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## Personal Hygiene:

### aids and equipment for assisting with daily functioning of people with MSA

#### Introduction

The following fact sheet is part of a series of fact sheets focussing on different equipment and aids that may be of benefit to those affected by MSA. This fact sheet looks at equipment and aids relating to personal hygiene. There is a vast range of equipment available so this list is not exhaustive. The information is also not meant as recommendations this sheet has been developed to give you an idea of what sort of aids are available.

It is vital that you discuss with your occupational therapist (OT) any items you are considering to help with personal hygiene. Health care professionals are best qualified to determine equipment suitable for your needs. For continence aids such as pads, urinals and catheters the continence service in your area may be able to provide these or advise you on where to get them.

**For equipment to be effective and safe a healthcare professional must assess your capacity! Please consult them when considering any purchases.**

Equipment: Personal Hygiene

## Healthcare Professionals

### Occupational Therapist

An occupational therapist (OT) is one of the members of your multi-disciplinary team and can help determine equipment that may benefit you. An OT is trained to assess and treat physical conditions to manage disability and promote independence.

They can carry out an assessment of an individual's needs and determine the best possible coping strategies and recommend appropriate equipment for daily living. They can also visit you in your home to determine environmental adaptations that may be of benefit.

You can access an OT through the NHS. This means speaking to one of your medical team or to your GP for a referral. You can also gain access to OT through your local council's social care services.

### Physiotherapist

A physiotherapist (PT) treats people with physical problems, often caused by illness. They see physical movement as central to the health and well-being of an individual. They are trained to maximise your movement potential by health promotion, treatment and rehabilitation.

You can get a referral to a physiotherapist through your GP, though private and independent physiotherapists also exist.

## Personal Hygiene

The following tables contain information on equipment that may be of benefit when looking after personal hygiene. There are three tables with information on: bedroom equipment, toileting equipment and bathing equipment. Below the tables in this fact sheet you can find a list of commercial suppliers who sell the equipment mentioned.

### Bedroom Equipment

Assistive equipment	Description – More information
Disposable bed pads	These will protect the bed linen and are comfortable with a highly absorbent puffy interior.
Disposable hygiene sheets	Disposable bed protectors that can slide under the mattress to hold them in place.
Duvet protectors	Soft material duvet covers that are breathable but waterproof.
Waterproof mattress cover	Waterproof, hygienic and easy to care for.
Washable bed pads . e.g. Kylie continence sheets	Washable quilted bed protection sheets

## Toileting Equipment

Assistive equipment	Description – More information
Bed Pans	A good solution for people without easy access to a toilet, or who spend a lot of time in bed.
Continence pads	A variety of styles: pouch pants, absorbent briefs, pads and liners; for men and women.
Folding commode	These can be used in the home or for travelling. They fold up so reduce the space required. They can also be used as a support frame over an existing toilet or as a seat in a shower.
Long handled easywipe	Easywipes are designed to grip toilet tissues for effective personal hygiene if dexterity is an issue. They maintain independence and allow for easier reach. Also available in a folding form for easy storage when travelling.
Raised Toilet seat	This is a built up toilet seat that sits on top of the existing one and can raise the height of toilet seat. In differing sizes some can raise the height by up to five inches making it easier to sit and stand.
Shower toilets	These multi-function toilets combine a toilet and bidet plus have the added comfort of warm air drying.
Support Rails	Height adjustable floor or wall mounted rails that provide something to hold onto to help when sitting and standing should balance be a problem.
Tilt-in-Space shower chair	These chairs have a commode function but also fit into a shower cubicle and tilt up to 30 degrees. They are designed for comfort and ease of use.
Toilet frames	A stable freestanding frame with arms, and sometimes a seat, that sits astride the toilet and provides support with sitting on the toilet and standing.
Travel intermittent catheter kits	Kit contains self-lubricating catheter and attached drainage bag which is leak proof to dispose of once home
Urinals	These are available in many styles with: non-return valve fittings, non-spill features and male and female designs.
Urinals . disposable/portable	A handy travel item, such as Travel John or Uribags, for when toilet facilities may be limited.
Wheeled/mobile commode	A portable commode with detachable bowl. Some models can fit over an existing toilet.

## Bathing Equipment

Assistive equipment	Description – More information
Hair washing in bed	This can be done with either a solid tray that can be laid under the person's head or by an inflatable version (a smaller version of the inflatable bath below).
Inflatable bed bath	Made from heavy duty vinyl, the (flat) bath can be placed underneath the person in bed and then inflated and filled with water. It also has shower attachment.
Shower chair	A simple height adjustable stool that can be taken into the shower to provide an alternative option to standing, should balance be a problem.
Shower toilets	These multi-function toilets combine a toilet and bidet plus have the added comfort of warm air drying.
Tilt-in-Space shower chair	These chairs have a commode function but also fit into a shower cubicle and tilt up to 30 degrees. They are designed for comfort and ease of use.

### Commercial sites selling products:

We do not endorse any of the following companies and they are listed here to help you find out more information about the equipment listed above.

Allanda	W: <a href="http://www.allaboutincontinence.co.uk">www.allaboutincontinence.co.uk</a>	T: 0800 999 5565
Better Life Healthcare	W: <a href="http://www.betterlifehealthcare.com">www.betterlifehealthcare.com</a>	T: 0800 328 9338
Bullen Healthcare	W: <a href="http://www.bullens.com">www.bullens.com</a>	T: 0800 269 327
Clos-o-Mat	W: <a href="http://www.clos-o-mat.com">www.clos-o-mat.com</a>	T: 0800 374 076
Co-operative Mobility	W: <a href="http://www.co-opmobility.co.uk">www.co-opmobility.co.uk</a>	T: 0845 459 6006
Collins Care	W: <a href="http://www.collinscare.co.uk">www.collinscare.co.uk</a>	T: 0845 301 6704
Disability Supplies	W: <a href="http://www.disabilitysupplies.com">www.disabilitysupplies.com</a>	T: 0800 0934 666
Handy Healthcare	W: <a href="http://www.handyhealthcare.co.uk">www.handyhealthcare.co.uk</a>	T: 01253 826 622
Living Aids Direct	W: <a href="http://www.livingaidsdirect.com">www.livingaidsdirect.com</a>	T: 0845 057 3402
NRS Healthcare	W: <a href="http://www.nrshealthcare.co.uk">www.nrshealthcare.co.uk</a>	T: 0345 121 8111
Steddy Disability Aids	W: <a href="http://www.disabilityaids.net">www.disabilityaids.net</a>	T: 01656 668 77

Equipment: Personal Hygiene

## Further information

**The Disabled Living Foundation** - DLF is a national charity that provides impartial advice, information and training on daily living aids.

T: 0845 130 9177 | W: [www.dlf.org.uk](http://www.dlf.org.uk)

**The Disabled Living Equipment Centre** - DLEC provide a range of services to improve the quality of life of disabled people, their families and carers.

T: 0161 607 8200 | W: [www.disabledliving.co.uk](http://www.disabledliving.co.uk)

## The Trust's contact details:

MSA Trust, 51 Sty Olav's Court, City Business Centre, Lower Road, London SE16 2XB  
T: 0333 323 4591 | E: [support@msatrust.org.uk](mailto:support@msatrust.org.uk) | W: [www.msatrust.org.uk](http://www.msatrust.org.uk)

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