



This is your guide to Help with Bathing

About this guide

This guide is for you if you are having difficulty with bathing and feel that you need some extra support to help you manage on a daily basis.

It tells you how to get help and what you might expect when you are being assessed.

It is aimed at helping you stay safe and independent in your own home for as long as possible with support that is appropriate to your level of need.

If there is anything in this guidance that you do not understand, please speak to your health or social care worker.

How do I get help?

Please contact your GP surgery and explain the difficulty you are having with bathing. They may then refer you to the Community Rehabilitation Team for an assessment.

You may receive support for up to six weeks to help you use safe techniques to get in and out of your bath. This may also include some specialist equipment or making minor adaptations to your bathroom such as adding grab rails. If you still need additional support to manage you may be given an appointment to attend a bathing clinic.

What happens at a bathing clinic?

You will have an appointment lasting approximately 30 minutes at e.g. Redcar Primary Care Hospital. An Occupational Therapist Assistant will assess your needs to see if you are eligible for help. You will be shown suitable equipment and other ways to help you with bathing. You will not be required to undress. Specialist equipment may be provided following the assessment.

Self-assessment

If you think your needs are straightforward or if you need more support than just help with bathing, you can contact Adult Social Care on 01642 065070. Depending on your needs

you may be asked to complete a self-assessment form which will ask you for some basic information about your home or you may be offered a full assessment to see if you are eligible for support.

Home assessment and adaptations

If more help is required, you will be referred for an Occupational Therapy Assessment which may be carried out in your home. This will look at all the ways in which you need practical support. If equipment or minor adaptations will not meet your bathing needs, you may need to have adaptations made to your home.

If the work is found to be necessary, a financial assessment will be carried out to look at the funding options. You will be given details at the time of your home assessment.

Additional information can be found in our 'Guide to Home Adaptations for Disabled Adults and Children'.

If you need help to read or understand this guide, please speak to your health or social care worker, or contact Adult Social Care on 01642 065070.

Adult Social Care Contact Details:

Address:

Directorate of Adults & Communities
Adult Social Care
Redcar and Cleveland Borough
Council
Seaford House
Kirkleatham Street
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TS10 1SP

Telephone, e-mail and website:

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Telephone: 01642 065070

Email: contactus@redcar-cleveland.gov.uk

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Our normal office hours are: Monday to Thursday: 8.30 am - 5.00 pm
Friday: 8.30 am - 4.30 p.m.

If you need help in emergency when our offices are closed, you can contact the Emergency Duty Team on: 01642 524552.

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