

# The Long-Term Housing Needs, including the Importance of Space for boys with Duchenne muscular dystrophy (DMD) & for children & adults with other types of muscular dystrophy & allied neuromuscular conditions

Detailed specifications are available when adaptations are needed, but the following provides an outline of needs when re-housing is being considered.

## Garden

### Paved area

A level, dry area accessible from the house is needed for use with a powered wheelchair.

### Access around the house

If there is a path around the house, this must be a minimum width of **900mm**, clear of all obstructions such as drains, rainwater pipes and soil pipes.

### Hard-standing area for a car

Preferably there should be a hard-standing area for a car, accessible from the house and with adjacent space for wheelchair transfers.

## Access to house

### Level or with ramp

A **1:15** ramp with safety flange and platform extending **1200mm** forwards from the door, and a wheelchair-accessible compression threshold are necessary.

### Automatic door opener

This may be essential for adults and also should be considered for older children.

## Internal doors

### Width

All internal doors should have a *clear* opening of between **850** and **900mm**.

### Type

Doors with a double-swing through **180°** (with 'kick' door-protection plates) enable opening by the weight of the wheelchair.

## Bedroom

### Double room

This is needed to provide adequate space for the circulation of a powered wheelchair and sufficient wall space to accommodate:

- an electric bed **1080mm** or **1220mm** in width and **2155mm** in length or a double bed **2155mm** square;
- standard storage units;
- L-shaped working surfaces of minimum size **1800 x 1200mm**;
- a space of **1800mm** at the side of the bed, to allow a ceiling hoist installed over the bed, to be used for wheelchair transfers;
- doorway to bathroom to provide en-suite facilities.

## Bathroom

### Toilet

Standard-height pan, low-level cistern with long flush pipe (not close-coupled model) or shower toilet. Centre of pan to adjacent side wall **500mm**. Minimum space of **900mm** on the other side for positioning a wheelchair and/or providing space for reversing a wheelchair for a three-point turn.

### Washbasin

Inset model of approximately **1050-1200mm** width and **675-695mm** front-to-back, preferably height-adjustable. Provision of lever or electronic taps.

### Bath

**1700mm** with a shower unit at the end of the bath. Circulation space of **840mm** at the side of the bath for a bath seat on a floor-mounted pillar – or for an integral bath seat which swings out of the bath, plus **700mm** for the movement of a carer.

### Shower

Level-access shower tray with provision of a freestanding or wall-mounted half-height screen or rail with shower curtain.

## Electrics/storage/heating

### Switches

Large rocker-type, three-way light switches installed at recommended heights and positions.

### Wheelchair storage area

With twin **13amp** socket for charging chairs.

### Heating

Above-average temperatures (i.e. **21° – 24°C**) in both the bedroom and bathroom, with supplementary booster heater in the bathroom. Thermostats on radiators.

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