hole in the seat of a chair or stool and place it over the squat hole. This can then be removed when not needed.

TIPPY TAP

How to make a tippy tap:

- Using a hot nail, make two small holes in a plastic container. One below the lid and one at the top.
- Build a strong frame and suspend the container at the correct height for the user.
- Put stones on the ground to stop the area getting muddy.
- Thread a plastic cap onto some string, followed by a piece of soap. Tie the string to the frame.
- Tie another piece of string to the neck of the bottle and make a loop in the end.
- Fill the container with water and replace the lid.

To use the tippy tap, pull on the loop with a thumb. Wash hands in the water that comes out of the hole in the container, using the soap. Rinse hands well and allow to dry naturally.

USING RAMPS

Adapted from the Compendium of accessible WASH technologies published by Wateraid (see page 22 for more details)

Gradient (slope) is a way to describe change in height over a specified distance. For example, if a slope rises 1 metre over a distance of 20 metres, the slope has a gradient of 1 in 20.

Slope gradients and level of ease for different users:

A gradient of 1 in 20 is ideal but needs a lot of space.



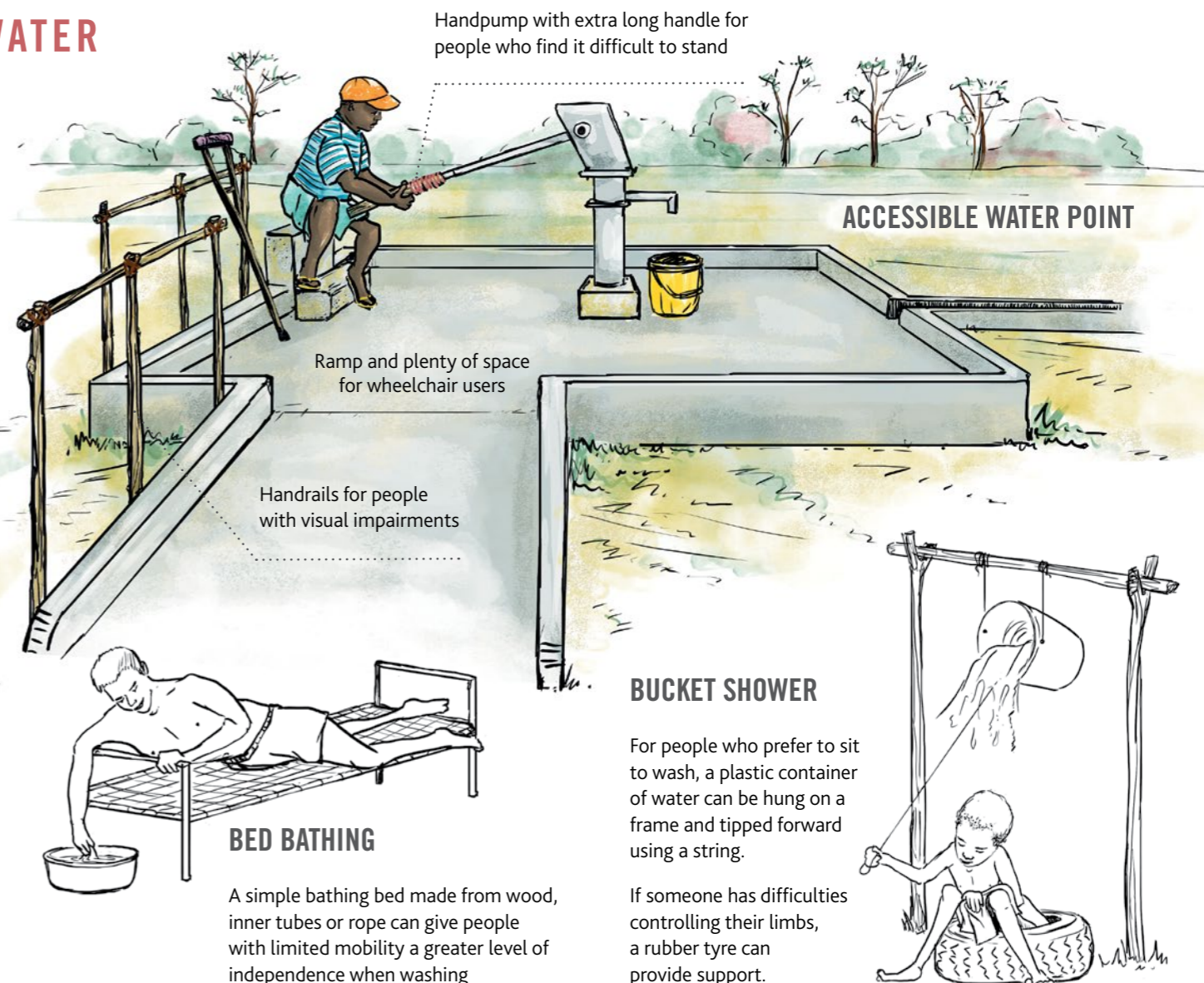
A gradient of 1 in 12 is the steepest slope a wheelchair user should go up or down alone.



A gradient of 1 in 8 is only suitable where a helper is always available.



WATER



Handpump with extra long handle for people who find it difficult to stand

ACCESSIBLE WATER POINT

Ramp and plenty of space for wheelchair users

Handrails for people with visual impairments



BED BATHING

A simple bathing bed made from wood, inner tubes or rope can give people with limited mobility a greater level of independence when washing

BUCKET SHOWER

For people who prefer to sit to wash, a plastic container of water can be hung on a frame and tipped forward using a string.

If someone has difficulties controlling their limbs, a rubber tyre can provide support.

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