

Guidance for making toilets and handwashing easier to access for ALL in rural Bhutan



Introduction

Assessment of toilets in the rural communities have shown that most of the present improved toilet structures and pathways to toilets failed to take into consideration the needs of people with disabilities (PWDs) or other difficulties. This has become a major obstacle in achieving universal access to sanitation. A key factor of toilets not being accessible is due to inadequate accessibility knowledge and lack of appropriate local solution options in building and enhancing accessible toilets in the communities.

The document aims to provide guidance to household in identifying and developing locally appropriate solutions for people who have difficulty accessing toilets and handwashing at home. The options provided in the guidance are for the household to consider according to the individual requirements and needs of the household members. Not all households will require these adjustments, hence this is a guide to think about what might be helpful in your situation.

1. Getting There / To

Key Questions: Does the person have difficulty getting to the facilities due to things like distance, obstacles, steps, slopes, slippery path or poor lighting?

This is the process of getting to the toilet from the house. It focuses on the barriers faced while leaving the house and while traveling from the house to the toilet. If the toilet is inside the house, consider barriers faced while going from the sleeping room to the toilet.

Barriers:

- Toilets Far away from house
- The path to the toilet has obstacles because of slopes, steps and battens at the door entrance
- The footpath is too steep and narrow
- The path is slippery
- The path to the toilet from the house (including double storied house) required transfer of multiple heights up and down
- Poor lighting makes it difficult to travel safely from house to the toilet at night

Getting There/To : Solution Options

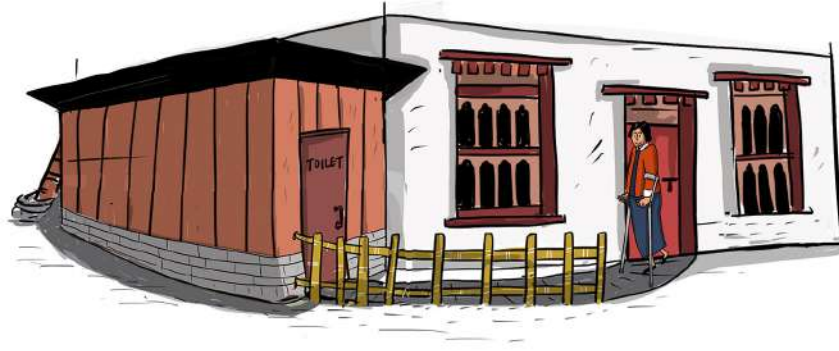


Figure 1: Build toilet attached to the house



Figure 2: If the house structure permits, build toilet inside the house. Ensure to remove batten (between the room and toilet) to improve accessibility, and maintain slope for flow of water on the floor towards the drainage pipe.



Figure 3: Building anti-skid slabs (Use cement, gravel or rubber etc to make the footpath antiskid by adding etchings/hatchings) throughout the pathway.



Figure 4: Build accessible path with low gradient ramp/pliable gradient (Slope of the ramp should be 1:15 (1 ft height for every 15 ft) and ensuring 3feet footpath width minimum.

Getting There/To : Solution Options



Figure 5: Bamboo/Iron rail throughout the pathway with no obstructions. The height of the handrail should be 2ft 6 inches – 3 ft) above the ground



Figure 6: Alternatively use guiding rope with no obstructions for persons with vision impairment. The height of the guiding rope should be 2ft 6 inches – 3 ft) above the ground. Consider provision of white cane/stick



Figure 7: Lay guide rocks and colour the guide rocks to help person with partial vision impairment

Getting In

Key Questions: Does the person have difficulty getting in and out of the facilities due to steps at the entrance, no support, narrow doorways, difficult to open, close and lock, no space, and poor lighting?

This is the process of getting into and out of the toilet. It focuses on what happens when the person needs to get inside the toilet to use and getting out of the toilet

Barriers:

- The doorway is too narrow (both house and toilet) with batten at the door entrances
- Steps are steep/narrow and do not have handhold or railings
- Door opens inward making the space limited inside the toilet
- Door latches/sliding bolts are difficult to reach, open and close

Getting In: Solution Options



Figure 1: Ensure flat landing (size of the flat landing/platform should be 5ft x 5ft) between the ramp and the toilet entrance (not even small steps at the toilet entrance or lips at the end of the ramp).



Figure 2: Install easy locks/handles on doors (e.g. Simple traditional wooden latches and metal hook options that is easy to use). Place the door latch from inside and handle from outside are at 2 feet 6 inches height from the floor.



