Closomat Disabilities & Conditions Guide.



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Overview and Introduction.

Welcome to the Closomat Disabilities & Conditions Guide.

A refreshed, practical reference guide designed specifically for the Occupational Therapy (OT) community supporting people with toileting and personal care needs.

This guide has been created to help quickly translate physical disabilities and long-term health conditions into clear person-centred bathroom recommendations, with a focus on improving independence, dignity, comfort, safety and confidence around toileting.

This revamped edition brings together **24 health conditions**, making it our most comprehensive guide to date. It supports Occupational Therapists with clear, practical guidance on expected functional challenges, their likely impact on toileting and the most appropriate Closomat features and specification priorities to meet each individual's needs.





What this guide is for.

Across all disabilities and conditions, the most important starting point is the individual's functional ability, their daily routine and what matters most to them. Toileting is one of the most private activities of daily living and even small barriers can have a major impact on:

- Confidence and emotional wellbeing
- Safety and falls risk
- Continence outcomes and skin integrity
- Carer burden and time demands
- Fatigue levels and ability to sustain routines
- Participation in daily life (work, education, social activities)

THIS GUIDE SUPPORTS YOUR CLINICAL REASONING BY OUTLINING THE FOLLOWING FOR EACH DISABILITY AND LONG-TERM CONDITION:

1. What functional toilet challenges to expect.
2. How these challenges can impact the individual.
3. Which Closomat features and benefits to consider for each condition or disability and why.
4. Functional Requirement Levels – guidance on what to specify to meet foundational, moderate and complex needs.
5. Sample specification wording to use within your own applications and reports.
6. Final checks to consider before confirming your specification, especially around space and clearances, reach and usability and access to electrics and water.

An individual-centred approach to achieving the right outcome.

Every individual's toileting needs are different, even when two individuals share the same diagnosis. The guide is designed to help you recommend solutions that are tailored to the individual, not the condition.

To achieve the right outcome, we recommend assessing the full bathroom routine, not just the toilet transfer itself.

THIS INCLUDES

1. Starting at looking at how they access the bathroom – mobility, walking aids, wheelchair use.
2. Whether they can transfer on/off safely, consistently and without pain.
3. How the individual manages with clothes, fastening and hygiene steps.
4. Whether the individual can maintain sitting balance and posture.
5. Their ability to wipe effectively, reach range or dexterity issues.
6. Are there any patterns in their toileting – how often, urgency, frequency, constipation, nighttime visits.
7. Are there any skin damage or sensitivity needs to consider – fragile skin, soreness, inflammation, high risk or repeat infections.
8. Assess the individual's ability to understand, remember and complete toileting steps safely and consistently.
9. Ask if the individual is affected by sensory processing differences and comfort needs such as sound, temperature, lighting, consistent routines or reassurance with prompting.
10. Clarify what support is currently provided and whether it can realistically continue long-term.

About Closomat.

Closomat is the UK's only specialist manufacturer of Wash and Dry Toilets, with over 60 years of proven experience in delivering toileting solutions for people living with disabilities and long-term health conditions.

Our products are relied on every day to maintain independence, dignity and confidence, which is why we provide a complete A-Z service, all delivered by our own Closomat teams.



Why our Wash and Dry Toilets are market leaders.

From initial assessment and specialist advice through to manufacturing, installation and ongoing maintenance, you can trust the Closomat team to always deliver a consistent, expert service. With our own Level 4 Trusted Assessors, dedicated installation team and in-house engineers, we're on hand to support, maintain, repair and adapt each solution over time. Delivering the UK's only complete Wash and Dry Toilet solution, backed by true specialists' expertise and total peace of mind that the equipment will remain safe, reliable and fit for the individual's changing needs.



Toileting challenges, like most occupations, are rarely defined by diagnosis alone. They are shaped by function, routine, environment and individual need which is identified through activity analysis. I've acted as editor for this guide to ensure the condition summaries, expected impacts and specification guidance reflect what we see in practice across homes and supported living and can be confidently applied in practice.

ADAM FERRY, DIRECTOR OF THE OCCUPATIONAL THERAPY SERVICE

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Section 1
Neurological and Progressive Conditions.

Addressing muscle weakness, coordination, and progressive decline.

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CONDITION

Motor Neurone Disease (MND)

OVERVIEW

Motor Neurone Disease (MND) is a progressive neurodegenerative condition that affects the motor nerves (neurones) in the brain and spinal cord. These nerves control voluntary muscle movements such as walking, speaking, swallowing and breathing. As they deteriorate, the muscles gradually weaken, leading to increasing loss of muscle control, affecting mobility, nutrition, elimination and ultimately independence. Not all symptoms will affect everyone, or in the same order as the disease affects everyone differently.

According to the Motor Neurone Disease Association (MNDA), around 5,000 people in the UK are currently living with MND, with approximately 1,500 new cases diagnosed each year. While symptoms vary, the condition typically progresses rapidly, requiring timely equipment provision and regular review. The diagnosis process can also be lengthy – on average it takes between 10-16 months from symptom onset to diagnosis.



FUNCTIONAL TOILETING CHALLENGES

- **Reduced mobility and muscle weakness,** affecting transfers on and off the toilet
- **Loss of fine motor control,** limiting the ability to use flush levers, buttons or wiping
- **Poor sitting balance and trunk control,** increasing the risk of falls or unsafe posture
- **Fatigue and weakness,** making toileting slow and exhausting
- **Progressive decline,** requiring frequent reassessment and potential adaptation of equipment
- **Speech or communication difficulties,** affecting ability to request assistance

IMPACTS

- **Incomplete hygiene tasks:** Reduced dexterity and balance make manual wiping difficult, increasing risk of infection and discomfort
- **Dependence on carers:** Progressive weakness often leads to increasing care needs for toileting and transfers
- **Safety risks:** Falls or instability when transferring, especially in the later stages of the condition. Skin integrity if personal hygiene is not managed effectively
- **Reduced dignity and confidence:** Loss of privacy and reliance on others can have a significant impact

FEATURES AND BENEFITS: MOTOR NEURONE DISEASE (MND)

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Height adjustable - Engineer installed plinth	Installed by a qualified engineer the plinth enables height adjustment to accommodate mobility changes and safe transfers from wheelchairs
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with touch sensitive hand/foot switch and integrated fold-down support arms
- **Moderate:** Engineer height adjusted plinth added for safe transfer
- **Complex:** Selecting a soft seat for added comfort and remote control for carer operation

SAMPLE SPECIFICATION WORDING

"The individual has **Motor Neurone Disease**, resulting in progressive weakness and loss of dexterity. They are unable to perform manual wiping effectively, increasing infection risk and care dependency. A Closomat Palma Vita Wash and Dry Toilet with automatic washing and drying, integrated fold-down support arms and a touch-sensitive hand/foot switch will maintain hygiene, reduce carer input and improve comfort and safety as the condition progresses.

An engineer-installed height-adjusted plinth can support safe transfers, while a soft seat provides additional comfort and a remote control enables carer operation where required.

The Closomat's adaptable design and ease of operation ensure it continues to meet the individual's needs as their strength, mobility and independence change over time, providing long-term support as the disease progresses.

FINAL CHECKS

- Ensure controls can be adapted or repositioned to match available movement as weakness progresses
- Confirm sufficient space for support hoists, wheelchair transfers if required in the future
- Regularly review seat height, arm supports and settings as conditions change



CONDITION

Multiple Sclerosis (MS)

OVERVIEW

Multiple Sclerosis (MS) is a long-term neurological demyelinating condition that affects the brain and spinal cord. It happens when the body's immune system attacks the protective covering around the nerves (called myelin), which disrupts how messages travel between the brain and the rest of the body. This can lead to symptoms such as muscle weakness, fatigue, stiffness or spasms, poor coordination and changes in sensation. MS affects everyone differently; some people have periods where symptoms come and go (relapse and remissions) while others experience a gradual progression over time.

According to the MS Society, there are over 130,000 people living with MS in the UK, with around 7,000 new diagnoses each year. It is most commonly diagnosed in adults aged between 20 and 40 and symptoms can change unpredictably over time, requiring ongoing review of equipment and support.



FUNCTIONAL TOILETING CHALLENGES

- **Fatigue and weakness,** leading to difficulty transferring or maintaining posture during toileting
- **Reduced hand function or dexterity,** making wiping, flushing or using controls challenging
- **Spasticity and tremors,** affecting safety, stability and precise movements
- **Sensory changes,** such as numbness or reduced sensation, which can make hygiene awareness difficult
- **Bowel and bladder urgency or incontinence,** requiring quick access and reliable hygiene solutions
- **Fluctuating symptoms,** meaning independence can vary from day to day requiring equipment that is adaptable to presenting symptoms

IMPACTS

- **Incomplete hygiene tasks:** Fatigue and poor dexterity can increase the risk of infections, odour and skin problems
- **Greater reliance on carers:** During periods of relapse or fatigue, unable to use functions on toilet independently, increasing care burden and costs
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently
- **Unsafe environment:** Spasticity or weakness increases the risk of falls during transfers
- **Exercise tolerance:** Energy is used on a purposeful task, meaning the person is too tired to engage in further, more meaningful activity

FEATURES AND BENEFITS: MULTIPLE SCLEROSIS (MS)

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Proxy switch	Simplifies the operation for those with reduced hand movements or strength to control the toilet function without assistance
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with a proxy switch and integrated fold-down support arms
- **Moderate:** Installed with an adult soft seat for comfort
- **Complex:** Carer operated controls for complete hand-free use

SAMPLE SPECIFICATION WORDING

"The individual has **Multiple Sclerosis**, which causes fluctuating mobility, fatigue and reduced dexterity, all symptoms which make independent toileting much more difficult. Manual wiping can be unreliable, increasing the risk of infection, while the physical effort of getting to and using the toilet can be tiring. Relying on carer support can also reduce privacy and dignity.

