

# Changing Places Changing Lives



Sometimes you just  
need to change one  
thing to open up a  
world of possibility...  
To find out more visit  
[www.changing-places.org](http://www.changing-places.org)

**Muscular  
Dystrophy UK**  
Fighting muscle-wasting conditions



**pamis**  
promoting a more inclusive society

## Sometimes you just need to change one thing to open up a world of possibility...

Many people don't give visiting public buildings a second thought. But some disabled people are unable to take part in activities many take for granted because standard accessible toilets do not meet their needs – or the needs of their carers and families.

Imagine having to change your loved one or someone you care for on a public toilet floor. This just isn't acceptable. But it's a reality many have to face daily because they have no choice.

With access to a Changing Places toilet, which has a changing bench, hoist, peninsular toilet and plenty of space, all of that changes. That's why we need more Changing Places toilets right across the UK.



## Who needs Changing Places toilets?

People who need assistance to use the toilet need Changing Places toilets. These toilets are essential for over 240,000 disabled people in the UK and their families. This includes people with profound and multiple learning disabilities, muscle-wasting conditions, motor neurone disease, multiple sclerosis and cerebral palsy, as well as people who have suffered major physical trauma, had a head injury or stroke as well as some older people.

Standard accessible toilets meet the needs of some disabled people but not all.

The number of people who need access to Changing Places toilets is increasing rapidly. This is because of advances in medical care, and the fact that we're all living longer.

Some families and carers are often not able to go out and do things many take for granted because they rely on Changing Places toilets, and there are simply not enough available.

The Changing Places campaign has been very successful in getting more toilets installed across the UK. But progress has been slow because Changing Places toilets are still not a mandatory requirement for public buildings and spaces, despite the high need for them. This needs to change.

It is important that venues register their Changing Places toilets with the Changing Places Consortium so they can be added to the official map. If they aren't registered, they won't be on the map and people won't know they're there. You can find all the registered Changing Places toilets here:

[www.uktoiletmap.org](http://www.uktoiletmap.org)



### **Fiona and Ewan**

“Our local village may be small but it has just started work on installing a brand new Changing Places toilet. This is going to make such a difference not only to us but to the thousands of tourists that visit the area every year. What we really need is a Changing Place toilet in every village, town and community in the UK, so that we can choose to go to different places without the worry of how we’re going to manage to get Ewan changed.”

### **Laura and Brody**

“Changing Places toilets are not only the right thing to do in terms of providing access and inclusion, they also make good business sense. When we visit a venue with a Changing Places toilet, like Blair Drummond Safari Park, we feel welcome, not excluded. And equal – just like everyone else.”







### Alison and Mylor

“Lack of suitable toilets in the UK is the blight of our life and excludes Mylor from enjoying and accessing everyday activities most of us take for granted. Every time we leave home we are faced with challenges because this basic need is not met in many public places. Toilets are our biggest barrier and the feeling that society does not support my son’s needs has a negative effect on our sense of wellbeing.

“Mylor should have the opportunity to live life to the full and take part in everyday activities just like everyone else. Unfortunately it’s only the venues that provide Changing Places toilets that enable this. Without these, our choices are severely limited and restricted.”

### Michaela

“I’m unable to use any toilet which doesn’t have a hoist and bench. Without Changing Places toilets I have to restrict my fluid intake, and this impacts on my enjoyment of a day out with family.”



## What do Changing Places toilets have?

### The right equipment

- ▶ A height-adjustable changing bench
- ▶ A tracking hoist system, or mobile hoist if this is not possible

### Enough space

- ▶ For the disabled person, up to two carers and their equipment
- ▶ A centrally placed toilet with room either side for the carers
- ▶ A screen or curtain to allow some privacy



### A safe and clean environment

- ▶ Wide tear-off paper roll to cover the bench
- ▶ A large waste bin for disposable pads
- ▶ A non-slip floor

## What needs to happen?

The Changing Places Consortium is campaigning for change. It's campaigning for Changing Places toilets to be a mandatory requirement under Building regulations for all big public places, like shopping centres, major leisure venues, hospitals, transport hubs, motorway services and airports.

It's important to note that Changing Places toilets should be provided in addition to, and not in place of, standard accessible toilets.

## Why should venues install Changing Places toilets?

- ▶ Across the UK over 240,000 disabled people and their families are denied the right to do everyday things because of a lack of public Changing Places toilets. Instead families have to change their disabled family members on dirty toilet floors or are forced to stay at home. Providing a Changing Places toilet will open up venues for disabled people and their families to visit.
- ▶ 'British Standard 8300:2018 Design of an accessible and inclusive built environment' recommends that Changing Places toilets should be provided in larger public buildings and complexes.
- ▶ Government guidance 'Improving Public Access to Better Quality Toilets' recommends that local authorities provide Changing Places toilets. This can also help fulfil legal duties under Disability Equality legislation.

### How YOU can help

- ▶ Campaign for a Changing Places toilet in your area.
- ▶ Install a Changing Places toilet in your venue.
- ▶ Let us know if there is an unregistered Changing Places toilet near you.

To find out more, visit our website  
[www.changing-places.org](http://www.changing-places.org)



The Changing Places Consortium is a group of organisations and experts in the field of disability, working to support the rights of people who need Changing Places toilets.

The co-chairs of the Consortium are:



PAMIS is a registered charity that supports people with profound and multiple learning disabilities, and their families, across Scotland. They are a founder member of the Changing Places Consortium and campaign for the provision of Changing Places toilets across Scotland and elsewhere.



Muscular Dystrophy UK is the charity bringing individuals, families and professionals together to beat muscle-wasting conditions. Many of the 70,000 adults and children UK-wide who live with these conditions need access to Changing Places toilets. Since November 2017 Muscular Dystrophy UK has been co-chair of the Changing Places Consortium, alongside PAMIS.

For more information about Changing Places:  
[www.changing-places.org](http://www.changing-places.org)

For all enquiries in England, Wales and Northern Ireland contact:

**Telephone: 0207 803 2876**

**Email: [changingplaces@muscardystrophyuk.org](mailto:changingplaces@muscardystrophyuk.org)**

For all enquiries in Scotland contact:

**Telephone: 01382 385 154**

**Email: [PamisChangingPlaces@dundee.ac.uk](mailto:PamisChangingPlaces@dundee.ac.uk)**

