

## Tips on occupational performance and clinical reasoning for the Surestop stopcock:

### 1. A Person-centred Approach

The National Institute for Health and Care Excellence (NICE 2018) recommend that the principles of person-centred care underpin good practice in dementia care. As with all care planning for people with limited or reduced capacity, the assessment and intervention process requires an understanding of the needs of the individual, promoting independence and dignity whilst minimising the risk of harm.

The varied range of devices in the Surestop stopcock range allows for a range of location options, including a remote switch that can be positioned at the right height or accessible position for your client. This enables you the creativity to install the device in an infinite number of locations, supporting individualised care planning and the 'just right' solution for each client. Therefore, it offers protection against these risks associated with water use and provides an opportunity for a person-centred approach to intervention planning.

### 2. Protects the Home Environment

All homes are at risk of domestic flooding and according to the leading UK domestic insurer, Direct Line, the average household cost for damage caused by burst water pipe is £7000, with the smallest of leaks quickly becoming an expensive issue to rectify. Where adaptive equipment, specialist bathroom and/or kitchen installations are present these costs can escalate considerably. Aside from the immediate loss of personal property and equipment to water damage, there is secondary damage to consider and the health implications of living in a damp environment. According to the NHS advice service (2021), having damp or mould in your home increases your likelihood of having respiratory problems, respiratory infection, allergies, and asthma. Mould is a huge problem after a flood, toxic mould or black mould can have a long-term impact on health and has risks to those experiencing respiratory illness, such as COPD, Emphysema or Asthma. Including the Surestop stopcock in bathroom and kitchen adaptations as standard, offers some insurance against these risks by enabling water supplies to be stopped instantly, significantly reducing the long-term impact to the home environment of a flooding incident.

### 3. Protects Against Falls & Slips

NICE (2013) report that falls and fall related injuries are a common and serious problem for older people. For people with dementia, the risk is increased because of predisposing risk factors including reduced functioning, sensory impairment, poor spatial awareness, disorientation, and potential dehydration. Due to the increased falls risk from accidental flooding in bathrooms, traditional care models suggest barring independent access to bathrooms completely for many individuals with reduced capacity. However, within it's 5 key principles of decision making, The Mental Capacity Act (2005) highlights the importance of seeking the 'least restrictive option', when making decisions about the care of a person with reduced or fluctuating capacity. The installation of a Surestop stopcock with a remote switch can significantly reduce the bathroom falls risk for an individual by enabling carers to restrict the water supply to that room when not in use. Therefore, restricting the water, not the person.

The Royal College of Occupational Therapy (RCOT) Falls Guidelines (2020) also advises that 'Occupational therapists must seek opportunities to discuss an individual's risk of falls and seek opportunities to maximise the interventions available to the individual to reduce their risk and prevent harm'. The Surestop stopcock is therefore ideally suited to support the implementation of these guidelines as part of a wider bathroom adaptation or wet room, or when added to existing pipework within a client's home bathroom.

### 4. Protects Against Scalds & Burns

The Surestop stopcock can be fitted to both hot and cold water supplies, enabling the safe management of hot water. Accidental burns and scalds are common in the home and the risks increase for those with reduced mental capacity, decreased reaction times or inability to easily remove themselves from harm's way. According to the British Burns Association (2017), most burns and scalds in older people occur from hot liquids in the home. Older people's skin burns faster and at lower temperatures than younger people, increasing the severity of relatively minor household accidents. The same issues are present when considering a client who has just had surgery and may think a wound is healed enough for warmer water immersion when it is not.

With many advantages over traditional anti-scald devices that need to be fitted to each tap or showerhead, this discreet device can be fitted with a remote switch and so does not compromise the overall look of a bathroom or kitchen and enables other users to access the facilities as normal when needed. By enabling the hot water to be switched off to a room or appliance when not in use, the Surestop stopcock drastically reduces the likelihood of an accidental burn or scald from hot water. Yet the water can easily be restored when needed for supervised or supported bathing at the flick of a switch. It can also be used to support safe bathing, optimising independence by ensuring once the required water has been used to fill a bath or sink, the system is easily turned off to prevent further hot water from being added, minimising the risk to the client. Thus, maximising independence and optimising occupational performance in bathing.



## Occupational Therapy Guide

May 2021



## Surestop Stopcock - Occupational Therapy Guide

The Surestop stopcock gives reassurance and independence to clients who may struggle to reach or easily turn off a traditional brass stopcock. It is a unique mechanical device, with no electrical components enabling the safe management of water use in the home.