A Closomat Palma Vita Wash and Dry Toilet with automatic washing and drying, a proxy switch and integrated fold-down support arms would support independence and improved hygiene, while reducing the need for personal care assistance. An adult soft seat can provide additional comfort, particularly during periods of increased fatigue or discomfort, while carer-operated controls allow assistance with the washing and drying functions when independent operation becomes difficult.

As symptoms fluctuate or progress, the Closomat's adaptable design can continue to meet the individual's changing needs, including if they become a full-time wheelchair user. This flexibility helps maintain consistent hygiene, comfort and dignity while reducing carer dependency wherever possible."

FINAL CHECKS

- Confirm that the control placement is adjustable to suit hand function and reach as symptoms evolve
- Ensure adequate bathroom floor space for future wheelchair access or hoist transfers
- Remember to schedule in regular reviews to examine the seating, transfer aids and settings of the Closomat as the condition progresses



CONDITION

Muscular Dystrophy (MD)

OVERVIEW

Muscular Dystrophy (MD) is the name for a group of inherited conditions that causes muscles to weaken and waste away over time. This gradual loss of strength can affect movement, balance and posture, as well as fine motor skills needed for everyday activities like using the toilet, getting dressed or eating. The condition can progress at different rates depending on the type - Duchenne, Becker or Limb-Girdle, but all forms lead to increasing difficulty with mobility and physical independence.

According to Muscular Dystrophy UK, around 110,000 people in the UK are living with one of more than 60 types of neuromuscular conditions. As muscles weaken, many individuals gradually lose mobility and may require wheelchair use or assistance with transfers, making accessible bathroom equipment essential to maintaining independence and dignity.



FUNCTIONAL TOILETING CHALLENGES

- **Muscle weakness and reduced stamina** make transfers to and from the toilet difficult and tiring
- **Limited upper body strength and poor balance** make it hard to wipe or maintain posture while seated
- **Joint stiffness** often restricts movement, affecting comfort and positioning
- **Fatigue** makes even short activities like reaching or using controls exhausting
- **Progressive decline** means needs change over time, requiring adaptable equipment and environments. Future proofing is therefore key

IMPACTS

- **Incomplete hygiene tasks:** Fatigue, weakness and limited reach can increase the risk of infections, odour and skin problems
- **Greater reliance on carers:** Loss of mobility can often increase the reliance on carers for toilet and hygiene
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently
- **Unsafe environment:** Reduced balance and strength increases the risk of falls during transfers

FEATURES AND BENEFITS: MUSCULAR DYSTROPHY (MD)

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Aerolet Vertical	The Aerolet provides the person with mechanical support in standing, further reducing strain on the joints and effort
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Height adjustable - Engineer installed plinth	Installed by a qualified engineer the plinth enables height adjustment to accommodate mobility changes and safe transfers from wheelchairs
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with standard seat, Aerolet Vertical and touch sensitive switch
- **Moderate:** Height adjustable for safe transfers from walker/wheelchair during periods of relapse
- **Complex:** Carer operated remote control for complete hand-free use

SAMPLE SPECIFICATION WORDING

"The individual has **Muscular Dystrophy**, causing progressive muscle weakness, fatigue and reduced dexterity, which make independent toileting increasingly difficult. Manual wiping is no longer achievable, while transfers are becoming unsafe and exhausting.

A Closomat Palma Vita Wash and Dry Toilet with a standard seat, Aerolet Vertical and touch-sensitive switch will support personal hygiene, assist with sitting and standing, improve safety and reduce the risk of infections and reliance on carers. Height adjustment can accommodate transfers from a walker or wheelchair during periods of increased weakness or relapse, while a carer-operated remote control enables assisted operation when independent use becomes difficult. As the condition progresses, the Closomat's adaptable design provides a long-term solution that can accommodate wheelchair use and changing mobility needs, helping maintain hygiene, comfort, independence and dignity for as long as possible."

FINAL CHECKS

- Confirm that the control placement is adjustable to suit hand function and reach as symptoms evolve
- Ensure adequate bathroom floor space for future wheelchair access or hoist transfers
- Remember to schedule in regular reviews to examine the seating, transfer aids and settings of the Closomat as the condition progresses



CONDITION

Parkinson's

OVERVIEW

Parkinson's is a progressive neurological disorder in which certain nerve cells in the brain gradually stop working or die, especially those that produce the chemical dopamine. As dopamine levels fall, people may develop tremors (shaking), stiffness or rigid muscles, slowness of movement (bradykinesia) and difficulty with balance and coordination. Non-motor symptoms (such as changes in mood, sleep problems and autonomic issues) are also common.

According to Parkinson's UK, roughly one person every 20 minutes is diagnosed with Parkinson's in the UK, currently around 166,000 people are living with the condition and this is estimated to rise to around 173,000 by 2030, due to an ageing and growing population.

As Parkinson's increasingly affects strength, coordination, movement initiation and control, everyday tasks - including toileting and personal hygiene can become much more difficult as the condition progresses.



FUNCTIONAL TOILETING CHALLENGES

- **Motor symptoms:** Tremors, stiffness and slow movement make it hard to transfer, undress or position on the toilet
- **Postural instability:** Increased fall risk during transfers or when standing from the toilet
- **Fatigue and freezing episodes:** Sudden “freezes” can leave users stuck mid-transfer or unable to initiate movement
- **Fine motor difficulty:** Managing clothing, wiping or operating flushes is challenging
- **Autonomic dysfunction:** Can cause urinary urgency, frequency, constipation and bowel incontinence

IMPACTS

- **Incomplete hygiene tasks:** Fatigue and weakness can increase the risk of infections, odour and skin problems if wiping becomes difficult
- **Greater reliance on carers:** Increased strain on carers time due to frequent assistance needed
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently
- **Reduced confidence:** Due to fear of accidents, urgency or loss of control

FEATURES AND BENEFITS: PARKINSON'S

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, easy-use controls with a touch sensitive hand/foot switch and soft seat
- **Moderate:** Integrated fold-down support arms for those who can push safely into a stand

SAMPLE SPECIFICATION WORDING

"The individual has **Parkinson's**, a progressive neurological condition that causes tremor, stiffness, slowness of movement and postural instability. These symptoms result in increasing difficulty with transfers, balance coordination and fine motor control, making independent toileting and personal hygiene challenging.

Episodes of freezing, fatigue and reduced dexterity make manual wiping and safe transfers unsafe and exhausting. A Closomat Wash and Dry Toilet with a soft seat, integrated fold-down support arms and touch sensitive hand/foot switch will promote independence, maintain hygiene and dignity, and reduce carer input.

As Parkinson's progresses, the Closomat offers a long-term adaptable solution that can accommodate changes in mobility, allowing continued use with minimal effort or with wheelchair transfer as needed."

FINAL CHECKS

- Confirm that the control placement is adjustable to suit hand function and reach as symptoms evolve
- Ensure adequate bathroom floor space for future wheelchair access
- Remember to schedule in regular reviews to examine the seating, transfer aids and settings of the Closomat as the disease progresses



CONDITION

Stroke

OVERVIEW

There are many different types of **stroke**, with either a bleed or blockage in a part of the brain interrupting blood flow, and therefore oxygenation, to any part of the brain.

A stroke can therefore cause a wide range of physical, sensory, cognitive and communication difficulties depending on the area of the brain affected. Common effects can include muscle weakness or paralysis on one-side of the body, reduced balance, visual-spatial problems, fatigue and impaired coordination. Some individuals may also experience reduced hand function, limited reach or difficulty planning and sequencing tasks.

These changes can significantly impact an individual's ability to toilet independently. Transfers, hygiene and operating conventional controls may all become difficult.

According to the Stroke Association, there are approximately 100,000 strokes occurring each year in the UK, which equates to one stroke every five minutes. It is the fourth leading cause of death and a major cause of disability, with around 1.3 million living with the after-effects of a stroke.



