



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?

You can contact us to make a referral, or you can give someone else permission to contact us on your behalf. The contact details are at the end of this guide. When you contact us, we will ask for some details and talk about how we can help you. Depending on your enquiry, this may include providing information or advice, or arranging for an assessment of your needs. This may be a self-assessment or assessment at a bathing clinic. If your needs are more complex, we may offer an assessment in your home.

Self-assessment

If your needs are straightforward or if you need more support than just help with bathing, you can contact Adult Social Care using the contact details at the end of this guide. 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.

What happens at a bathing clinic?

You will have an appointment lasting approximately 30 minutes at a community-based location e.g., Redcar Primary Care Hospital. An Occupational Therapy 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.

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 or social care worker, or contact Adult Social Care on 01642 771500.

Adult Social Care Contact Details

Address: Directorate of Adults & Communities Adult Social Care
Redcar and Cleveland Borough Council Seafield House
Kirkleatham Street
Redcar, Yorkshire
TS10 1SP

Telephone: 01642 771500

Email: contactus@redcar-cleveland.gov.uk

Website: www.redcar-cleveland.gov.uk

Our normal office hours are:

Monday to Thursday: 8.30 am - 5.00 pm

Friday: 8.30 am - 4.30 pm

If you need help in emergency when our offices are closed, you can contact the

Emergency Duty Team: Telephone: 01642 524552.

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