

THE ESSENTIAL GUIDE FOR DESIGNING SAFE & ACCESSIBLE BATHROOMS

*Developed in partnership by Salma Khanam, Step Forward OT
& Denleigh Carvell, EA Mobility, Experts in Home Adaptations*



SALMA KHANAM

Founder of Step Forward OT



As the founder of Step Forward OT, my core ethos is to promote functional independence through bespoke and specialised treatment programmes. I believe in a holistic, person-centred approach, using a variety of tools and models to ensure each client achieves their goals and feels empowered at home. With over 10 years of experience as a Clinical Lead Occupational Therapist, I specialise in physical and cognitive rehabilitation, home adaptations, equipment, and manual handling. I've worked extensively with clients managing conditions like Parkinson's, Dementia, MS, and Motor Neurone Disease, always placing their independence and safety at the forefront. I was delighted to be involved in creating The Essential Guide for Designing Safe & Accessible Bathrooms, sharing insights from my clinical experience to help professionals and clients understand how to create safer, more functional spaces. My team and I are committed to supporting individuals to live confidently and independently in their homes.

DENLEIGH CARVELL

Project Assessor,
EA Mobility



As Project Manager at EA Mobility, I oversee the delivery of home adaptation projects across the UK, from walk-in baths to wet rooms. I am driven by a passion for making homes safer and more accessible, and I take pride in managing each project carefully - from initial consultation through to the final installation. I hold a Level 4 Trusted Assessor qualification and draw on professional training and attention to detail to ensure every detail is right. I was pleased to contribute to The Essential Guide for Designing Safe & Accessible Bathrooms, applying my practical experience to help shape advice that supports safe, future-proofed bathroom design. At EA Mobility, we believe no home adaptation should seem impossible. My focus is on working closely with clients to restore confidence and independence, transforming their spaces so they can enjoy daily life with comfort and security. It's a privilege to be part of creating accessible, safe environments, helping people to live better in their homes.

MAKING BATHROOMS SAFER

- BECAUSE EVERY STEP MATTERS

Many see the bathroom as a place of rest and self-care. But did you know it can also be one of the most hazardous rooms in the home? Slippery floors, water splashes, and limited support can turn this sanctuary into a dangerous fall risk zone.

Falls are a leading cause of injury, loss of independence and even hospitalisation among older people.

Statistics reveal that one in three adults over 65 will experience a fall each year, increasing to nearly half of those aged 80+. These numbers show how important it is to take steps to stay safe in your home.

Things like:

- making your bathroom safer,
- staying active,
- checking your medications,
- practicing your balance,
- and getting advice from an occupational therapist can all help prevent falls.





Here are some key statistics on falls in the UK, broken down by age groups and relevant impacts:

- **One in three people aged 65 and over** experience at least one fall each year; the risk increases significantly with age.
- Among those **aged 80 and above**, nearly **half** will experience a fall annually.
- Falls are the **second leading cause of accidental death in the UK** for people aged 65 and over.
- **Over 3 million** falls are recorded in UK hospitals each year, often leading to injuries and extended hospital stays.
- The **cost of fall-related injuries** to the NHS exceeds **£1.8 billion annually**, with older adults most at risk.
- Approximately **20% of hip fractures** in the UK are caused by falls from standing height or less, known as fragility fractures.
- The **risk of falls** increases with declining muscle strength, poor balance, and mobility issues, which become more common after 65.



“The good news is many falls and injuries are preventable. With professional advice, innovative products, and thoughtful design, your bathroom can be both safe and beautiful.”

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WHY A SAFE BATHROOM MATTERS

A fall in the bathroom can dramatically affect your safety and well-being, leading to painful fractures, head injuries, and a loss of independence. For many, especially the millions in the UK with weakened bones due to osteoporosis, a simple slip can result in serious injuries that change their lives forever. Around 5% of cases of falls lead to a fracture and hospitalisation.

Beyond the physical toll, falls can also cause emotional distress, anxiety, and a lack of confidence when moving around their own bathroom or home. Creating a safe, accessible bathroom is essential to help protect you and your loved ones from these risks and to maintain independence and peace of mind.

PREVENTION IS KEY



“A well-adapted bathroom reduces hazards and supports independence. Our team at EA Mobility work closely with leading suppliers and healthcare professionals, including occupational therapists, to create customised solutions that prioritise safety without sacrificing style.”



