



AKW Bidet

The Solution to Intimate Care



Produced in conjunction
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Director of The OT Service.

The things we take for granted

One of the things most people take for granted and think little about is using the toilet. However, for some people, this seemingly simple procedure can become very challenging.

It is normal to go to the toilet between 4–8 times per day and no more than once a night according to an NHS 'healthy bladder guide'. Although the recommended fluid intake for adults is at least 1.5 litres a day or 6–8 glasses, those who find toileting difficult are prone to limiting the amount of liquids they consume so as to reduce the number of times that they need to use the toilet. This is dangerous however, as it can lead to dehydration.

According to the British Nutrition Foundation, older people are some of the most vulnerable to dehydration due to physiological changes in the ageing process, disease states, and mental and physical frailty. Although keeping hydrated is key to long-term health and minimises the risk of increased bladder sensitivity and ultimate hospitalisation due to dehydration, it is also understandable why fluid consumption is avoided when toileting requires assistance and a loss of dignity.

Not only does reducing fluid intake risk dehydration, it also has the opposite effect and is likely to increase the frequency of visits to the toilet, due to highly concentrated urea causing bladder irritation, reducing bladder size and causing constipation.

Prevention is the key

Although toileting and discussions about going to the toilet still seem relatively taboo topics in today's culture, it is essential that these subjects are addressed as part of a holistic assessment. Putting strategies in place to help those who struggle with going to the toilet can not only prevent hospital admissions and promote dignity and independence, it can also help encourage the safe and effective discharge of those who have been in hospital.

Maintaining dignity and independence

As occupational therapists and social care providers, personalised care is a top priority and a toileting solution needs to suit the individual's needs. The ultimate goal for any toileting strategy is that it maintains the individual's dignity and where possible, promotes their ability to use a toilet independently without any additional care.

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Using the toilet – a complex activity

Although going to the toilet is second nature to most of us, when broken down using activity analysis it is actually a series of complex activities.

For effective toileting the following is needed:

A range of physical attributes:

- + Fine and gross motor skills
- + Balance
- + Muscle control
- + Sensory capabilities (proprioception)

A range of cognitive skills:

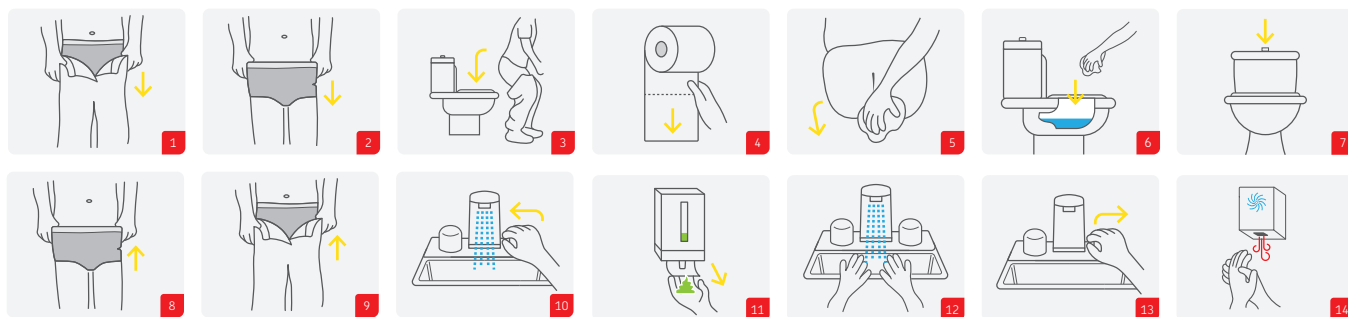
- + Understanding the need to go
- + Knowing how to actually use the toilet
- + Recognising the toilet and the object required for the task (constancy)
- + Understanding the need to be fully clean
- + Understanding the need to wash hands afterwards
- + Knowing how to sequence the stages of going to the toilet

A level of environmental understanding:

- + Knowing where the toilet is
- + Knowing how to physically access it
- + Understanding if it allows the person to access and use it



Visual Task Analysis



Bidets – a helping hand!

Bidets can play a key role in helping those with disabilities achieve toileting independence for longer. Bidets are seen as healthier than toilet paper as “they provide better personal hygiene,” according to the US urologist Dr Philip Buffington. Bidets can be ideal for use in domestic or care settings, but it is advised that individuals seek advice from an occupational therapist or appropriate healthcare professional to ensure a bidet will meet their ongoing needs.