Figure 3: Provide sufficient room size (at least 8ft x 7ft) for wheelchair mobility in the toilet. Place waste disposal (Pad) bins with lid/cover



Figure 4: The extra space can help families to manage hygiene and supervision for children more easily. Small wooden bench to allow washing while seated



Figure 5: Install sufficient lights inside and outside the toilet. Position the door (door width should be 3ft) to swing outwards to allow space inside the toilet



Figure 6: Tactile markings etched to alert to users (vision impaired) when getting to and approaching toilet pans

Getting On

Key Questions: Does the person have difficulty getting on the facilities due to inability to squat (sit and stand), no hand support, limited or no space, no water inside for cleaning?

Process of using the toilet. It focuses on how the person balances, transfers, squats or sit down, gets up and cleans.

Barriers:

- Small space inside the toilet
- Elevated squatting toilet pan from the floor to climb
- Not able to stand/squat and transfer to the toilet pan due to height of toilet pan too low
- No support to hold while transferring and using toilet
- No access to anal cleaning materials/water

Getting On: Solution Options



Figure 1: Use European pot (sitting) instead of the Indian ceramic pan. Install/fix grab bars and rails on the floor/wall (Grab bar height should not be more than 2 ft 6 inches).

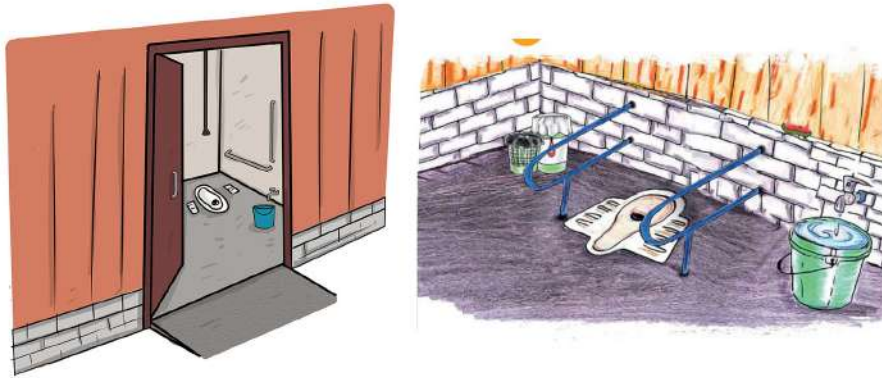


Figure 2 & 3: For squatting (Indian) type toilet: Ensure the placement of the pan on the same floor level while constructing. Install/fix grab bars and rails on the floor/wall (Grab bar height should not be more than 2 ft 6 inches). Install tap point inside/ bidet faucet/or store water in containers for anal cleansing

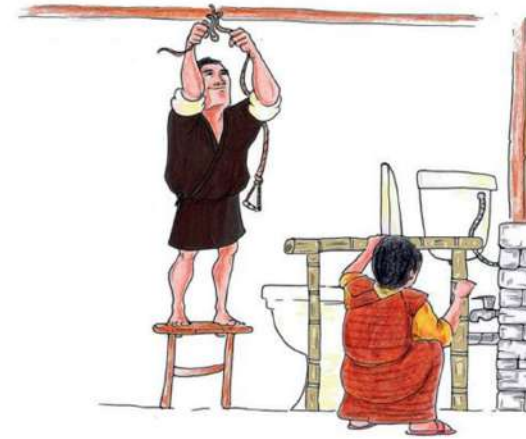


Figure 4: Alternatively install a grab rope hanging from the roof



Figure 5: Use pedestal/commode chairs/ wooden seat etc in case replacement of squatting pan is not possible



Figure 6: Additional examples of alternative solutions used: Wooden chair/seat and plastic chair option

People with high support needs: Solution Options

Some people with high support needs are not able to reach toilet or use regular toilet including people who experience urinary and faecal incontinence. The solution options provided should be used as starting points for discussion and problem solving



Figure 1: Bedside toilets / Commode chair/ bucket with lids in case construction is not feasible due to affordability issue or because of the house structure



Figure 2: Install water point inside the toilet. Small wooden bench to allow washing while seated. Provide bucket filled with clean warm/hot water including jug



Figure 3: Bedside toilet/commode chair options available in the market



Figure 4: Product options available for household to consider for members who may not be able to use bedside toilets/no postural control or cannot control when they release urine/faeces: Adult Diapers, mattress protectors, urine bottles, bed pans etc

Hand Hygiene

A person with mobility difficulties may not be able to maintain their own hygiene independently due to no water in the toilet and at handwashing facility, obstacles toward the tap station, taps difficult to operate and soap kept far away.



Figure 1: Install tap points inside the toilet with soap. Remove any obstacles leading toward the tap station so wheelchair user can wheel in under the space. The height of the tap stand should be 2ft 10 inches.



Figure 2: If tap point inside is not feasible, install handwashing station near the toilet. Remove any obstacles leading towards and below the tap points. Ensure all household members keep/replace soap in agreed location



Figure 3: Install long tap handles or modified (with long plastic handles) to make easier to turn. Consider use pedal/foot control as per the needs of the household members