FUNCTIONAL TOILETING CHALLENGES

- **Weakness or paralysis on one side of the body:** This makes it difficult to sit straight, stay balanced and move safely on and off the toilet
- **Poor balance and stability:** Linked to proprioception, neglect and/or inattention, this causes increased dependence on supports or assistance for safe transfers and increased risk of falls or sliding off the toilet
- **Compromised hand function or dexterity:** Challenges operating standard flush controls or sufficient strength and control for effective wiping
- **Fatigue and endurance issues:** Transferring, cleaning and repositioning can be physically exhausting
- **Cognitive or sequencing difficulties:** Challenges remembering steps, understanding equipment or responding to safety cues
- **Visual or perceptual impairment:** Identifying the purpose and function of the toilet itself, or identifying one-sided controls

IMPACTS

- **Incomplete hygiene tasks:** Limited reach or dexterity may lead to hygiene issues increasing the risk of skin problems if wiping becomes difficult
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently and rely on carer for intimate tasks can affect psychological wellbeing
- **Reduced confidence:** Anxiety over accessibility, slips or bowel management accidents can deter engagement in daily activities
- **Safety concerns:** Conventional toilets and bathrooms rarely provide sufficient support for transfers or safe use with mobility aids

FEATURES AND BENEFITS: STROKE

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Aerolet Vertical	The Aerolet provides the person with mechanical support in standing, further reducing strain on the joints and effort
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with Aerolet Vertical and touch sensitive switch and standard seat

SAMPLE SPECIFICATION WORDING

"The individual has experienced a **stroke** resulting in one-sided weakness, reduced balance and impaired hand function. These difficulties affect their ability to transfer safely and carry out personal hygiene independently and would need increased support from carers with intimate tasks.

A Closomat Wash and Dry Toilet with Aerolet Vertical and a touch sensitive hand/foot switch and standard seat is recommended. The automatic wash and dry feature removes the need for manual wiping, which the user is unable to complete effectively due to the limited dexterity and reach. Due to the weakness on one side, the individual has reduced strength and therefore installing the Aerolet Vertical would provide the individual with something stable to support their stronger side.

The adaptable controls allow the operation from the individual's stronger side, supporting independent toileting while reducing carer involvement in intimate tasks. The robustness and stability of the Closomat provides a long-term solution that accommodates changes in mobility as the individual continues their stroke rehabilitation."

FINAL CHECKS

- Verify control placement for user's reach and dexterity
- Check space requirements for positioning of mobility aids or wheelchair
- Regularly review seat height, arm supports and settings as conditions change
- Understand how the person's stroke has affected them specifically, paying particular attention to mobility, transfers, coordination, vision and perception



Section 2
Musculoskeletal and Physical Disabilities.

Addressing pain, joint restriction, and limb loss.

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CONDITION

Arthritis

OVERVIEW

According to Arthritis Action, around 10 million people in the UK are thought to be living with some form of arthritis. It is the most common cause of disability in the country and can affect individuals of all ages.

The term "**arthritis**" means inflammation in the joints. The most prevalent type is osteoarthritis, followed by rheumatoid arthritis and gout, though there are many other variations. Typical symptoms include joint pain and stiffness, leading to reduced mobility and weakness, particularly in the hands, wrists, knees and hips. These difficulties can interfere with everyday functions such as transfers, posture, gripping and dexterous personal care tasks like wiping after using the toilet.

Whilst arthritis is generally associated with joint pain, rheumatoid arthritis can impact vision and other sensory processing.



FUNCTIONAL TOILETING CHALLENGES

- **Pain and stiffness,** when twisting or reaching for wiping
- **Difficulty gripping toilet paper,** or pressing small flush buttons
- **Challenges rising from or lowering to the toilet,** due to hip/knee pain
- **Increased fatigue,** when toileting

IMPACTS

- **Poor hygiene:** Increased risk of infection or cross contamination
- **Prolonged toileting or reliance on carer assistance:** Reduced independence and dignity
- **Increased falls risk:** When attempting transfers without adequate support
- **Psychological stress:** Due to loss of independence, confidence and discomfort

FEATURES AND BENEFITS: ARTHRITIS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Height adjustable - Engineer installed plinth	Installed by a qualified engineer, the plinth raises the toilet to an appropriate height, reducing strain on painful or stiff joints and making sitting down and standing up easier and more comfortable
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, easy-use controls with a touch sensitive hand/foot switch
- **Moderate:** Integrated fold-down support arms for those who can push safely into a stand
- **Complex:** Engineer installed plinth to reduce joint strain during transfers

SAMPLE SPECIFICATION WORDING

"Due to severe **arthritis** affecting the hands and hips, the client is often unable to achieve adequate hygiene following toileting. Manual wiping can be painful and unsafe, increasing risk of infection and carer dependency. A Closomat Wash and Dry Toilet with auto-wash and drying, together with easy-use controls with a touch sensitive hand/foot switch is recommended to maintain independence, reduce carer input and improve comfort and dignity.

The addition of integrated fold-down support arms with soft sleeves, combined with adjusting the pan height using a 50mm plinth, is recommended to reduce the strain on the joints and enhance confidence, stability and independence when using the toilet."

FINAL CHECKS

- Ensure the seat height adjustment range is suitable for the client's needs
- Check if there is adequate space for arm supports
- Confirm that the client can use chosen control method



CONDITION

Fibromyalgia

OVERVIEW

Fibromyalgia is a long-term condition that causes widespread pain, fatigue and heightened sensitivity to pressure and touch. Individuals with fibromyalgia may also experience cognitive difficulties, poor sleep, headaches and gastrointestinal symptoms. The severity and type of symptoms can vary from person to person and may fluctuate day to day, often with unpredictable flare-ups. These factors can significantly impact an individual's ability to manage toileting independently.

According to Arthritis UK, fibromyalgia affects around 1 in 20 people in the UK, with the majority being women between the ages of 30 and 50, though it can affect anyone.



FUNCTIONAL TOILETING CHALLENGES

- **Pain and discomfort,** which can make sitting, transferring or completing hygiene tasks more difficult
- **Fatigue or reduced mobility during flare-ups,** particularly in older adults or those with co-existing health conditions
- **Heightened sensitivity or discomfort** in the abdominal area when wiping or twisting
- **Reduced dexterity or grip strength** during flare-ups, affecting wiping or operating small buttons
- **Unpredictable symptom patterns,** making consistent self-care strategies difficult to maintain

IMPACTS

- **Incomplete hygiene tasks:** Pain, fatigue or reduced flexibility can lead to ineffective cleaning and increases the risk of skin irritation and infection
- **Dependence on carers:** During a flare-up, increased support on others for toileting, raising care burden and reducing independence
- **Safety risks:** Pain, stiffness and fatigue can increase the risk of falls or unsafe use of equipment
- **Reduced dignity:** Fluctuating ability can lead to frustration, embarrassment or loss of confidence

FEATURES AND BENEFITS: FIBROMYALGIA

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Aerolet Tilt	The Aerolet provides the person with mechanical support in standing, further reducing strain on the joints and effort
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with standard seat
- **Moderate:** Integrated fold-down support arms
- **Complex:** Aerolet Tilt

SAMPLE SPECIFICATION WORDING

"The individual experiences widespread pain, fatigue and reduced flexibility due to **fibromyalgia**. Manual wiping and standard toilet use cause significant discomfort and increase the risk of incomplete hygiene and falls. A Closomat Wash and Dry Toilet with automatic washing and drying and integrated fold-down support arms will promote comfort, independence and safety, particularly during symptom flare-ups. In severe cases, an Aerolet Tilt can provide additional assistance with sitting and standing, reducing physical effort and strain on painful joints and muscles."

FINAL CHECKS

- Ensure controls can be operated with ease and during periods of flare-ups
- Consider the optimum height to avoid pressure and discomfort
- Is the solution flexible enough to cope as symptoms fluctuate over time



CONDITION

Spinal Cord Injuries

OVERVIEW

A **spinal cord injury** can result in partial or complete loss of movement, sensation and control of bodily functions below the level of injury. Depending on the individual injury severity and location, individuals may face temporary or permanent changes to their stability, hand function, loss of lower limb control and difficulty with transfers and balance. The higher the injury occurs on the spine the more significant the impact, with everything below the injury potentially affected.

Toileting independence can be significantly affected, particularly where fine motor control and lower body strength is limited, but also when the person loses the ability to control or be aware of their bladder or bowel movements.

Data from the organisation, Spinal Research, estimates the prevalence of spinal cord injuries in the UK to be in the region of 105,000 individuals. It is estimated that every two hours someone is paralysed by a spinal cord injury in the UK.



FUNCTIONAL TOILETING CHALLENGES

- **Reduced motor control and balance:** Difficulty maintaining a stable seated position on standard toilets. The person may be using a mobile device, such as a shower chair or commode to position effectively over the toilet
- **Limited trunk and limb strength:** Increased dependence on postural supports or assistance for safe transfers
- **Compromised hand function or dexterity:** Challenges operating standard flush controls or sufficient strength and control for effective wiping
- **Fatigue and endurance issues:** Transferring, cleaning and repositioning can be physically exhausting

IMPACTS

- **Incomplete hygiene tasks:** Limited reach or dexterity may lead to hygiene issues increasing the risk of skin problems if wiping becomes difficult
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently and rely on carer for intimate tasks can affect psychological wellbeing
- **Reduced confidence:** Anxiety over accessibility, slips or bowel management can deter engagement in daily activities leading to social isolation and carer strain
- **Safety concerns:** Conventional toilets and bathrooms rarely provide sufficient support for transfers or safe use with mobility aids

FEATURES AND BENEFITS: SPINAL CORD INJURIES

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with easy-use controls with a touch sensitive hand/foot switch
- **Moderate:** Integrated fold-down support arms for those who can push safely into a stand and soft seat for added comfort
- **Complex:** Carer controls if the person is unable to use themselves, which maximises dignity in care

SAMPLE SPECIFICATION WORDING

"The individual has a **spinal cord injury** resulting in the loss of lower limb function and limited hand dexterity on both sides. These impairments create difficulties with transfers and carrying out personal hygiene tasks independently.