For those with disabilities, bathroom hygiene can be very challenging. A bidet can help promote dignity and keep individuals independent for longer. The benefits of using a bidet are:

- + Bidets are more hygienic than using toilet paper, which often doesn't clean a person properly
- + Bidets can help prevent a range of different infections
- + The user doesn't touch the area with toilet paper, so they do not come into contact with bacteria and germs
- + Bidets can be operated without any additional help for the majority of people with disabilities, promoting both privacy and dignity
- + Bidets are more environmentally friendly than using toilet paper
- + Bidets don't require the same complex levels of dexterity or physical ability that are otherwise needed



A range of bidet options

Essentially, there are three basic varieties of bidet:

1. Free-standing
2. Built in (two-in-one)
3. Over-toilet seat attachment

As bathrooms have become smaller, free-standing models have become less common. Two-in-one toilets and bidets are growing in popularity, but their expense still makes them of limited appeal to occupational therapists and social care providers.

For those looking to promote dignity and independence for longer in the home however, the seat-like attachment bidet for existing toilets offers some significant benefits:

- + It is significantly cheaper than buying and installing a two-in-one bidet/toilet
- + It is transferrable, if the individual moves or no longer needs the use of a bidet, it can be removed and used elsewhere
- + It overcomes the challenges of fitting an additional bidet into a small bathroom
- + As the cost and installation of models, such as AKW's bidet, are under £1,000, they are classed as minor works. If under £1,000, they are applicable for a local authority Minor Works Grant, rather than coming under Disabled Facilities Grant (DFG) funding, when specified by an occupational therapist or other relevant social care qualified professional.



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Bidets can be operated without any additional help for the majority of people with disabilities, promoting both privacy and dignity.



Bidets are more environmentally friendly than using toilet paper.



Bidets don't require the same complex levels of dexterity or physical ability that are otherwise needed.

Bidet functions

There are a range of functions available in seat-attached bidets:

Temperature controlled water

Look for bidets that have instant water heating technology and include a range of temperature controls, so that the individual can alter the setting to suit their specific requirements.

Spray control

As everyone is unique, ensure that the bidet has an adjustable spray nozzle, so that spray intensity can be altered and that the type of spray can be changed to suit user comfort and cleaning requirements.

Dryer setting

Specify a bidet that offers a range of drying temperatures and speeds, so that the preferences of the individual and their needs can be taken into account.

Seat sensor

For ultimate safety, look for a bidet that has an integral seat sensor, so that the bidet can only be activated when someone is actually sitting on the seat.

Self-cleaning

To ensure that the nozzle and surrounding area are hygienic before and after every use, choose a bidet that has a self-cleaning function.

Quiet operation

To promote the dignity of the user further, ensure that the bidet has a low noise heater, pump and dryer.

Remote operation

A remote makes the bidet easy to use for everybody and removes the need to use the side controls. A remote also supports the carer in maximising dignity.

Supporting independence

To maintain independence and dignity when it comes to toileting, some people need additional support. As well as promoting independence and long-term health, bidets are a valuable addition to the occupational therapist and social care provider's toolkit. With cost-effective alternatives, such as high quality seat-attached bidets now available, there is now even less reason for individuals to suffer in silence.

Features and Benefits

Ideal for social care and private installations, the AKW Bidet has been developed to offer a cost-effective, quick to install and easy to use and maintain bidet for those wanting a non-permanent solution.

Adjustable spray, temperature and dryer settings allow the user to tailor the bidet to meet their specific comfort and cleaning requirements.

Spray control

- + 5 rear wash positions
- + 5 feminine wash positions
- + 5 spray intensity settings
(approx. 0.6L-1L per minute)
- + 1-2 minute wash cycles
- + 4 spray modes: Steady, Pulsating, Oscillating, Pulsating + Oscillating

Temperature controlled water

- + High power, 1750w instantaneous water heater
- + 2 minute constant wash cycle
- + 1 minute gradual cooling wash cycle
- + 6 stage temperature control (approx. 31-39°C)
- + Side entry water supply

Dryer settings

- + 350W dryer
- + 3 minute standard drying cycle
- + 6 temperature settings (40-52°C approx.)
- + 5 adjustable speed settings

Self-cleaning function ensures the nozzle and surrounding area are hygienic.

- + Pre and post wash nozzle cleaning
- + Automatic water purge if not used for 72 hours



Night light helps users with sight loss or dementia locate the toilet in the dark/dimly lit conditions.

Quiet and efficient operation promotes user dignity whilst providing a reliable experience.

- + Low noise heater, water pump, dryer motor
- + Pressure and flow optimised for efficient and continuous cleaning

Remote control provides users with full function control via a handheld, ergonomic remote, which is easy to use and supports carers with maximising user dignity.

Integral seat sensor prevents accidental usage by ensuring activation only occurs when the seat is in use.

Lid and seat lift assist with front moulded grip and contrasting side tabs.

Quick release seat and lid makes cleaning, maintenance, or even moving property easier.