KEY DESIGN FEATURES RECOMMENDED BY SALMA KHANAM, STEP FORWARD OT

When designing or adapting a bathroom, the following features are essential for reducing falls and encouraging confidence:

EASY ENTRY & CLEAR PATHWAYS

- *No threshold or step at the door for effortless access.*
- *Wide, obstacle-free routes to toilet, basin, and shower.*

SUPPORT & STABILITY

- *Strategically positioned grab rails near the toilet, shower, and bath.*
- *Correct height or raised toilet for comfortable use.*
- *Secure, comfortable shower seats or fold-down seats.*



SAFE SURFACES & BRIGHT LIGHTING

- *Level access showers with no lip or step.*
- *Non-slip flooring for wet or dry surfaces.*
- *Bright, energy-efficient lighting, with lights around the vanity and shower area.*
- *Night lights for safe movement during late-night visits.*

TEMPERATURE & WATER CONTROL

- *Thermostatic shower controls that prevent scalding.*
- *Safe, reliable heating to avoid burns or discomfort.*

ORGANISED & CLUTTER-FREE

- *No trip hazards such as mats or uneven tiles*
- *Keep floors and surfaces tidy to prevent trips.*
- *Store toiletries and towels within easy reach to minimise bending or stretching*

STYLE & PERSONALISATION OPTIONS

Recommended by Denleigh Carvell

Every home is different and so are individual preferences. Our bespoke solutions combine safety with style:

Basins: Positioned at a suitable height for seated or standing use

Taps: Easy to turn on or off

Wide Doorways: Ensuring wheelchair or mobility aid access

Towel Rails & Storage: All items are within a safe reach

Modern Finishes: From contemporary to classic, our fixtures complement your decor.

STYLISH, DUAL-PURPOSE MOBILITY BATHROOM SOLUTIONS

Enabling Creations is a thoughtfully designed range of mobility bathroom products that are elegant, supportive, and discreet — changing the way we think about inclusive design.



One of our most innovative solutions is our collection of dual-purpose grab rails — designed to blend seamlessly with everyday bathroom fixtures while providing added support.

These intelligent solutions include:

- **Grab rails that double as towel rails**
- **Toilet roll holders with integrated support functionality**
- **Corner shelves and shower riser rails that also serve as stability aids**

Each product is created with real-world insight from people living with mobility limitations, ensuring every feature is practical, discreet, and aesthetically pleasing. Unlike traditional mobility aids, our designs are meant to blend effortlessly into modern bathrooms, maintaining your home's character while improving safety and independence.

With our solutions, you no longer need to choose between safety and style.

HOW WE HELP - TRUSTED, FRIENDLY SERVICE

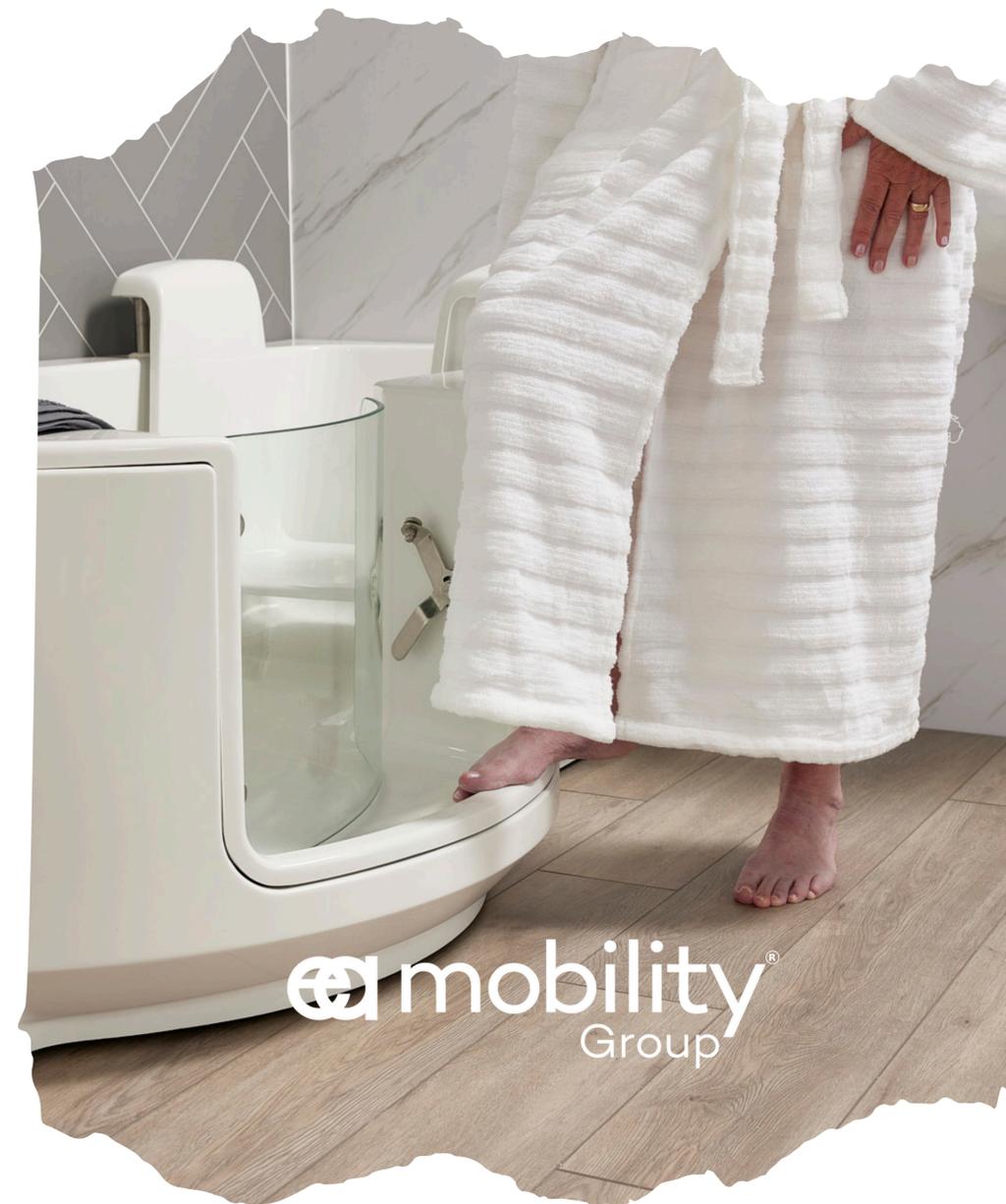
At EA Mobility, we understand that every person's needs are unique. With over 20 years of experience and endorsed as a Which? Trusted Trader for more than 7 years, we are committed to delivering high-quality, reliable solutions.

