

Activity 4 – Washing and bathing

This activity considers a claimant's ability to wash and bathe.

'Washing' means cleaning ones whole body, including removing dirt and sweat.

'Bathing' means getting into and out of both an unadapted bath and an unadapted or shower.

If an individual cannot reliably complete an activity in the way described in a descriptor then they should be considered unable to complete it at that level and an alternative descriptor selected.

To decide what score the claimant would receive you would need to look at the claimant's functional restrictions to see if they:

- could reasonably use an aid such as a grab rail to get in or out of an unadapted shower (4b)
- or whether they require assistance (4e) to get in and out of an unadapted shower.

The same principles will also apply when determining whether a claimant requires an aid (4b) or prompting or supervision (4c) to get into or out of an unadapted bath or shower.

The ability to dry oneself is not considered in this activity. It is unlikely that someone who could wash a particular area of their body would be unable to dry the same area.

If an individual cannot reliably complete an activity in the way described in a descriptor then they should be considered unable to complete it at that level and an alternative descriptor selected.

A	Can wash and bathe unaided.	0
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	<p>Applies to claimants who can wash and bath unaided, including getting in to and out of both an unadapted bath and unadapted shower.</p> <p>Within the assessment criteria, the ability to perform an activity 'unaided' means without either the use of aids or appliances; or help from another person.</p> <p>Shaving is not a consideration under this activity.</p>	
B	Needs to use an aid or appliance to be able to wash or bathe.	2
	<p>For example: a long-handled sponge, shower seat or bath rail. If a claimant uses a shower attachment on a bath, this should be considered as an unadapted bath or shower.</p> <p>Those who can access an unadapted bath or shower with aids and appliances will fit into this descriptor.</p>	
C	Needs supervision or prompting to be able to wash or bathe.	2
	<p>'Prompting' means reminding, encouraging or explaining by another person. For example: may apply to claimants who lack motivation or need to be reminded to wash, or require supervision for safety reasons. When considering safety, the HP should assess the likelihood of a risk to the claimant occurring. If the claimant can wash or bathe the majority of the time without risk of injury, for example because their health condition is under control through medication, then this descriptor would not apply.</p>	
D	Needs assistance to be able to wash either their hair, or body below the waist.	2
	For example: may apply to claimants who are unable to make use of aids and who cannot reach their lower limbs, or their hair.	
E		3

	Needs assistance to be able to get in or out of a bath or shower.																
<p>This descriptor relates to physical assistance by another person and should be applied as a hypothetical test to consider whether the claimant needs assistance to get in to and out of either one of an unadapted bath, or an unadapted shower.</p> <p>Unadapted baths and showers include a shower over a bath, a shower cubicle (i.e. a partitioned area with a threshold/ledge to step over) and shower attachments to bath taps. Those who cannot access an unadapted bath or shower without assistance from another will qualify for descriptor 4e. A wet room shower, if its use is reasonably required, is evidence that the claimant cannot get into an unadapted shower. So a claimant who has a wet room shower at home does not automatically score under descriptor 4e just because they have that wet room: their use of the wet room must be reasonably required.</p> <p>The following decision matrix has been devised to help determine whether a claimant can satisfy 4e:</p> <table border="1" data-bbox="274 1122 1232 1467"> <thead> <tr> <th data-bbox="274 1122 580 1292">Does the claimant need assistance to get in or out of a BATH?</th> <th data-bbox="580 1122 876 1292">Does the claimant need assistance to get in or out of a SHOWER?</th> <th data-bbox="876 1122 1232 1292">Does the claimant score points under descriptor 4e?</th> </tr> </thead> <tbody> <tr> <td data-bbox="274 1292 580 1337">Yes</td> <td data-bbox="580 1292 876 1337">Yes</td> <td data-bbox="876 1292 1232 1337">Yes</td> </tr> <tr> <td data-bbox="274 1337 580 1382">Yes</td> <td data-bbox="580 1337 876 1382">No</td> <td data-bbox="876 1337 1232 1382">Yes</td> </tr> <tr> <td data-bbox="274 1382 580 1426">No</td> <td data-bbox="580 1382 876 1426">Yes</td> <td data-bbox="876 1382 1232 1426">Yes</td> </tr> <tr> <td data-bbox="274 1426 580 1467">No</td> <td data-bbox="580 1426 876 1467">No</td> <td data-bbox="876 1426 1232 1467">No</td> </tr> </tbody> </table>			Does the claimant need assistance to get in or out of a BATH?	Does the claimant need assistance to get in or out of a SHOWER?	Does the claimant score points under descriptor 4e?	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	No	No
Does the claimant need assistance to get in or out of a BATH?	Does the claimant need assistance to get in or out of a SHOWER?	Does the claimant score points under descriptor 4e?															
Yes	Yes	Yes															
Yes	No	Yes															
No	Yes	Yes															
No	No	No															
F	Needs assistance to be able to wash their body between the shoulders and waist.	4															
Torso refers to any part of the body between the shoulders and waist; front and back.																	
G	Cannot wash and bathe at all and needs another person to wash their entire body.	8															