Soft close seat and lid is slower, quieter and therefore safer for users.

Seat lugs provide stability when side transferring.

Strong load limit of 150kg/23.5st ensures the bidet is suitable for a wide variety of users.

UK sized aperture allows for compatibility with AKW sanitaryware and most common UK toilet pans.

Quick and easy to install with no specialist tools required. You may require a plumber and/or electrician.

Easy to clean with very little maintenance required throughout the bidet's lifetime.

Low pressure mode

- + When in standard mode, the AKW Bidet requires 0.5 (dynamic)-10 (static) bar of pressure to achieve a flow rate of 0.6L-1L per minute. This water is instantaneously heated with no restart time required.
- + If the water supply experiences low pressure, then low pressure mode can be selected to allow the bidet to continue working efficiently.
- + Low pressure mode requires just 0.2 (static)-10 (static) bar to achieve a flow rate of 0.45L-0.65L per minute, with a maximum 25 second restart period.

Warranty

- + 2 year warranty



Ergonomic handheld remote control



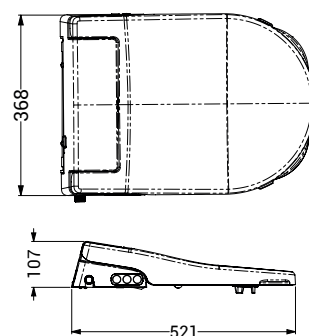
Control buttons



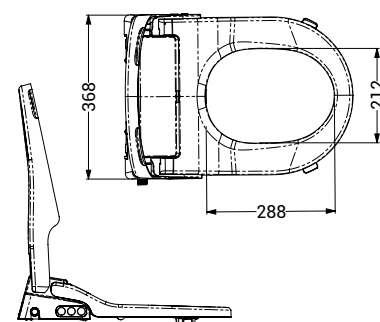
AKW Bidet options



Seat Dimensions – Closed



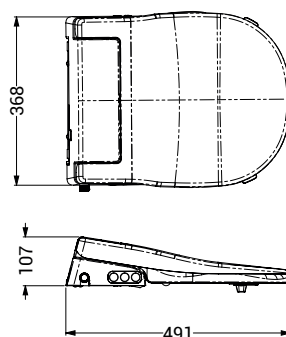
Seat Dimensions – Open



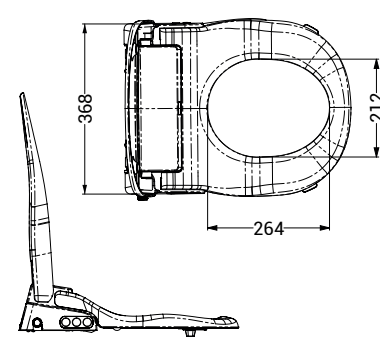
Doc M. AKW Bidet with Consilio seat option, installed on our Doc M raised height back-to-wall toilet pan. Consilio seat also compatible with Doc M close coupled pan. Available from 2021.



Seat Dimensions – Closed



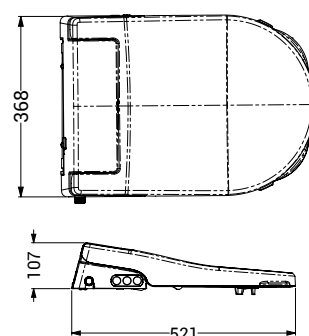
Seat Dimensions – Open



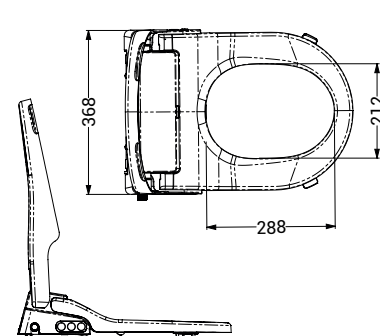
Livenza. AKW Bidet with Ergonomic seat option, installed on our Livenza standard close coupled toilet pan. Ergonomic seat also compatible with most common UK toilet pans.



Seat Dimensions – Closed



Seat Dimensions – Open



Navlin. AKW Bidet with Consilio seat option, installed on Navlin back to-wall toilet pan. Available from 2021.