A Closomat Palma Vita Wash and Dry Toilet with a touch-sensitive hand/foot switch provides automatic washing and drying, eliminating the need for manual wiping and supporting improved hygiene, independence and reduced reliance on carers. The accessible controls accommodate limited hand function and reach, enabling easier operation.

Where the individual has sufficient upper body strength to push safely into a standing position, integrated fold-down support arms can provide additional stability during transfers, while an optional soft seat offers greater comfort and support during toileting.

For individuals with more complex needs who are unable to operate the toilet independently, carer-operated controls can be incorporated, enabling assistance with washing and drying while maintaining privacy and dignity.

Together, the Closomat Palma Vita and its adaptable accessories provide a long-term solution that can accommodate changing functional abilities and care requirements, supporting comfort, safety and dignity for individuals living with spinal cord injury."

FINAL CHECKS

- Verify control placement for user's reach and dexterity
- Check space requirements for positioning of mobility aids or wheelchair if needed
- Regularly review seat height, arm supports and settings as conditions change



CONDITION

Amputation/ Loss of Limb

OVERVIEW

Living without a limb/s may be as the result of an **amputation** - a surgical removal of part of a body such as an arm or a leg - or from congenital limb loss, where an individual is born without a limb.

Amputation or congenital limb loss can significantly affect mobility, balance and dexterity. The impact on an individual can vary and depends on the level of amputation, area of the body affected and whether prostheses are used. Toileting tasks may be affected by difficulties with transfers, reaching, grasping and maintaining stability.



FUNCTIONAL TOILETING CHALLENGES

- **Limited grip strength or dexterity** for operating flush, buttons or wiping
- **Difficulty transferring** on and off the toilet
- **Reduced reach or balance** for clothing management and hygiene
- **Increased risk of falls** due to instability when prostheses are removed
- **Changes to sitting posture**

IMPACTS

- **Incomplete hygiene tasks:** Higher risk of skin issues and infection
- **Dependence on carers:** Can lead to greater reliance on support for personal hygiene tasks, increasing the care burden
- **Safety risks:** Reduced balance increases the vulnerability to falls, slips causing further injury
- **Reduced dignity:** Loss of independence can cause distress and reduced self-esteem

FEATURES AND BENEFITS: AMPUTATION/LOSS OF LIMB

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Height adjustable - Engineer installed plinth	Installed by a qualified engineer, the plinth provides an appropriate toilet height to accommodate individual needs when using the toilet both with and without prostheses
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, easy-use controls with a touch sensitive hand/foot switch
- **Moderate:** Integrated fold-down support arms for those who can push safely into a stand
- **Complex:** Engineer installed plinth to achieve an appropriate toilet height for use both with and without prostheses

SAMPLE SPECIFICATION WORDING

"Following **lower limb amputation**, the individual can experience difficulty with safe transfers and maintaining balance during toileting. Manual wiping can be compromised due to reduced reach and stability, increasing risk of falls and infection. A Closomat Wash and Dry Toilet with automatic washing and drying, integrated fold-down support arms, easily accessible controls and relevant accessories, including an engineer-installed plinth to achieve an appropriate toilet height for use both with and without prostheses, can help restore independence, enhance safety and reduce reliance on carers."

FINAL CHECKS

- Are the chosen controls for the toilet compatible with the individual's hand function
- Assess that the seat height is appropriate for use with and without prostheses
- Confirm if there is adequate bathroom space for wheelchair/ transfer aids if space for these is a requirement. If the individual uses a slide transfer, consider whether this is done in one direction only as this will impact space required on either side of the toilet



CONDITION

Congenital Conditions

OVERVIEW

Congenital conditions are health conditions that present from birth. Also called congenital anomalies or malformations, these conditions are developed prenatally and may be identified before or at birth, or later in life in some individuals.

The range of congenital disorders is vast, as is the impact they can have on the person. For example, a cleft palate and Spina Bifida are both congenital disorders but with very different impacts on long-term health and wellbeing, as well as functional independence or childhood development.

Although many congenital disorders can be treated successfully, those that impact on neurology, skull and brain formation are likely to have a life-long impact, requiring a combination of carer support, equipment and an environment that supports independence, dignity, and risk management.



PARTICULAR EFFECTS OF CONGENITAL CONDITIONS CAN INCLUDE

- **Limb differences:** Short, absent, or malformed arms and/or legs
- **Hand and digit abnormalities:** Missing or fused fingers, poor grip function
- **Shoulder and hip joint issues:** Reduced range of movement, instability
- **Associated medical problems:** Hearing loss, vision problems, and organ malformations in some cases
- **Chronic pain and arthritis:** Early onset secondary conditions due to years of compensatory movements
- **Altered balance and/or gait:** Particularly where there are spinal or lower limb joint changes

FUNCTIONAL TOILETING CHALLENGES

- **Limited grip strength or dexterity** for operating flush, buttons or wiping
- **Difficulty transferring** on and off the toilet
- **Reduced reach or balance** for clothing management and hygiene
- **Increased risk of falls,** due to instability when prostheses are removed
- **Fatigue from compensatory strategies** and long-term musculoskeletal strain

IMPACTS

- **Incomplete hygiene tasks:** Higher risk of skin issues and infection
- **Dependence on carers:** Can lead to greater reliance on support for personal hygiene tasks, increasing the care burden
- **Safety risks:** Reduced balance increases vulnerability to falls and slips, causing further injury
- **Reduced dignity:** Loss of independence can cause distress and reduced self-esteem

FEATURES AND BENEFITS: CONGENITAL CONDITIONS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduces the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, easy to use infrared remote control
- **Moderate:** Integrated fold-down support arms
- **Complex:** Unique seating or transfer needs

SAMPLE SPECIFICATION WORDING

"The individual presents with **congenital limb difference** resulting in absent upper limbs and limited reach. Manual wiping is not possible, creating risk of poor hygiene, infection and heavy carer dependence. A Closomat Wash and Dry Toilet with automatic, hands-free wash and drying, integrated fold-down support arms and accessible controls is essential to enable safe, independent toileting and preserve dignity."

FINAL CHECKS

- Are the chosen controls for the toilet compatible with the individual's hand function
- Consider customisable options for the individual to improve safety and comfort



CONDITION

Cerebral Palsy

OVERVIEW

There are 5 main types of **Cerebral Palsy** (Spastic, Dyskinetic, Ataxic, Hypotonic and Mixed) all as a result of an injury or abnormal development of the brain, usually before, during or shortly after birth.

According to the charity, SCOPE, Cerebral Palsy is a condition that affects muscle control, coordination, posture, balance and movement and it affects around 1 in 400 children in the UK. Symptoms present differently between individuals and often change over time and as they grow and age.



FUNCTIONAL TOILETING CHALLENGES

- **Difficulty transferring on and off the toilet** due to reduced balance or involuntary movements
- **Limited hand function or dexterity** affecting wiping, flushing and use of controls
- **Postural instability,** requiring assistance from grab rails
- **Fatigue during transfers and toileting tasks,** particularly for those with more severe mobility impairments
- In some cases, **cognitive or communication challenges** may affect task sequencing or the ability to request assistance
- **Incontinence issues,** urgency or difficulties managing clothing due to mobility restrictions

IMPACTS

- **Incomplete hygiene tasks:** There is a higher risk of skin irritation and infection
- **Dependence on carers:** An increased reliance on others for toileting, raising care burden and reducing independence
- **Safety risks:** With reduced balance and involuntary movements there is a higher increase risk of falls or unsafe transfers
- **Reduced dignity:** A reliance on assistance with intimate tasks may affect confidence and emotional wellbeing

FEATURES AND BENEFITS: CEREBRAL PALSY

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, easy-use controls with a touch sensitive hand/foot switch
- **Moderate:** Supportive arm rests if mobility impaired
- **Complex:** Carer operated controls – infrared remote control

SAMPLE SPECIFICATION WORDING

"The individual presents with **cerebral palsy** and has significant mobility and dexterity limitations, making independent toileting and personal hygiene difficult. Manual wiping is not feasible and transfers are unstable, increasing the risk of falls and carer dependency. A Closomat Wash and Dry Toilet with automatic wash and drying, with Integrated fold-down support arms will promote independence, improve hygiene and reduce care burden."

FINAL CHECKS

- Are the chosen controls for the toilet compatible with the individual's hand function?
- Check if there is sufficient space and correct height to transfer the individual from wheelchair to toilet
- Consider seating adaptations and ensure compatibility with the Closomat Wash and Dry Toilet



Section 3
Sensory, Cognitive and Developmental

Addressing sensory processing and cognitive instruction.

Alzheimer's Disease	**Page 86**
Autism Spectrum Disorder (ASD)	**Page 92**
Global Development Delay	**Page 98**
Down's Syndrome	**Page 104**
Visual Impairment	**Page 110**



CONDITION

Alzheimer's Disease

OVERVIEW

Alzheimer's disease is a physical illness that damages a person's brain and over time leads to dementia. Its effects vary from person to person, but for most, Alzheimer's disease is a progressive cognitive condition that impacts memory, orientation, reasoning and executive function.

