

A DISABILITIES AND CONDITIONS REFERENCE GUIDE

The role of Wash and Dry Toilets.

closomat®





Introduction

We believe there is a demand for greater knowledge and understanding of Wash and Dry Toilets and the key role they play in allowing someone with a disability or health condition to address their specific needs in the bathroom.

This guide has been created to provide guidance on the role Wash and Dry Toilets play:

- In promoting and providing a higher level of personal hygiene
- In reducing the risk of infections
- In reducing or removing the need for carer intervention
- In enabling people to live a more independent, happier life

In this guide we cover the most commonly occurring disabilities and conditions and detail how a Closomat Wash and Dry Toilet can play an important role in a person's bathroom routine.

- Name of disability
- Clinical description*
- Typical presentation of symptoms in the patient
- Reasons why the Closomat Vita Range of Wash and Dry Toilets can help
- Specific case study

*Information taken from www.nhs.uk/conditions



Who we are and how we can help.

We're specialists in helping people with specific toileting needs.

We invented the Wash and Dry Toilet over 60 years ago, and tens of thousands of people use our products every day to help them live their best lives. So we can say, with confidence, that we understand the needs of users better than any other manufacturer and we use this unrivalled knowledge to know what is important (and what is not!).

We help people live their best lives every day, and we can be there to help determine the best possible solution, or we can do this remotely, should access not be possible for clinical reasons.

Our products are customisable and flexible.

Our products have been designed in consultation with healthcare professionals and have a range of clinical, health and well-being benefits.

We know that everyone is different, even if they have the same disability or condition. That's why we ensure our products are customisable in thousands of ways. This may seem complicated; but it isn't. It simply means that we can support you whatever the requirements are at the time of specification or into the future.

We're a UK-based manufacturer, and on hand to help.

We're the only specialist UK-based manufacturer of Wash and Dry Toilets. We have our own service team and our own engineers, meaning that we can ensure a consistent and expert back up service for our products, for you, and for your clients. We understand that our products provide a much-valued level of independence, which is relied on every day. As such our in-house service team are on hand to maintain, repair and adapt your toilet for as long as your client needs it.



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CONDITION

Amputation/ loss of limb(s)

CLINICAL DESCRIPTION

Typically this term refers to either the surgical removal of a limb (i.e. arm or leg) or limb loss in utero.



Typical presentation of symptoms in the patient.

Depending on which area of the body is missing, symptoms can vary;

- No legs may mean that the patient needs to use a wheelchair or prosthesis
- No arms may mean that a loss of grip and/or control can be an issue
- Stump care is vital as this area can be prone to recurring infections and soreness

Reasons why the Closomat Vita Range of Wash and Dry Toilets can help

The Vita Range has a built-in wash and dry function providing complete **hands-free toileting**. The user **remains seated** after their bowel movement and activates the douche spray which cleans and then dries them (over a clean pan).

Where activation of the standard elbow levers may be beyond the capabilities of the user, additional methods can be added. Most relevant in this case would be the Touch Sensitive Hand/Foot Switch, which only requires the **lightest of pressure** to activate the flush, wash and dry functions.

Additionally, the Vita Range can be equipped with Integrated Fold-down Support Arms which gives **close-quarter support** to the user, providing confidence and independence when toileting.

For added security, the arms can be further adapted with Lateral Body Supports which help the user maintain a steady seated position. A lap-strap can also be added to stop forward falls. Adding the Big John Seat as an option will aid more support for leg stumps.

The Vita Range is also fully compatible with Aerolet toilet lifts, hoist transfers and/or use with shower chairs.

CASE STUDY

Marilyn C, 71, has made it her mission to demonstrate her lack of limbs does not stop someone living a full life.

Her only concession to her age and physical difficulties today is a wetroom, complete with a Closomat Palma Vita Wash and Dry Toilet that has in-built douching and drying facilities, meaning she does not have to manually cleanse herself, or require assistance being cleansed.

Additionally, Marilyn has a bowel issue, and her surgeon insisted it was vital her buttocks were kept clean. “Because of my bowel issues, I spent a long time sitting on the toilet, so they recommended a Closomat Palma Vita Wash and Dry Toilet with a soft-touch operating pad.”

CONDITION

Arthritis

CLINICAL DESCRIPTION

Arthritis is a common condition that causes pain and inflammation in a joint. The two most common types of arthritis are Osteoarthritis and Rheumatoid.



Typical presentation of symptoms in the patient.

