

# Anatomy of a Perfect Bathroom

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**What makes a perfect bathroom?** A perfect bathroom is one that you, your family and your guests can use easily and comfortably now and in the future. If you play your cards right you can even get away with designing a bathroom that has all the right details and still reads “home.”

**What goes into a perfect bathroom?** There are a few essential components that, when well organized, provide the magic to make your john “perfect.” Conveniently enough you can find the first item on the list at [www.magicjohn.com](http://www.magicjohn.com) (now I couldn’t have made that easier to remember could I?) In fact, in the vein of making things easier to remember, I’m going to give you a top 8 list—two better than the standard top 10 list.

### 1. A Bidet



So what is a bidet? Most of us think of a bidet as one of those funny little French things that looks like a little sink but isn’t. However, that’s not the kind of bidet we’re talking about. Modern bidets are unobtrusively toilet mounted (see illustration). They have a gentle spray of water that takes care of post-bathroom cleansing and a lot of models include extra features like heated seats and temperature controlled water to increase comfort. Bidets are available through the above mentioned website as well as elsewhere on the internet.

### 2. A Toilet Safety Frame

A toilet safety frame is simply an extra place to grab when moving on and off the toilet. If you don’t like the way one frame looks, keep looking. They can do wonderful things with metal bars these days. You can find some versions at stores like Walgreen’s and Rite-Aid.



### 3. A Raised Toilet Seat



Raised toilet seats are another tool designed to make the transfer from sit to stand a little bit easier. A raised toilet seat is basically like a booster seat with a hole in the middle. They all look a little bit different, but I recommend the Carex™ elevated toilet seat. It’s got the

right proportions, especially for men. It's also slightly more attractive than some of the other models. If you feel like being (unnecessarily) fancy you can invest in the Toilevator™ and get a booster step for the whole toilet.



#### 4. An Adjustable Shower Chair

An adjustable shower chair is, well, an adjustable shower chair. It sits in the tub or shower and you sit on it. Make sure that you get an adjustable model though, because the non-adjustable ones tend to be too low.

#### 5. Handheld Shower Head

A handy tool to make the water go where you want it instead of having to move yourself to the water.



#### 6. Rubber Mat

Otherwise known as a bathmat, it sticks to the bottom of the shower to make it less slippery. Available in plain or cute—if you want something decorative bathmats are great place to start.



#### 7. A Shower Curtain (instead of a glass door)



It's a lot easier to maneuver around a shower curtain than a glass door. This is another good place to have fun, there are lots of fun shower curtain options floating around.

#### 8. A Shower Grab Bar

Much like the toilet safety frame, the shower grab bar is a convenient thing to hold onto if you're feeling unsteady or changing positions. They range from very simple straight grab bars to systems of bars around the shower walls.



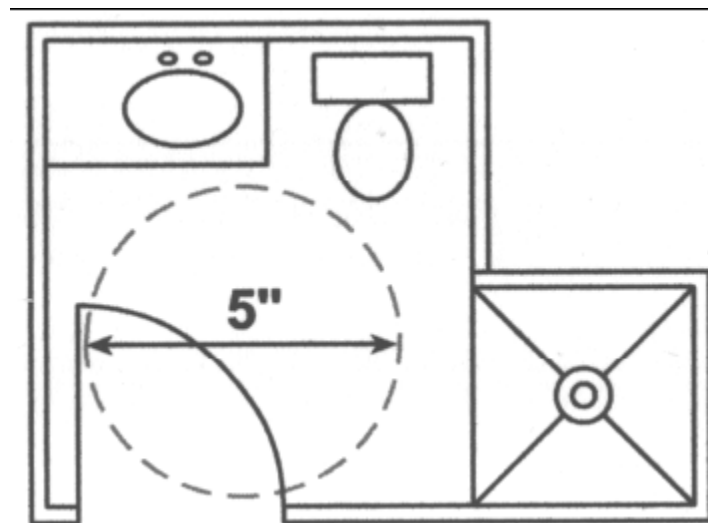
**Where do you find these things?** Many of these details, including the toilet safety frames, bidets, and shower grab bars are sold at stores like Lowes and Home Depot. You can even find some things at places like Walgreen's & Rite Aid. Bed, Bath & Beyond and other bath stores will have things like the handheld shower head, rubber mat and shower curtain. If you don't find what you're looking for, or if you prefer, you can

always check online. [www.magicjohn.com](http://www.magicjohn.com) and [www.sammonspreston.com](http://www.sammonspreston.com) are two good sites, but there are a lot out there.

**What does it cost?** All of these items are available in a range of prices. A raised toilet seat, for example, will cost anywhere from \$11 to \$100, a toilet safety frame runs from \$40 to \$150. It all depends on the brand, model, and features you choose.

**How do you put it all together?** Just having the right stuff in your bathroom is a good start, but it's not enough to qualify as a perfect bathroom. The bathroom layout is important too. Here are a few tips to think about when designing your bathroom, some require major renovations, and others are simpler. (Sorry, this time I can't cut down on the top 10, but 10 isn't really that many, now is it?)

- 1) Leave 18" between toilets and side walls, to facilitate transfers, and install grab bars.
- 2) Make sinks accessible and leave room for a wheelchair to roll underneath
- 3) Shower dimensions should be 36"X 36" with a seat
- 4) Place water controls near the entry so that you can turn on water before getting in.
- 5) Install a curbless or roll-in shower (Lowe's or Home Depot)
- 6) Replace towel bars with grab bars
- 7) Leave 1- 1/2" between grab bars and the wall so that your hand doesn't get stuck
- 8) Make sure that you have room to turn a wheelchair (5' x 5')
- 9) Install nonskid floors—Some types of tile have nonskid options, you can also use a commercially available nonskid floor finish, or install carpeting
- 10) Have doorways with a width of 36" and doors with swing-away hinges



Model  
universal  
plan for a  
bathroom