Whilst Alzheimer's disease is a degenerative condition it is not seen as life shortening and therefore future proofing is crucial.

According to the Alzheimer's Society, around two in three people living with dementia in the UK have Alzheimer's disease. As it advances, it can impact continence, sequencing of toileting tasks, recognition of equipment and the ability to use standard controls.



FUNCTIONAL TOILETING CHALLENGES

- **Forgetting** the sequencing of toileting tasks
- **Difficulty recognising** or locating the toilet
- **Reduced ability** to operate flush levers or small buttons
- **Agitation or anxiety** in unfamiliar environments
- **Loss of ability** to maintain personal hygiene without assistance
- **Impaired ability** to recognise toileting cues

IMPACTS

- **Incomplete hygiene tasks:** Increasing the risk of infections, odour and skin problems
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently
- **Greater reliance on carers:** Unable to use functions on toilet independently, increasing care burden and costs
- **Unsafe environment:** Incorrect use of bathroom function could lead to wet surfaces and an increase injury risk
- **Loss of recognition:** Difficulty recognising the bathroom and toilet as the correct place to toilet

FEATURES AND BENEFITS: ALZHEIMER'S DISEASE

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Improve recognition and location of the toilet as blue seat option provides a strong, clean colour contrast against mainly white bathroom
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, easy-use controls with a touch sensitive hand/foot switch
- **Moderate:** Supportive arm rests if mobility impaired
- **Complex:** Carer operated controls – infrared remote control

SAMPLE SPECIFICATION WORDING

"As **Alzheimer's disease** progresses, the individual can become unable to reliably complete the toileting sequence, resulting in poor hygiene, increased risk of infection and heavy reliance on carer input. A Closomat Wash and Dry Toilet with automatic wash and drying, simple intuitive controls and support arms will minimise care burden, improve dignity and ensure safer, more effective toileting."

FINAL CHECKS

- Is there space for clear signage on the bathroom door to help identify the toilet?
- Have the simplest of controls been selected?
- What else needs to be in place to keep the bathroom clutter-free and prevent overwhelm?



CONDITION

Autism Spectrum Disorder

OVERVIEW

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that can affect communication, sensory processing, anxiety levels and responses to change. Individuals may experience sensory sensitivities (sound, touch, smell, temperature), a strong preference for routine and predictability and differences in motor planning or understanding multi-step tasks.

The National Autistic Society (NAS) says more than 1 in 100 people are autistic and currently there are at least 700,000 autistic adults and children in the UK. Toileting can be impacted by sensory discomfort, anxiety, difficulty tolerating unfamiliar environments and challenges with sequencing or interoception (recognising body signals). The right toileting setup can reduce distress, improve tolerance and support independence and dignity.



FUNCTIONAL TOILETING CHALLENGES

- **Sensory sensitivities:** Toilet noise, fan sounds, flushing, echoing rooms, cold surfaces, water temperature, smells can all be overwhelming
- **Anxiety and unpredictability:** Fear of accidents, unfamiliar bathrooms or uncertainty about what happens next can increase distress and avoidance
- **Difficulty with change in routine/environment:** New equipment, different bathrooms or altered layouts may reduce confidence and increase refusal
- **Motor planning/sequencing difficulties:** Multi-step routines (positioning, wiping, flushing, washing hands) may be hard to organise, especially under stress
- **Interoception differences:** Some individuals may not recognise (or may recognise too late) the need to use the toilet, contributing to urgency or accidents
- **Need for privacy and control:** Feeling rushed or observed can escalate distress and reduce cooperation

IMPACTS

- **Avoidance or delayed toileting:** Can increase constipation, discomfort, accidents and distress
- **Reduced dignity and confidence:** Accidents or reliance on support can affect self-esteem
- **Increased carer involvement:** Without adaptation, carers may spend significant time supporting prompting, reassurance and hygiene
- **Escalation and behavioural distress:** Toileting can become associated with fear or discomfort, making routines harder to maintain

FEATURES AND BENEFITS: AUTISM SPECTRUM DISORDER

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita, with a touch sensitive hand/foot switch
- **Moderate:** Carer operated controls – infrared remote control

SAMPLE SPECIFICATION WORDING

"The individual has **Autism Spectrum Disorder** with sensory sensitivities and anxiety around toileting routines, particularly in response to unpredictable sensations, noise and multi-step tasks. This impacts their ability to tolerate toileting, maintain hygiene consistently, and complete the routine independently without distress.

A Closomat Wash and Dry Toilet will promote consistent, reliable hygiene and reduce the risk of infection or skin irritation that can result from inadequate wiping. By providing an effective wash and dry function and predictable toileting routine, the Closomat reduces reliance on carer assistance for prompting, freeing up carer time to support the individual with other areas of daily living.

Supplying the unit with a touch sensitive hand/foot switch supports independent use. Together this provides a dignified, consistent solution that reduces distress and supports independence throughout the individual's life."

FINAL CHECKS

- Confirm the individuals' sensory profile: noise, water/air temperature to adjust settings accordingly
- Position controls for a simple, repeatable access
- Review bathroom environment – lighting levels, echo/noise, odours and clutter



CONDITION

Global Developmental Delay

OVERVIEW

Global Developmental Delay (GDD) is a term used when a child shows significant delays in two or more areas of development, such as motor skills, speech and language, cognition, and social or emotional development. GDD is typically diagnosed in early childhood and may be temporary or persist into later life, depending on the underlying cause.

According to Contact, a UK charity supporting families with disabled children, around 1-3% of children in the UK are affected by GDD, making it one of the most common reasons for developmental support referrals.



FUNCTIONAL TOILETING CHALLENGES

- **Delayed toilet training** due to slower physical, cognitive or communication development
- **Difficulty recognising the stimuli** giving the urge to need the toilet, understanding toileting routines or communicating needs
- **Postural instability, or reduced mobility,** affecting transfers and balance on the toilet
- **Sensory sensitivities,** which can make toilet environments overwhelming
- **Difficulty with hygiene tasks** due to fine motor delays or lack of sequencing skills
- **Inconsistent progress with toileting,** periods of regressing during illness or developmental changes

IMPACTS

- **Incomplete hygiene tasks:** Delays in skills development or physical ability can lead to ineffective cleaning and increases the risk of skin irritation and infection
- **Dependence on carers:** Ongoing support may be required for toileting and hygiene tasks, placing demands on parents or carers
- **Safety risks:** Poor balance, lack of awareness or ability to risk assess can increase the risk of falls or unsafe use of the equipment
- **Reduced dignity:** Fluctuating ability can lead to frustration, embarrassment or anxiety if unable to toilet independently, particularly in school or social settings

FEATURES AND BENEFITS: GLOBAL DEVELOPMENTAL DELAY

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Improve recognition and location of the toilet as blue seat option provides a strong, clean colour contrast against mainly white bathroom
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with touch sensitive hand/foot switch and soft seat
- **Moderate:** Integrated fold-down support arms
- **Complex:** Infrared remote control for carers to trigger flushing, douching and drying process

SAMPLE SPECIFICATION WORDING

"The child has **global developmental delay**, affecting physical coordination, communication and toileting skills. The child is also non-verbal and experiences significant balance difficulties. The child is unable to manage wiping and hygiene tasks independently and requires a structured, accessible toileting environment to support skill development. A Closomat Wash and Dry Toilet with touch sensitive hand/foot switch for automatic wash and drying with soft seat option and integrated fold-down support arms will improve hygiene, promote independence and reduce carer input over time. It also provides a safer solution for both the child and carers by enabling thorough cleaning while seated, reducing the risk of accidents and improving hygiene."

FINAL CHECKS

- Ensure controls can be operated by the child for added independence
- Consider if the equipment is appropriately sized and adaptable to accommodate growth and development changes
- Plan for regular reviews as child's needs and abilities evolve over time



CONDITION

Down's Syndrome

OVERVIEW

Down's Syndrome is a genetic condition that affects physical development, learning ability and health. Individuals may experience reduced muscle tone (hypotonia), joint laxity, balance difficulties, delayed motor skills, and cognitive or communication differences. These factors can affect independence with daily living tasks, including toileting, particularly where sequencing, balance, strength or hygiene awareness are involved.

Down's Syndrome Scotland estimates that around 41,700 people with Down's Syndrome live in the UK. With the right environmental adaptations and equipment, many individuals with Down's Syndrome can achieve greater independence, safety and dignity in toileting routines.