Osteoarthritis

- Affecting the body’s cartilage, Osteoarthritis can cause stiffness and pain
- Deterioration of the tendons and ligaments
- Swelling of the joints
- Extreme cases can result in bone rubbing on bone causing pain and a loss of mobility

Rheumatoid

- Immune system deficiency
- Joint pain and swelling
- Extreme cases can see severe swelling leading to bones changing shape

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CASE STUDY

Theresa J’s health problems – brittle bone disease and arthritis – meant she couldn’t wipe herself properly; every time she went to the toilet, she was then having a shower because she didn’t feel clean.

After a visit to her local GP, she was referred to the local authority to see what help was available. Social services assessed her and arranged for a Closomat Wash and Dry Toilet to be installed in the bathroom.

Theresa explained “I was thinking about taking tablets to stop me ‘going,’ it was such a problem to be clean. I couldn’t reach behind, and the formation of my wrists and hands meant I couldn’t hold, or use, toilet paper.”

CONDITION

Cerebral Palsy

CLINICAL DESCRIPTION

Cerebral palsy is the name for a group of lifelong conditions that affect movement and coordination. It’s caused by a problem with the brain that develops before, during or soon after birth.



Typical presentation of symptoms in the patient.

- The patient’s body can appear too stiff or too floppy
- Weakness in arms and/or legs
- Jerky, random, or clumsy movements
- Walking on tiptoes
- Learning disabilities

Reasons why the Closomat Vita Range of Wash and Dry Toilets can help

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For added security, the arms can be further adapted with Lateral Body Supports which help the user maintain a steady seated position. A lap-strap can also be added to stop forward falls.

Activation of the Vita Range as standard makes use of the integrated elbow levers on the cistern. However where this may prove beyond the user’s capabilities, additional activation controls can be added – these simple to use, easy to understand devices range from a featherlight touch pad, an infrared passive-control and a single ‘one press’ remote control.

The Vita Range is also fully compatible with Aerolet toilet lifts, hoist transfers and/or use with shower chairs.

CASE STUDY

Sebastian P, aged 8, has cerebral palsy and learning difficulties with global development delay. He bottom-shuffles everywhere and is unable to undertake basic personal hygiene, having to wear pads.

Working with Sebastian’s Occupational Therapist Closomat established that he required transfer to and from the toilet from his wheelchair so a Closomat Palma Vita Wash and Dry Toilet was recommended.

In addition to the Wash and Dry Toilet, Integrated Fold-down Arm Supports were also recommended so that Sebastian could feel safe during his transfer.

The Palma Vita’s integrated washing and drying function was the main motivation for this adaptation for Sebastian to improve his overall personal hygiene and his mental wellbeing.

“We have tried hard to take a holistic approach to Sebastian’s needs, now and in the future.” Continues Seb’s Occupational Therapist; “Whilst he needs help onto the toilet, with the arm-supports he can sit there safely whilst he toilets. In the long term will be able to ‘go’ on his own, without Mum worrying about whether he is properly clean, as the Palma Vita washes and dries him afterwards.”

CONDITION

Diverticulitis

CLINICAL DESCRIPTION

Diverticular disease and diverticulitis are related digestive conditions that affect the large intestine (bowel).



Typical presentation of symptoms in the patient.

- Tummy pain
- Constipation, diarrhoea, or both
- Occasionally, blood in your poo

Reasons why the Closomat Vita Range of Wash and Dry Toilets can help

The Vita Range has a built-in wash and dry function providing complete **hands-free toileting**. The user **remains seated** after their bowel movement and activates the douche spray which cleans and then dries them (over a clean pan). If required, the wash and dry cycle can be repeated providing further peace of mind. Douche pressure can be adjusted to suit, where anal sensitivity is an issue.

Where activation of the standard elbow levers may be beyond the capabilities of the user, additional methods can be added. Most relevant in this case would be the Touch Sensitive Hand/Foot Switch, which only requires the **lightest of pressure** to give you the flush, wash and dry functions.

For users that may spend a longer than average time on the toilet or suffer from **postural sensitivity**, the Vita Range can be equipped with a choice of soft feel seats, that are navy blue in colour. These seats (full aperture, horseshoe, junior) provide a soft yet sturdy place to sit whilst delivering a **high colour contrast**.

The Vita Range is also fully compatible with Aerolet toilet lifts, hoist transfers and/or use with shower chairs.

CASE STUDY

Kenneth T from West Yorkshire, had a Closomat toilet installed to help him undertake personal hygiene in comfort when he developed diverticulitis after suffering two strokes.

“The diverticulitis means my bowels move only every 5-10 days, which makes passing motions difficult and sore. I bleed and often get infections.”

“I get a sore bum less often now. I used to get them all the time even though I used the softest toilet paper or even wipes. And I am confident that I am clean, which didn’t happen before,” he explains. “I have the toilet regularly serviced, and on the rare occasions I have needed it in-between, the company’s backup service has been the best.”

