

Universal Design for Better Living

Lesson 3: The Essential Bathroom



Main Idea

Every home needs a full-sized bathroom on main level for convenience of family members and to accommodate visitors with disabilities.

Objectives

Participants will be able to:

- Understand the concept of *universal design*
- Identify *universal design* features in an “essential bathroom”
- Recognize assistive devices that can help make bathrooms more convenient
- Know where to obtain information and assistance on ways to make bathrooms more convenient and easy for guests to visit.

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Materials	Check List of Items	
<p>See photos of each gadget in "Contents of Gadget Kits," UDBL.TG 4</p> <p>(A) Duffel Bag = Yard and Shop</p> <p>(B) Soft-side Suitcase = Home</p>	<input type="checkbox"/>	<p>PowerPoint presentation on "The Essential Bathroom" (download PowerPoint, make transparencies or print copies from ISU Extension Web site on Universal Design & Home Accessibility.) www.extension.iastate.edu/universaldesign</p>
	<input type="checkbox"/>	<p>Reserve computer, computer projector & screen if using PowerPoint presentation; reserve overhead projector & screen if using transparencies.</p>
	<input type="checkbox"/>	<p>Four bathroom "gadgets" from Black (B) suitcase kit. (See photos of each item in "Contents of Gadget Kits," UDBL.TG 4) Select following gadgets:</p> <ul style="list-style-type: none"> • Zig-zag grab bar • Spring-loaded tissue holder • L-shaped tissue holder • Push-button shampoo dispenser.
	<input type="checkbox"/>	<p>5-foot diameter circle, cut out of fabric.</p>
	<input type="checkbox"/>	<p>Handouts for each participant (print off master copies from Web site)</p> <ul style="list-style-type: none"> ✱ "The Essential Bathroom," UDBL 5 ✱ "Where to Get Gadgets and Gizmos," UDBL 2 ✱ "Meeting Evaluation Form," UDBL 3
	<input type="checkbox"/>	<p>"Instructor Feedback Form," UDBL 4 (Print off one copy from Web site)</p>
	<input type="checkbox"/>	<p>Free catalogs and sample Web site pages for ordering gadgets.</p>
	<input type="checkbox"/>	<p>Adult-size wheelchair</p>
	<input type="checkbox"/>	<p>4-6 rolls of masking tape</p>
	<input type="checkbox"/>	<p>Steel measuring tape</p>
<input type="checkbox"/>	<p>Pencils for each participant & container to hold them</p>	

	<input type="checkbox"/>	Blank tablet or paper to record name & address of each participant
	<input type="checkbox"/>	Box to hold evaluation forms at end of meeting


Background Reading	Universal Design & Home Accessibility Web site Iowa State University Extension www.extension.iastate.edu/universaldesign	
	Under section on "building and remodeling," click on "bathroom design" & read following articles. <ul style="list-style-type: none"> • "Building and Remodeling for Accessibility" • "Model Bathrooms" with video clips • "The Universal Design Bathroom," AARP • Browse other articles in section as time permits. • Review web sites from earlier lessons for background on <i>universal design</i>. 	


Advance Preparation 1-2 Months	One - Two Months Before Meeting	
	Select time, date & location for meeting.	
	Prepare & distribute publicity for meeting (sample publicity items available on Web site) <ul style="list-style-type: none"> • Items for newsletters, newspapers & radio flyers to distribute in community 	
	Read through Lesson 3.	
	Find 4 bathroom items from Gadget Kits (see above).	
	Read background information from Universal Design & Home Accessibility Web site , Iowa State University Extension www.extension.iastate.edu/universaldesign	
	Look at handout—"Where to Get Gadgets and Gizmos," UDBL 1—for information on purchasing bathroom gadgets. Order free catalogs & print out sample pages from Web sites.	

	Check with local merchants to see if bathroom gadgets are available locally. If not, encourage them to start carrying these items. Give them copy of handout “Where to Get Gadgets and Gizmos.”
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Advance Preparation 2-4 Weeks	Two - Four Weeks Before Meeting	
	Find 4 bathroom gadgets from the black suitcase. Practice describing and demonstrating the features of each gadget. Be ready to explain why the universal design tissue holder would be more convenient to use than the spring-loaded tissue holder.	
	Print copies of handouts, assemble & staple, one for each participant. (Get master copies from Web site.)	
	See if meeting location has enough tables & chairs, or borrow/bring extras.	
	Check out presentation equipment & practice operating it.	

Preparation—meeting site	At the meeting site	
	<input type="checkbox"/>	Set up presentation equipment & screen for PowerPoint presentation.
	<input type="checkbox"/>	Arrange seating so chairs are facing table & screen at front of room. If space permits, have participants seated at tables. Allow at least 10 feet of space between table at front of room and first row of chairs or tables.
	<input type="checkbox"/>	On table place: <ul style="list-style-type: none"> • Four bathroom gadgets from black suitcase • Handouts • Free catalogs & sample Web site pages for ordering gadgets

		<ul style="list-style-type: none"> • Containers with pencils • Small cardboard box to hold completed evaluation forms at end of meeting
	<input type="checkbox"/>	Place wheelchair near front of room.
		As participants arrive have them sign their name & address on attendance list. Give them a pencil to use for an activity during the meeting.

