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
- 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.

WATER

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.

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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.

USING RAMPS

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.

- A gradient of 1 in 8 is only suitable where a helper is always available.
- A gradient of 1 in 12 is the steepest slope a wheelchair user should go up or down alone.
- A gradient of 1 in 20 is ideal but needs a lot of space.

Gradient (slope) and level of ease for different users:

Slope gradients

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