CONDITION

Fibromyalgia

CLINICAL DESCRIPTION

Fibromyalgia is a long-term condition that causes pain throughout the whole body.



Typical presentation of symptoms in the patient.

- Widespread pain
- Increased sensitivity to pain
- Extreme tiredness
- Muscle stiffness
- IBS (irritable bowel syndrome)

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CASE STUDY

Margaret suffers from fibromyalgia and dementia and had the Closomat Palma Vita Wash and Dry Toilet installed to help her and her husband, who is also her full time carer.

Her condition makes it hard for her to grip and twist without causing pain, so the automatic ‘handsfree’ nature of the Palma Vita makes it ideal for Margaret.

Funded by a Disabled Facilities Grant from Social Services, the Palma Vita toilet was installed in the bathroom as part of a home adaptation that also converted the bathroom into a wetroom.

“Margaret is still my ‘babby’ and I will always look after her,” says 75 years-old Leonard of his wife of 40 years. “She wouldn’t like a carer, someone she didn’t know, doing something as personal as helping her go to the toilet.

“The Closomat is a great help. I don’t have to wipe her now. I use it too; I’m very clean that way! This is the 21st century – there’s no excuse today not to be clean.”

CONDITION

Global Development Delay (learning difficulties)

CLINICAL DESCRIPTION

Global Development Delay is a term used to describe children that fall behind in their developmental milestones measured against other children.



Typical presentation of symptoms in the patient.

- Delay in learning to walk
- Delay in learning to speak
- Delay in movement skills
- Delay in learning new ‘things’
- Delay in learning how to socialise and interact with others

Reasons why the Closomat Vita Range of Wash and Dry Toilets can help

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CASE STUDY

Chloe suffers from global development delay and hypertension. She is non-verbal and struggles with balance. With the support of Community Integrated Care (CIC), she has now left home, and is sharing a house with three other young adults.

To ease the move, Chloe has had various living aids fitted, including a therapeutic cot bed, bathlift and a Closomat Palma Vita Wash and Dry Toilet.

“Chloe had a Closomat Wash and Dry Toilet at home where she lived with her mum, so was used to how it works”, explained CIC manager Heidi Smith. “As she struggles with her balance, it is much safer for her and her carers to use the Closomat Palma Vita. As it cleans her, we don’t have to help her stand and then support her while she is cleaned. It is more hygienic for us all too.”

To enable Chloe to still have as much dignity as possible, the Closomat at the CIC accommodation has been fitted with a touch sensitive switch, so her carers can easily trigger the toilet’s flushing, douching and drying process.

CONDITION

Haemorrhoids

CLINICAL DESCRIPTION

Piles (haemorrhoids) are lumps inside and around your bottom (anus). They often get better on their own after a few days.



Typical presentation of symptoms in the patient.

- Bright red blood after you poo
- An itchy anus
- Feeling like you still need to poo after going to the toilet
- Slimy mucus in your underwear or on toilet paper after wiping your bottom
- Lumps around your anus
- Pain around your anus

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For users that may spend a longer than average time on the toilet or suffer from **postural sensitivity**, the Vita Range can be equipped with a choice of soft feel seats, that are navy blue in colour.

The Vita Range is also fully compatible with Aerolet toilet lifts, hoist transfers and/or use with shower chairs.

CASE STUDY

Eric G, who also had hip and spine issues, suffered significantly from haemorrhoids until he began using a Closomat Wash and Dry Toilet.

The in-built douching and drying meant that Eric is cleansed without toilet tissue or his wife’s help, improving hygiene, independence and any abrasion.

“I am a new man! I now qualify as a human being, totally in charge of my own bum! I am gratified beyond belief at the difference it has made,” he says. “And my wife has a better quality of life too, as she doesn’t have to wipe me whenever I need the toilet, day or night. She can cope better with caring for me in the day as she now gets a full night’s sleep, instead of having to help me toilet in the night.”

CONDITION

Motor Neurone Disease

CLINICAL DESCRIPTION

Motor Neurone Disease (MND) is a degenerative condition that affects the brain and nerves.



Typical presentation of symptoms in the patient.

- Slurred speech
- Weakness in ankle and/or legs
- Weak grip
- Muscle cramps or twitches

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The Vita Range is also fully compatible with Aerolet toilet lifts, hoist transfers and/or use with shower chairs.

CASE STUDY

“One thing I said to myself was the minute I couldn’t wipe my bum, that would be it. It was becoming a problem: I have lost a lot of strength and can’t move as you need to when you’re on the toilet. It’s a case of finding a way to carry on.” The words of Len J, who was a professional sports person before his Motor Neurone Disease diagnosis ended his career.

On the advice of his Occupational Therapist, the bathroom at his home was converted into a wet room, and, with help from the Professional Footballers’ Association, his existing toilet was changed for a Closomat Palma Vita Wash and Dry Toilet, with touch sensitive switch.