FUNCTIONAL TOILETING CHALLENGES

- **Low muscle tone and reduced strength:** Makes sit-to-stand transfers and maintaining a stable seated posture more difficult
- **Balance and coordination difficulties:** Increases risk of slips or falls during transfers
- **Joint laxity:** Can make positioning unstable and increase the need for external support
- **Fine motor difficulties:** Challenges with wiping, operating flushes or using small controls
- **Cognitive and sequencing difficulties:** Multi-step toileting routines may be harder to follow independently
- **Sensory sensitivities (in some individuals):** Discomfort with cold surfaces, noise or unfamiliar sensations can reduce tolerance

IMPACTS

- **Incomplete hygiene:** Reduced dexterity or sequencing difficulties may lead to inconsistent cleaning, increasing infection or skin irritation risk
- **Loss of independence:** Increased reliance on carers for prompting or hands-on support
- **Reduced confidence:** Fear of falling or "getting it wrong" can affect self-esteem
- **Safety concerns:** Poor balance and low tone increase fall risk in bathrooms

FEATURES AND BENEFITS: DOWN'S SYNDROME

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with easy-use controls with a touch sensitive hand/foot switch and soft seat
- **Moderate:** Integrated fold-down support arms for those who can push safely into a stand
- **Complex:** Carer controls if the person is unable to use themselves, which maximises dignity in care

SAMPLE SPECIFICATION WORDING

"The individual has **Down's Syndrome** resulting in reduced muscle tone, balance difficulties and challenges with fine motor control and task sequencing. These factors affect their ability to transfer safely, maintain stable seating and complete personal hygiene tasks independently.

A Closomat Wash and Dry Toilet will support consistent hygiene by reducing reliance on manual wiping and complex multi-step routines. A touch sensitive switch will enable straightforward operation, supporting understanding and independent use.

Fixed, integrated fold-down support arms will provide stability during transfers and while seated, reducing fall risk and a soft seat will improve comfort and tolerance, supporting safe, calm and independent toileting."

FINAL CHECKS

- Confirm transfer method and required seat height
- Position controls for a simple, repeatable access
- Review bathroom environment and consider visual prompts if appropriate



CONDITION

Visual Impairment

OVERVIEW

Visual impairment includes reduced vision that cannot be fully corrected with glasses or contact lenses and can range from partial sight to severe sight loss. It can affect orientation, confidence and the ability to complete everyday tasks safely, especially in environments with obstacles, glare or poor lighting.

RNIB (the UK sight loss charity) estimates that more than 2 million people are living with sight loss in the UK, severe enough to have a significant impact on daily life.

Toileting independence can be affected where individuals cannot clearly see the toilet, controls, hazards or hygiene areas, leading to safety risks, reduced confidence and increased reliance on carers.



FUNCTIONAL TOILETING CHALLENGES

- **Difficulty locating the toilet and fixtures:** Toilets are often white and against a light background would blend in, often bathrooms have poor or uneven lighting, hiding edges and creating glare, both which make a toilet harder to see clearly
- **Reduced ability to see hazards:** Increased risk of trips, slips or collisions with doors, frames or poorly positioned equipment
- **Challenges using controls accurately:** Small buttons, unclear symbols, reflective surfaces or touch panels can be difficult to operate reliably
- **Hygiene difficulties:** Limited visibility can make it harder to confirm effective cleaning or detect soiling on skin/clothing, which increases the risk of irritation or infection
- **Reduced confidence and increased anxiety:** Fear of accidents or falls may lead to avoidance, rushed toileting or increased dependence on carers
- **Navigation and transfer difficulties:** Visual impairment can worsen balance and orientation when sitting down/standing up

IMPACTS

- **Safety concerns:** Higher risk of falls, slips, and injury in a high-risk room such as a bathroom
- **Reduced hygiene tasks:** Increased likelihood of missed cleaning, clothing soiling or skin irritation
- **Loss of dignity:** Greater dependence on others for guidance, reassurance or hands-on support
- **Reduced independence:** Avoidance of toileting can affect hydration, health and participation in daily life

FEATURES AND BENEFITS: VISUAL IMPAIRMENT

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Adult soft seat	Improve recognition and location of the toilet as blue seat option provides a strong, clean colour contrast against mainly white bathroom
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with soft seat

SAMPLE SPECIFICATION WORDING

"The individual has a **visual impairment** which affects their ability to safely locate the toilet and manage toileting routines independently.

A Closomat Wash and Dry Toilet will promote consistent, reliable hygiene and reduce the risk of infection or skin irritation that can result from inadequate wiping. By providing an effective wash and dry function, it can also reduce reliance on carer assistance, freeing up carer time to support the individual with other areas of daily living.

Supplying the unit with a high-contrast blue soft seat supports easier identification and positioning for individuals with visual impairment."

FINAL CHECKS

- Ensure whole layout of bathroom supports safe access
- Review lighting levels – consider use of contrasting colours and good lighting



Section 4 Digestive, Bariatric and Specialist.

Addressing hygiene frequency, skin integrity, and physical dimensions.

Plus-size (Bariatric)/Obesity	**Page 118**
Crohn's Disease	**Page 124**
Diverticulitis	**Page 130**
Haemorrhoids	**Page 136**
Urinary Tract Infections (UTIs)	**Page 142**



CONDITION

Bariatric Needs (Obesity or plus-sized)

OVERVIEW

Obesity is a long-term health condition characterised by excess body weight that may affect mobility, endurance and balance. People with **bariatric needs** (bariatric being a medical branch of medicine supporting plus sized people) often experience reduced flexibility, joint pain and difficulty with transfers or personal care tasks.

According to NHS England, around 1 in 4 adults in the UK live with obesity and demand for bariatric support equipment continues to rise across care and home environments.



FUNCTIONAL TOILETING CHALLENGES

- **Reduced mobility and flexibility:** making reaching, wiping or positioning difficult
- **Increased joint and muscle strain:** limiting safe transfers on and off conventional toilets
- **Restricted space:** Unsuitable bathroom layouts that make safe manoeuvring difficult
- **Greater fatigue:** Especially when standing or transferring
- **Increased carer support:** Requiring manual assistance may be physically demanding and unsafe

IMPACTS

- **Incomplete hygiene tasks:** Fatigue and weakness can increase the risk of infections, odour and skin problems if wiping becomes difficult due to difficulty reaching effectively
- **Loss of dignity:** Reduced self-esteem when unable to toilet independently
- **Reduced confidence:** Due to fears of accidents or accessibility barriers
- **Safety concerns:** From risks of falls or structural inadequacies in standard bathrooms

FEATURES AND BENEFITS: BARIATRIC NEEDS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Big John Seat	Extra-wide seat area with a higher weight rating and added stability, comfort and safety
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita supplied with the Big John Seat
- **Moderate:** Large easy-to-use touch sensitive switch to suit the reach of the individual

SAMPLE SPECIFICATION WORDING

"The individual has bariatric needs associated with **obesity**, resulting in reduced mobility, flexibility and endurance. These challenges can make transfers, personal hygiene and independent toileting increasingly difficult.

A standard Closomat Palma Vita Wash and Dry Toilet, fitted with the optional Big John bariatric seat, provides a solution designed to accommodate users weighing up to 362kg/57st. The wider, supportive seat offers greater comfort and stability, while the toilet's fully integrated automatic washing and drying functions eliminate the need for reaching and manual wiping, which may be difficult or unsafe for the individual.

The addition of the Big John seat provides enhanced support for bariatric users while retaining the Palma Vita's established wash and dry functionality, helping maintain personal hygiene, safety and dignity.

The Closomat's adaptable design, combined with the Big John seat, provides a long-term solution that supports independence, reduces reliance on carers and accommodates changing mobility needs.

A touch-sensitive hand/foot switch can also be incorporated to minimise physical strain and enable easier independent operation."

FINAL CHECKS

- Confirm structural and floor load-bearing suitability
- Verify required user weight capacity
- Ensure correct controls are specified to suit the reach and dexterity of the individual
- Review clearances for additional equipment, such as wheelchairs and hoists
- Consider the person's posture on the toilet, particularly if they have a gluteal shelf, and how this impacts on their ability to position the body effectively



CONDITION

Crohn's Disease

OVERVIEW

Crohn's Disease is a long-term inflammatory bowel condition that can affect any part of the digestive tract. Symptoms commonly include urgent or frequent bowel movements, abdominal pain, fatigue, diarrhoea and incontinence, such as fissures, fistulas or skin irritation. Flare-ups may cause severe urgency and increased bathroom frequency, while periods of remission may still involve discomfort, fatigue or sensitivity.

Toileting can be challenging due to urgency, pain, soreness, fatigue and increased hygiene needs.

According to Crohn's & Colitis UK, there are over 500,000 people living with IBD (which includes Crohn's and Ulcerative Colitis (UC), that equates to 1 in every 123 people.



FUNCTIONAL TOILETING CHALLENGES

- **Increased urgency and frequency:** Crohn's can cause sudden and unpredictable bowel movements and many struggle to reach the toilet in time, leading to anxiety and reduced confidence using their home or public bathrooms
- **Pain, inflammation and sensitivity:** Inflamed tissue, fissures or fistulas can make wiping extremely painful and sensitive
- **Fatigue and reduced endurance:** Chronic fatigue during flare-ups makes repeated trips to the toilet an exhausting task
- **Risk of skin breakdown:** Frequent diarrhoea or wiping can cause soreness, dermatitis or broken skin
- **Reduced ability to clean effectively:** Pain or urgency during flare-ups can reduce the ability to wipe thoroughly, increasing the risk of infection and ongoing irritation
- **Anxiety and reduced confidence:** Fear of pain, poor hygiene or accidents can significantly impact daily routines and independence

IMPACTS

- **Incomplete hygiene tasks:** Pain and repeated wiping can lead to hygiene issues increasing the risk of infection and discomfort
- **Loss of dignity:** Difficulty during flare-ups may lead to dependence on carers
- **Reduced confidence:** Anxiety around toileting can limit daily activities or cause avoidance of social situations
- **Ongoing discomfort:** Continuous wiping can affect healing process and wellbeing

FEATURES AND BENEFITS: CROHN'S DISEASE

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with soft seat

SAMPLE SPECIFICATION WORDING

"The individual has **Crohn's Disease** resulting in frequent bowel movements accompanied with episodes of pain and fatigue. These symptoms combined cause difficulty with manual wiping, maintaining hygiene and managing the toilet independently.

