

WE ALL NEED LATRINES! SANITATION SHOULD BE ACCESSIBLE FOR ALL



A simple toilet seat can be constructed by adapting a plastic chair and cutting a hole in the centre. Be sure the cut edge is smoothed.

The advantage of this is the plastic is easy to clean, and the armrests make it easier for the user to stand after use.



Cut a central hole from a plastic chair and smooth down the edges



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ACCESSIBLE SANITATION

RURAL WATER SUPPLY AND SANITATION PROJECT IN
WESTERN NEPAL PHASE II - Western and Mid-Western Nepal

RURAL VILLAGE WATER RESOURCE MANAGEMENT PROJECT
PHASE II – Far-Western and Mid-Western Nepal



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DESIGN RECOMMENDATIONS FOR ACCESSIBLE SANITATION

Proximity: A short distance from house to the toilet is important.

Approach path: The ideal path is 120-180 cm wide (minimum 90 cm). A firm, even, non-slip surface such as concrete benefits everyone, and in particular blind persons, wheelchair or crutch users. It prevents the surface from becoming muddy and slippery during the rainy season. Firm gravel is an alternative. Marking the sides of the path with white paint, and attaching a guide rope is useful for the visually impaired.

Steps: Where steps are needed for access, they should be shallow and wide, and the cement can be cross-hatched to make them less slippery when wet. Handrails can be provided to assist balance at 70-90 cm height. Highlight the edge of steps with white paint.

Ramps: If there is space, a ramp can be constructed, preferably with rails. Ramps should have a maximum slope of 1 in 10. A level platform or 'landing' with a minimal length of 120 cm is needed in front of the toilet.

Doors: The minimum door width is 90 cm. The door should fully open and have grab bars outside and inside instead of knobs to allow easy opening and closing from a wheelchair or by people with reduced strength or using crutches.

Floors: should have smooth and easy to clean surfaces, especially for those people with impairments who have to crawl due to lack of assistive devices.

Light, ventilation and privacy: Ensure there is sufficient light and ventilation – good lighting is particularly important for persons with poor eyesight. The light switch should be easily reached. Ensure also that the door can be latched easily to provide security and privacy. Persons with disabilities may require more time in the toilet, and have the right to privacy.

Room size: Allow for a wheelchair-turning circle of 150 cm, and a space of at least 80 cm beside or in front of the toilet pan to allow positioning.

Toilet seat: Provide a steady sitting toilet or bench rather than a squatting pan. The toilet seat should be easily cleanable. It can be moveable in case other family members prefer a squatting position.

Interior: Provide strong handrails (wood or bamboo) attached to the walls at 70-90 cm height to provide support and balance to reach the seat or squat. A rope from the door or ceiling can also give support.



Location: A safe & accessible household toilet is close to home. It has easy access and non-slip path. The entry should be level if possible, or with a shallow ramp or steps



Guidance: A simple rope can be used to guide blind people to the toilet



Space: An accessible toilet has enough space and light. The floor is not slippery & is easy to clean.

A Households may already have constructed their toilet, hence these suggestions are provided to make it more accessible. If there is no toilet yet, then the actual construction can be planned to be more appropriate for disabled persons, depending on their needs.

QUESTIONS TO ASK

- Did everyone in the household discuss the toilet access and their needs?
- Are facilities appropriate for the needs of all users?
- Are menstruating women allowed to use the toilet?
- Is the toilet physically safe – with no dangerous obstructions, slippery floors, or rough surfaces on rails or commodes?
- Is it in a safe location – can you call for help if needed?
- What is the path/access route made of? Is it slippery?
- Is the path wide enough for disabled or elderly users?
- Are slopes too steep? (Recommended max 1 in 10)
- Can a blind person follow the path? Is there a guide rail/rope?
- Is the entrance wide enough for a wheelchair user or person with crutches to enter?
- Is the door easy to open by someone with weak hands?
- Can the user close the door easily from inside?
- Is the door easy to lock and unlock?
- When the door is closed is there enough light and ventilation?
- Is there something to hold onto for support if squatting?
- Is there water available inside the toilet and is it accessible when squatting or sitting on the toilet pan?
- Is the hand washing place accessible, with taps and soap?
- Is privacy ensured for all users?
- Is it easy to keep the toilet clean?

Not all households will include a person with a disability, but most will include a frail elderly person at some time. And we will all become old eventually!

We should make every effort to ensure that everyone can access the toilet, preferably unaided.



Squatting on the toilet without support can be difficult for the elderly or persons with disabilities – a rope or hand rails makes it easier.



With a stool, toilet access is much easier and safer for elderly and disabled.