“It is absolutely brilliant. I just tap the touch sensitive switch, and that triggers the functions to clean me. It is so simple to use. For me, it has made a huge difference,” says Len.

CONDITION

Multiple Sclerosis (MS)

CLINICAL DESCRIPTION

Multiple Sclerosis is a condition that affects the brain and spinal cord, causing a wide range of symptoms surrounding vision, sensation, movement and balance.



Typical presentation of symptoms in the patient.

- Fatigue
- Difficulty walking
- Vision problems, such as blurred vision
- Problems controlling the bladder
- Numbness or tingling in different parts of the body
- Muscle stiffness and spasms
- Problems with balance and coordination

Reasons why the Closomat Vita Range of Wash and Dry Toilets can help

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For users that may spend a longer than average time on the toilet or suffer from **visual impairment**, the Vita Range can be equipped with a choice of soft feel seats, that are navy blue in colour. These seats (full aperture, horseshoe, junior) provide a soft yet sturdy place to sit whilst delivering a **high colour contrast**. The Vita Range is also fully compatible with hoist transfers and/or use with shower chairs.

CASE STUDY

Kent MS Therapy Centre chose to install its first Closomat Palma Vita Wash and Dry Toilet in place of a conventional toilet to help its members overcome the challenge of maintaining personal cleanliness, and enhance their feeling of wellbeing.

Centre Manager, Karen Middlemiss; “Some people with MS struggle with motor skills and muscle spasticity, which can make personal hygiene a challenge at times. It is really important to anyone’s wellbeing to feel clean.”

“The Closomat Wash and Dry Toilet is a very easy way for people to take care of those harder to reach areas. We do like the fact that the whole process of washing and drying cannot be heard outside of the toilet so people don’t feel embarrassed about using it either.”

CONDITION

Obesity (or severe obesity)

CLINICAL DESCRIPTION

The term obese describes a person who’s very overweight, with a lot of body fat.



Typical presentation of symptoms in the patient.

- Breathlessness
- Increased sweating
- Snoring
- Difficulty doing physical activity
- Often feeling very tired
- Joint and back pain
- Low confidence and self-esteem

Reasons why the Closomat Vita Range of Wash and Dry Toilets can help

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For users that may spend a longer than average time on the toilet or suffer from **postural sensitivity**, the Vita Range can be equipped with a choice of soft feel seats, that are navy blue in colour. Additionally, a Horseshoe Soft Seat can, in some circumstances, provide male users more room for their genitals.

Where a larger surface area is required the toilet can be adapted further with a Big John Seat, which increases the toilet’s safe working load to 57st.

The Vita Range is also fully compatible with hoist transfers and/or use with shower chairs, including the Closomat Bench. The Closomat Bench, which has a SWL of 55st., provides an even greater seating area for maximum comfort.

CASE STUDY

George K, 6ft and 28st, had to rely on his wife June to help him with his intimate care after going to the toilet.

The installation of a Closomat Palma Vita Wash and Dry Toilet has had a significant impact on the quality of life of the couple. With just light pressure on the switch with his hand or foot, George can trigger the WC’s integrated douching and drying. He can ‘go’ by himself, without any need for June to help or clean him.

“It’s brilliant,” says June. “It helped no end. Can you imagine, I’m not very big, and I was having to support George when he needed the toilet, and clean him. Having the Closomat has literally taken a big weight and strain off me.”

George adds, “The difference it has made to me mentally, it has given me my dignity back. It’s the best aid I have. Unless you’re in the situation, you have no understanding of the impact it has on you if you have to rely on someone to help you go to the toilet. It’s not just the product itself, the staff at Closomat all care, are patient and do their best to help you.”

CONDITION

Thalidomide

CLINICAL DESCRIPTION

Thalidomide is a drug that was marketed as a sedative and treatment for morning sickness in pregnant women in the late 50s and early 60s. This drug subsequently caused babies to be born with a range of disabilities.



Typical presentation of symptoms in the patient.

Thalidomide created a range of disabilities in babies, including;

- Shortening and absence of limbs
- Malformation of hands and digits
- Damage to ears and eyes
- Sensory impairment
- Facial disfigurement/palsy
- Damage to the brain, internal organs and skeletal structure

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CASE STUDY

Kevin D, who lives with Thalidomide, moved from a flat to a bungalow in Crosby, to give him and his young family more space.

“The bungalow will be a forever home, for me, my fiancée, our daughter and my Closomat Wash and Dry Toilet! I just couldn’t be without it,” he says. “It gives me so much independence and dignity. I have stunted arms so would not be able to clean myself after toileting. The Closomat does all that for me.”

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