<p>Introduction & Warm-up Activity</p> <p> 15-20 minutes</p>	<p>Say something like this in your own words: Today we are going to talk about the bathrooms in our own homes and ways to make them more convenient for ourselves, our families and visitors.</p> <p>A question I'd like you to think about is what is the minimum amount of space it would take to create a convenient bathroom?</p> <p>Invite at least two volunteers to assist. They will be using masking tape to sketch out bathroom plan on floor at front of room. (If space allows, divide participants into small groups and have each group tape bathroom plan to floor in another part of room.)</p> <p>Wait for volunteers/groups to come forward, then give each group roll of masking tape. Ask them to tape dimensions of a "convenient" bathroom on floor. Ask them to do their best to estimate dimensions – no measuring.</p> <p>Give groups time to tape bathroom dimensions on floor.</p>
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Once groups are satisfied with floor plans, use steel tape to measure dimensions of “turning circle” or open floor space available in each “bathroom.” Ask volunteer to record diameter of turning circles.

Then ask another volunteer to use borrowed wheelchair to “test drive” each floor plan – and see how easy/difficult it is for them to keep inside taped lines. (Or if a participant already uses a wheelchair, they may volunteer to try out taped floor plan.)

Report findings to whole group. How much space does it take to maneuver a wheelchair? A five-foot “turning circle” is the recommended minimum.

Then ask volunteers to tape fabric “turning circle” to floor. See if this makes it any easier to maneuver wheelchair.

PowerPoint Presentation

 **10-15 minutes**

The Essential Bathroom

Show PowerPoint Slides on **“The Essential Bathroom,”** (or substitute transparencies or print handouts of slides).

Distribute handouts to each participant

Discuss **“The Essential Bathroom”** handout and how it emphasizes the ideas in the PowerPoint presentation. Point out that having the essential items in the main bathroom make it possible for others feel welcome to visit our home.

Questions?

Demonstrate Gadgets

 5 minutes

Bathroom Gadgets

Here are three “quick fixes” to make a bathroom more convenient.

Show four items from bathroom gadget kit and describe/demonstrate how they can make a bathroom more convenient:

- L-shaped toilet tissue holder vs. traditional spring-loaded tissue holder
- Push-button soap dispenser, rather than a collection of bottles. (Dispensers also come with 2,3,4, & 5 buttons.)
- Zig-zag grab bar (Stress importance of fastening securely to wall studs with long screws.

Hold up handout on “**Where to Get Gadgets and Gizmos.**” Point out places products can be purchased, including local stores (if any), discount stores, catalogs & internet sites. Invite them to look at free catalogs & internet sites you have collected at end of meeting.

Summary

 2 minutes

Say something like this in your own words:

It’s time to review what we’ve covered today. You’ve learned :

- ***Universal design* products and features make homes more convenient for everyone**
- **Essential *universal design* features for every bathroom include :**
 - **5-foot turning circle between fixtures**
 - **Wide doorway—at least 32 inches—36 inches better**
 - **A shower with no curb**

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- **Gadgets and gizmos can make bathrooms more convenient**
 - **Where to get information on making bathroom improvements.**

Set mini-goal

 **5 minutes**

Say something like this:

To practice and remember what you've learned today, it helps to set a mini-goal. A mini-goal is something specific that you plan to do.

Find a spot on one of the handouts to write down what steps you plan to take to make your bathroom more convenient.

Here are some examples of mini-goals. You could:

- **Measure your own bathroom to see if it has a five-foot turning circle.**
- **Stop by a local store to purchase one of the bathroom gadgets.**
- **Order a free catalog, or search the internet to see what other new products are available to make your bathroom more convenient.**



Please take a few minutes to think about your mini-goal and write it down on the back of one of the handouts.


Wrap up and Evaluation

 **5 minutes**

Distribute evaluation form & say something like this:

It will help us plan better programs in the future if you could take a moment to fill out an evaluation form. When you are finished, please leave the evaluation forms in the box on the table and return pencils to table.

Total Time

 **42-52
minutes**

You are also welcome to look at the free catalogs & Internet sources, or try turning inside five-foot circle in wheelchair.

Thanks for coming!

If you plan to teach additional lessons in this series, give date, time, location, and topic for next session.

Pack up



After the meeting

- Return bathroom gadgets to black kit. Put items in plastic bags that hold each gadget.
- Complete **“Instructor Feedback Form,”**
 - staple copies of **“Meeting Evaluation Form”** and
 - **Attendance list** to it.
- Return to:
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