A Closomat Wash and Dry Toilet with a soft seat is recommended. The automatic wash and dry feature removes the need for manual wiping, significantly reducing the pain and irritation from frequent wiping and improving overall hygiene through protection of the skin and lowering the risk of infection. The addition of a soft seat provides a cushioned, gentle surface that reduces pressure and discomfort during prolonged or frequent toileting trips. It also helps prevent further flare ups and irritation.

This solution provides reliable, comfortable support for an individual living with a long-term bowel condition."

FINAL CHECKS

- Verify control placement for rapid, easy access
- Ensure whole layout supports quick, safe access



CONDITION

Diverticulitis

OVERVIEW

Diverticular disease refers to a side-branch or pouch which sticks outwards from the wall of the large intestine. When these pouches become inflamed or infected, the condition is known as diverticulitis. It is more common in older adults and can cause abdominal pain, altered bowel habits, urgency and complications that impact toileting routines. Symptoms may flare up intermittently, with periods of relative stability in between.

According to Guts UK, around 1 in 3 people in the UK develop diverticular disease in their lifetime and the likelihood increases with age.



FUNCTIONAL TOILETING CHALLENGES

- **Urgency and frequency** of needing and requiring rapid access to a toilet
- **Pain and discomfort,** which can make sitting, transferring or completing hygiene tasks more difficult
- **Fatigue or reduced mobility during flare-ups,** particularly in older adults or those with co-existing health conditions
- **Potential incontinence,** especially if urgency cannot be managed effectively
- **Heightened sensitivity or discomfort** in the abdominal area when wiping or twisting

IMPACTS

- **Incomplete hygiene tasks:** Pain, urgency and frequency increases the risk of skin irritation and infection
- **Dependence on carers:** An increased reliance on others for toileting, raising care burden and reducing independence
- **Safety risks:** With urgent need and rushing there is a higher increase risk of falls or unsafe transfers
- **Reduced dignity:** Incontinence or difficulty managing hygiene can cause embarrassment, distress and reduced confidence

FEATURES AND BENEFITS: DIVERTICULITIS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Adult soft seat	Designed with a cushioned surface for a more relaxing and supportive seating experience
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with adult soft seat

SAMPLE SPECIFICATION WORDING

"The individual experiences recurrent episodes of **diverticulitis**, resulting in urgency, abdominal discomfort and difficulty performing effective personal hygiene. A Closomat Wash and Dry Toilet with automatic wash and drying functions, with soft seat for added comfort, will enable rapid, safe toileting and maintain hygiene during flare-ups, reducing reliance on carers and preserving dignity."

FINAL CHECKS

- Assess whether the urgency or frequency requires additional lighting, especially for safe use during the nighttime
- Ensure controls can be operated quickly and intuitively during urgent situations
- Consider the optimum height to avoid pressure and discomfort on the abdomen during frequent visits



CONDITION

Haemorrhoids (Piles)

OVERVIEW

Haemorrhoids, commonly known as piles, are swollen veins in or around the rectum and anus. They can cause pain, itching, bleeding and discomfort, particularly when sitting or during toileting.

According to NHS England, around 1 in 4 adults in the UK experience haemorrhoids at some point in their lives, with prevalence increasing with age, pregnancy and conditions that cause constipation or prolonged straining.

While haemorrhoids often improve with conservative management (diet, hydration, topical treatments), chronic or severe cases can significantly impact toileting comfort, hygiene and independence.



FUNCTIONAL TOILETING CHALLENGES

- **Pain and discomfort when sitting for long periods,** particularly on hard or cold toilet seats
- **Bleeding or irritation** when wiping with dry toilet paper
- **Difficulty maintaining hygiene** due to sensitivity and fear of aggravating the area
- **Straining during bowel movements,** sometimes linked to poor posture or unsuitable toilet height
- **Reduced tolerance for prolonged toileting tasks,** leading to rushed or incomplete hygiene

IMPACTS

- **Incomplete hygiene tasks:** Pain or fear of aggravation can lead to inadequate cleaning, increasing risk of infection or further irritation
- **Safety risks:** Discomfort or urgency may cause rushed transfers or unsafe movements
- **Reduced dignity and confidence:** Persistent pain and embarrassment or anxiety about hygiene can cause anxiety and avoidance of toileting

FEATURES AND BENEFITS: HAEMORRHOIDS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Adult soft seat	Designed with a cushioned surface for a more relaxing and supportive seating experience
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with adjustable pressures and temperature controls
- **Moderate:** Selecting a soft seat for added comfort

SAMPLE SPECIFICATION WORDING

"The individual experiences significant discomfort and pain due to **haemorrhoids**, which make wiping and maintaining hygiene extremely difficult. A Closomat Wash and Dry Toilet with adjustable warm water wash and gentle air-drying functions will eliminate the need for manual wiping, reduce pain and improve hygiene. The addition of a soft seat will promote comfort, safety and dignity during toileting."

FINAL CHECKS

- Ensure that the settings can be adjusted to suit symptoms
- Consider the correct toilet height and position to ensure posture supports healthy bowel movements
- Ensure the individual understands how to use the control and adjust settings to make cleaning more comfortable if symptoms worsen



CONDITION

Urinary Tract Infections (UTIs)

OVERVIEW

Urinary Tract Infections (UTIs) can affect anyone, although they are more common in women due to female anatomy. This section therefore focuses primarily on considerations for female users.

UTIs are common and can be recurrent, particularly in older adults, people with reduced mobility, neurological conditions, incontinence, or those who rely on assistance for toileting. Symptoms may include urgency, frequency, pain or burning on urination, incomplete emptying, confusion (especially in older people), fatigue and incontinence.

Effective hygiene and timely toileting are important in helping to reduce the risk of UTIs. Difficulties with wiping, delayed toileting, or incomplete cleaning may increase the likelihood of infection and recurrence.



FUNCTIONAL TOILETING CHALLENGES

- **Urgency and frequency:** Sudden need to use the toilet can lead to rushing, poor positioning or incomplete hygiene
- **Difficulty cleaning effectively:** Limited reach, dexterity or balance can result in inadequate wiping
- **Reduced mobility or fatigue:** Makes repeated toileting trips physically demanding
- **Incontinence or leakage:** Moisture and residual urine increase infection risk
- **Cognitive changes (during infection):** UTIs can cause confusion or reduced awareness, affecting toileting safety and hygiene routines

IMPACTS

- **Increased infection risk:** Poor hygiene or residual moisture can contribute to recurrent UTIs
- **Discomfort and pain:** Symptoms can worsen if hygiene is inconsistent
- **Loss of dignity:** Increased reliance on carers for intimate tasks
- **Reduced confidence:** Fear of urgency or accidents may limit independence
- **Falls risk:** Rushing to the toilet, particularly at night, increases the likelihood of falls

FEATURES AND BENEFITS: URINARY TRACT INFECTIONS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Adult soft seat	Designed with a cushioned surface for a more relaxing and supportive seating experience
Douche (twin)	Supports personal hygiene and cleaning for female users, helping to maintain comfort, freshness and confidence during intimate care

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with a twin douche – female users only
- **Moderate:** Selecting a soft seat for added comfort

SAMPLE SPECIFICATION WORDING

"The female individual experiences recurrent **urinary tract infections**, resulting in urinary urgency, frequency and discomfort. These symptoms can lead to rushed toileting, incomplete hygiene and increased reliance on carers, contributing to a higher risk of ongoing infection.

A Closomat Wash and Dry Toilet will support consistent and effective hygiene through automatic washing and drying, reducing bacterial exposure and lowering the risk of recurrent UTIs."

FINAL CHECKS

- Ensure controls are positioned for fast, easy access
- Check seat comfort and positioning to support effective hygiene
- Consider bathroom lighting and clear routes to reduce falls risk during urgent toileting, especially at night-time



Section 5
Age-Related and General Decline.

Addressing frailty and reduced mobility.

Age-Related Decline	**Page 150**
Chronic Obstructive Pulmonary Disease (COPD)	**Page 156**
Falls	**Page 162**



CONDITION

Age-Related Decline

OVERVIEW

As individuals **age**, gradual changes in strength, mobility, balance and coordination can affect the ability to use the toilet safely and independently. Common age-related factors included reduced muscle power, joint stiffness, slower reaction times, reduced balance, decreased vision and reduced confidence.

These changes can make transfers, standing, wiping and operating controls more difficult. Appropriate adaptive equipment can support dignity and independence and reduce the risk of falls or hygiene issues.