Our Process - Stress-Free & Personalised

- **Free Home Visit:** Our fully DBS-checked experts will visit at a convenient time, typically taking about an hour.
- **Understanding Your Needs:** We listen carefully to your concerns and assess your current bathroom setup.
- **Design & Quote:** We prepare a personalised plan and quotation, tailored to your needs and home environment.
- **Funding Guidance:** We can advise on VAT exemptions and to make your project affordable.

Our Promise

- Friendly, caring advice
- High-quality, compliant installations
- Lifetime Installation Guarantee
- Respectful and discreet service



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PREVENTING FALLS - AN INVESTMENT IN WELLBEING



Falls are often preventable, and taking steps to improve your safety today can make a big difference in maintaining your independence and quality of life tomorrow. Engaging in activities that build muscle, strengthen your bones and joints, and improve your balance should be done at least two days a week. If you're up for it, things like:

- Ball games,
- Racquet sports,
- Exercising with weights,
- Nordic walking,
- Circuit training,
- Or resistance exercises can help keep you strong.



There are also other ways to achieve similar results, such as simple exercises you can do at home. Here are some easy exercises that can help improve your strength and balance:

Standing Exercises:

1. **Marching in Place:** Stand tall and lift your knees one at a time as if marching. Aim for 1-2 minutes.
2. **Heel-to-Toe Step:** Stand holding onto a chair for support, then take a step forward placing your heel directly in front of your toes. Repeat several times.
3. **Side Leg Raises:** Stand behind a chair, hold onto it for balance, and lift one leg out to the side. Hold for a few seconds, then switch legs. Do 10 repetitions each leg.

You might feel more comfortable and confident starting your exercises while seated in a chair, and you can do many of the movements safely this way.

Chair Exercises:

1. Seated Leg Raises: Sit in a sturdy chair, lift one leg straight out and hold for a few seconds. Lower and repeat 10 times for each leg.
2. Seated Marching: Sit upright and lift your knees one at a time as if marching. Do this for 1-2 minutes.
3. Ankle Rotations: While seated, lift your feet slightly off the ground and rotate your ankles clockwise and counterclockwise. Do 10 rotations in each direction.

Remember to always move slowly and carefully, and stop if you feel dizzy or unsteady. It's best to talk to your occupational therapist or healthcare provider before starting new exercises.

You can take control of your safety by doing simple exercises to improve your strength and balance. There are easy standing and chair exercises that an occupational therapist would approve of, and they can help you feel more confident and steady.

LET US HELP YOU MAKE YOUR BATHROOM SAFER AND MORE ACCESSIBLE

With the right adaptations, you or your loved ones can enjoy independence, confidence, and peace of mind in your home.

*Our caring team is here to support you every step of the way. **Call us for free today** and speak with our friendly experts who understand your needs. Whether you're ready to discuss your project or simply want more information, our phone lines are open 24/7 to assist you.*

CALL US

Call 0800 955 8810 to arrange a free home assessment or [click here](#) to request a free brochure and take the first step towards a safer, more comfortable bathroom

Visit Us Online

*Visit our website **eamobility.com** to explore our full range of solutions and find the perfect fit for your needs.*





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