Technical specification

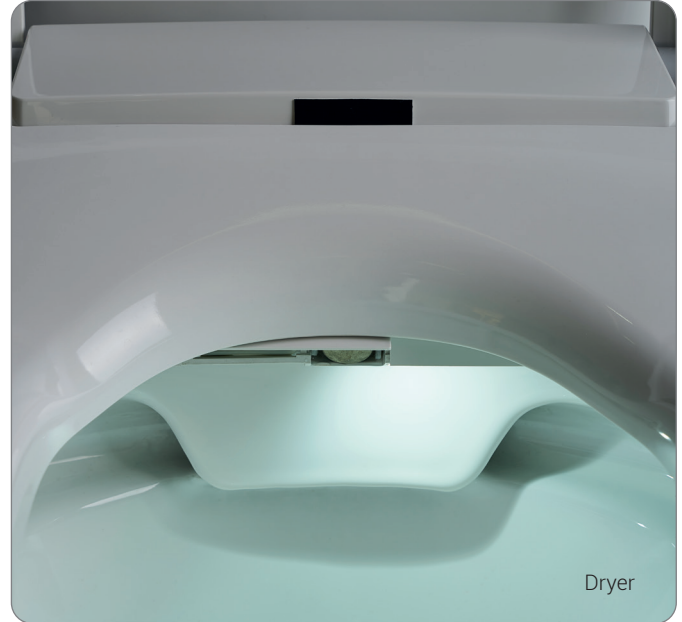
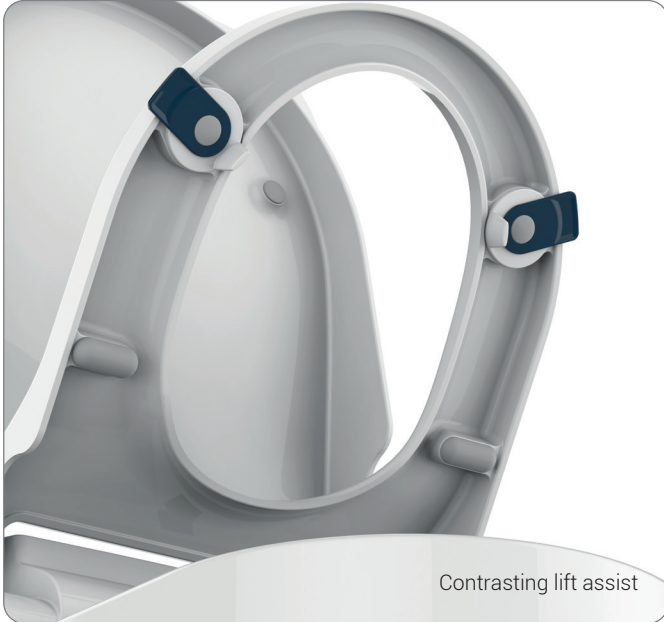
Wash	Rear wash	Yes
	Female wash	Yes
	Oscillating spray	Yes
	Pulsating spray	Yes
	Oscillating and pulsating spray	Yes
	Adjustable water temperature	6 levels (default 4th)
	Temperature modes	Constant temperature (default) and gradual cooling
	Adjustable flow rate	5 steps (default 3rd)
	Adjustable spray position	5 steps (default 3rd)
Warm Air	Air drying	Yes
	Adjustable dryer temperature	6 levels (default 3rd)
	Adjustable dryer rate	5 steps (default 3rd)
Hygiene	Nozzle auto cleaning	Yes
	Nozzle manual cleaning	Yes
Features	Night light	Yes
	Soft closing seat and cover	Yes
	Quick release seat and cover	Yes
	Control buttons	Yes
	Remote control	Yes
Specification	Water supply connector	G 1/2"
	Water supply direction	Side entry
	Water supply pressure	Min 0.5 (dynamic)~Max 10 (static) bar
	Water supply temperature	4~30°C
	Rated voltage	AC230V, 50HZ
	Power rating	1750W
	Length of power cord	approx. 1.5m
	Ambient temperature	4~40°C
	Protection degree	IPX4
Wash Device	Maximum weight loading	150kg
	Flow rate (standard)	600~1000ml/min
	Flow rate (low)	450~650ml/min
	Water temperature	31~39°C
	Wash cycle time (standard)	2 Minutes at constant temperature mode or 1 minute at gradual cooling mode.
	Wash cycle time (low)	1 Minute at constant temperature mode and gradual cooling mode.
	Heating mode	Element
	Safety device	Thermal cut out fuses\liquid level\switch\thermostat
	Back flow prevention	Air gap
Dry Device	Minimum air volume	0.2m³/min
	Maximum dryer power	350W
	Warm air temperature	40~52°C
	Dry cycle time	3 minutes
	Safety device	Thermal cut out fuses/thermostat
Remote Control	Frequency	~2460MHz
	Maximum RF output power	0dBm
	Type of batteries	2x 1.5V LR03 AAA (batteries not included)

Product codes

Product codes:

AKW Bidet side entry Consilio seat and lid (available from 2021)	30501
AKW Bidet side entry Ergonomic seat and lid	30502
AKW Bidet bottom entry Consilio seat and lid (available from 2021)	30503
AKW Bidet bottom entry Ergonomic seat and lid (available from 2021)	30504
AKW Bidet remote control	18-009-028





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