According to the Centre of Ageing Better, the number of people in England, aged between 65 - 79 is predicted to increase by nearly 30% over the next 40 years to over 10 million. With those aged 80 and over described as the “fastest growing segment of the population” and projected to more than double to over 6 million.



FUNCTIONAL TOILETING CHALLENGES

- **Weakness or reduced strength and stability:** Makes it difficult to rise from the toilet, lower down or maintain a steady seating position
- **Poor balance and stability:** With slower reactions and poorer balance, standard toilets may present a significant increased risk of slips and falls
- **Joint stiffness and reduced dexterity:** Age-related stiffness can limit reach and this makes it harder to operate standard flush controls, adjust clothing or sufficient strength and control for effective wiping
- **Fatigue and reduced endurance:** Age-related fatigue or breathlessness can make repeated transfers and hygiene tasks tiring, increasing reliance on carers
- **Visual and cognitive changes:** Challenges from reduced vision or slower processing of instructions, make it harder to locate controls or sequence toilet tasks safely

IMPACTS

- **Incomplete hygiene tasks:** Limited reach or dexterity may lead to hygiene issues increasing the risk of skin problems if wiping becomes difficult
- **Reduced independence:** Physical limitations can force reliance on carers, affecting confidence and privacy
- **Reduced confidence:** Anxiety over fears of falling or slipping can deter engagement in daily activities, reduce fluid intake or lead to the avoidance of toileting altogether
- **Safety concerns:** Conventional toilets and bathrooms rarely provide sufficient support for transfers and increase the likelihood of injury from a fall

FEATURES AND BENEFITS: AGE-RELATED DECLINE

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult soft seat	Provide additional comfort and reduce the pain of sitting for long periods. The Closomat can be supplied with a choice of soft feel seats that are navy blue in colour
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
(Infrared) Remote control	Enables carers to initiate wash and dry function discreetly if individual can no longer manage
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with easy-use controls with a touch sensitive hand/foot switch and soft seat
- **Moderate:** Integrated fold-down support arms for those who can push safely into a stand
- **Complex:** Carer controls if the person is unable to use themselves, which maximises dignity in care

SAMPLE SPECIFICATION WORDING

"The individual is experiencing **age-related decline**, including reduced strength, balance and range of movement. These factors combined make transferring to and from the toilet, maintaining a stable seated position and completing personal hygiene tasks difficult and unsafe.

A Closomat Wash and Dry Toilet with integrated fold-down arm supports and a touch sensitive hand/foot switch is recommended. The automatic wash and dry feature removes the need for manual wiping, which the user is unable to complete effectively due to the limited dexterity and reach. Due to the general weakness in the legs, the installation of integrated arm supports would provide the individual with something stable to use to support themselves as they rise and lower down to the soft seat.

The adaptable controls allow the operation from the individual's stronger side, supporting independent toileting while reducing carer involvement in intimate tasks. The robustness and stability of the Closomat provides a long-term solution that accommodates changes in mobility as the individual continues to change with age."

FINAL CHECKS

- Verify control placement for user's reach and dexterity
- Regularly review seat height, arm supports and settings as conditions change
- Assess for vision and cognitive changes that may influence operation of the toilet



CONDITION

Chronic Obstructive Pulmonary Disease (COPD)

OVERVIEW

Chronic Obstructive Pulmonary Disease (COPD) is a long-term lung condition (including chronic bronchitis and emphysema) that causes breathlessness, fatigue and cough, often fluctuating day to day and worsening during flare-ups.

Asthma + Lung UK reports that around 2% of the UK population live with diagnosed COPD. Symptoms can make it difficult to complete toileting tasks safely and comfortably, particularly when the individual needs to rush, stand to transfer or remain seated for longer periods.



FUNCTIONAL TOILETING CHALLENGES

- **Breathlessness during transfers:** Standing, pivoting or repeated sit-to-stand movements can trigger shortness of breath
- **Fatigue and low stamina:** Multiple steps (clothing management, wiping and handwashing) can become exhausting, especially during flare-ups
- **Urgency and rushing:** Breathlessness and fatigue can increase anxiety and rushing, raising fall risk
- **Balance and weakness:** Deconditioning and reduced strength can make standard toilet heights unsafe
- **Coughing episodes:** Can disrupt posture and stability while seated or transferring
- **Difficulty maintaining hygiene:** Fatigue, breathlessness or poor standing tolerance can make wiping and cleaning harder to complete thoroughly

IMPACTS

- **Increased fall risk:** Particularly during rushed transfers when breathless or unsteady
- **Reduced independence:** Reliance on carers may increase, especially during flare-ups
- **Inconsistent hygiene:** Fatigue may lead to incomplete wiping/cleaning, raising risk of skin irritation or infection
- **Reduced dignity and confidence:** Anxiety about breathlessness, urgency or accidents can lead to avoidance and reduced quality of life

FEATURES AND BENEFITS: CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Aerolet Tilt	The Aerolet provides the person with mechanical support in standing, further reducing strain on the joints and effort
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with standard seat and touch sensitive hand/foot switch
- **Moderate:** Addition of the Aerolet Tilt to support in standing

SAMPLE SPECIFICATION WORDING

"The individual has **Chronic Obstructive Pulmonary Disease (COPD)** resulting in breathlessness, reduced endurance and fatigue. These symptoms make toileting transfers physically demanding, increase fall risk when rushing or unsteady and can affect the ability to complete hygiene tasks thoroughly.

A Closomat Wash and Dry Toilet will support consistent hygiene while reducing physical effort, minimising the time and exertion required for manual wiping. Supplying the unit with an Aerolet Tilt supports safer sit-to-stand and controlled transfers when breathless."

FINAL CHECKS

- Consider bathroom layout for clear access and consider whether individual has oxygen or mobility aids that require extra clearance
- Confirm transfer method
- Position controls for a simple, repeatable access
- Review bathroom environment – lighting levels, echo/noise, odours and clutter



CONDITION

Falls

OVERVIEW

Falls are a major safety concern, particularly for older adults and individuals with reduced mobility, balance impairment, muscle weakness, sensory loss or cognitive changes. Bathrooms are a high-risk environment due to hard surfaces, confined spaces and wet/slippery floors and many falls occur during toileting when people are transferring, rushing or unsteady.

Risk is often increased during night-time toileting, when individuals may be drowsy, have poorer visibility and be more likely to rush due to urgency.

Age UK highlights that falls are the most common cause of injury-related deaths in people over 75. This underlines the importance of reducing environmental hazards and providing safe toileting support to reduce the risk of slips or unsafe transfers at night.



FUNCTIONAL TOILETING CHALLENGES

- **Unsteady sit-to-stand transfers:** Rising and lowering can be difficult with weak legs, painful joints or reduced balance
- **Rushing due to urgency:** Increases risk of slips and poor positioning, especially at night
- **Reduced confidence after previous falls:** Fear can cause cautious, awkward movements that increase risk further, known as post-fall syndrome
- **Night-time toileting:** Low lighting, drowsiness and obstacles increase trip risk
- **Cluttered or narrow bathroom layouts:** Lack of space to turn safely, use aids or position carers

IMPACTS

- **Injury and hospital admission:** Falls can lead to fractures, head injury or long recovery periods
- **Loss of independence:** A fall often triggers increased care needs or reduced mobility
- **Reduced confidence and avoidance:** People may limit fluid intake or delay toileting to avoid transfers
- **Carer strain:** Increased supervision and physical assistance may be required
- **Social isolation:** Reduced motivation or confidence to engage in social activity

FEATURES AND BENEFITS: FALLS

FEATURE	WHY IT HELPS
Palma Vita Wash and Dry Toilet	Provides improved hygiene, comfort and independence with integrated washing and drying functions, reducing the need for assistance and supporting accessibility
Integrated fold-down support arms	Improves physical safety when using the toilet, especially if mobility impaired
Adult standard seat	Provides a safe and comfortable seating surface for toileting, supporting everyday hygiene and independence
Touch sensitive hand/foot switch	Makes it easier to recognise and use without complex instructions
Douche (standard)	Supports personal hygiene and cleanliness, helping users maintain independence and comfort during toileting

FUNCTIONAL REQUIREMENT LEVELS

- **Foundational:** The Closomat Palma Vita with a standard seat and touch sensitive hand/foot switch
- **Moderate:** Integrated fold-down support arms to improve safety and provide support when standing

SAMPLE SPECIFICATION WORDING

"The individual is more likely to **fall** because they have reduced strength and balance, which makes moving on and off the toilet difficult and tiring. During nighttime toileting, urgency and fatigue can also cause the individual to rush, increasing the risk of slipping or losing balance in the bathroom.

A Closomat Wash and Dry Toilet helps to make toileting safer by reducing twisting, reaching and extra movement for cleaning. The touch sensitive hand/foot switch makes it easier to operate. Integrated fold-down arms will provide a firm place to hold when sitting down and standing up, making transfers easier, improving stability and reducing the risk of falls while supporting independence and dignity."

FINAL CHECKS

- Confirm transfer ability and whether the person requires frame, stick, stand aid or hoist
- Ensure support arms are correctly installed
- Review flooring, daytime and nighttime lighting, clutter and door access
- Confirm adequate space for carers and mobility equipment if required



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