With the simple flick of the switch, the Surestop Stopcock instantly turns off the water to the bathroom, kitchen, or whole property dependent upon the installation site. It is an easily installed and low-cost safety measure that should be considered in every bathroom and kitchen adaptation.

### Key Facts

- No electrics or batteries are involved, it works purely on natural water pressure
- Instant protection – stops the water supply with an easy flick of a switch
- The discreet remote switch can be located up to 6 metres away from the device installation site and so can provide easy control of water access whilst not compromising the appearance of existing bathrooms and kitchens
- Easy to use, easy to access and limescale resistant; it will not seize up unlike traditional brass stopcocks
- Can easily replace existing brass stopcocks
- WRAS approved as a stopcock (no 1011009)
- 15mm and 22mm options for installation with plastic or copper pipe comprising of push fit and compression fittings
- Includes tubing options, to locate the remote switch up to 2m or 6m away\*
- Suitable for hot water supply up to 60°C at 3 bar
- Two year warranty

### There are currently two core options for the stopcock installation:

1. Switch at source, replacing the traditional brass stopcock with the easy-to-use switch.
2. Remote switch option located at any height up to 6m away from the device.

## Surestop Stopcock with Remote Switch

On this model, after installing the Surestop Stopcock, a discreet Remote Switch can also be fitted, either on a wall or in an easy to reach cupboard location - for even greater ease of access and convenience. The water supply can then be instantly stopped by pressing the button on the simple, remote switch.



Product Code	Remote Switch Including Tubing		Push Fit	Compression Fitting	Plastic or Copper Pipe Sizes		Max Bar at 23°C	Gravity Fed Systems BAR Pressure to Open Valve
	2m	6m			15mm	22mm		
SS/15/RPL	●		●		●		10	0.5
SS/15/RCL	●			●	●		10	0.5
SS/22/RPL	●		●			●	10	0.5
SS/22/RCL	●			●		●	10	0.5
SS/15/RPL-06		●	●		●		10	0.5
SS/15/RCL-06		●		●	●		10	0.5
SS/22/RPL-06		●	●			●	10	0.5
SS/22/RCL-06		●		●		●	10	0.5

Minimum bar at all water temperatures is 0. \*We recommend no more than 6m of tubing.

## The Risk of Domestic Flooding

According to the leading UK domestic insurer, Direct Line, the average household cost for damage caused by a burst water pipe is £7000, with the smallest of leaks quickly becoming an expensive issue to rectify. The potential water loss from a burst pipe in a typical house can equate to 400 litres (two baths full of water) if the water supply is stopped quickly.

However, if left unchecked for a full day, as much as 9,600 litres of water (48 baths full of water) will flow into the home. Flooding has the potential to cause damage to the home, aside from the immediate loss of personal property to water damage, there is secondary damage to consider. Mould is a huge problem after a flood, toxic mould or black mould can have a long-term impact on health and has particular risks to those experiencing respiratory illness, such as COPD, Emphysema or Asthma.

For all domestic properties, it is therefore important that a stopcock is accessible and easily turned off in an emergency. The Surestop stopcock range enables anyone to be able to easily turn off their water supply with the flick of a switch. The remote switch can be located at the correct height or accessible location for any user and offers all clients the reassurance that they can turn off the water independently if required to do so in an emergency, or if leaving the property unattended.

## Promoting Independence & Safety

For some of your clients, there may be an increased risk of domestic flooding. This includes those with Learning Disabilities, Parkinson's, Dementia or another condition that affects mental reasoning, where a person may not have the capacity to determine safe water use at home.

When flooding does occur it also has the potential to create a hazardous environment, leading to unsafe bathing and an increased risk of falls. For these client groups, this risk is further heightened by mobility issues and disorientation, which may lead to the floodwater unintentionally causing a slip on a wet floor or bathroom fixture.

The Royal College of Occupational Therapists (RCOT) advises that 'Occupational Therapists must seek opportunities to discuss an individual's risk of falls and seek opportunities to maximise the interventions available to the individual to reduce their risk and prevent harm' (RCOT Falls Guidelines 2020).

The Surestop stopcock is therefore ideally suited to enable Occupational Therapists to implement these guidelines.

Reduced mental capacity may also affect a person's ability to prevent scalding while alone and older people's skin burns faster and at lower temperatures than younger people, increasing the severity of relatively minor household accidents. The same issues are present when considering a client who has just had surgery and may think a wound is healed enough for warmer water immersion when it is not.

For these individuals, having the option for carers or family members to easily turn off the water supply to a specific appliance or location within the home can be an essential safety measure. With many advantages over traditional anti-scald devices that needed to be fitted to each tap or showerhead, a Surestop stopcock can be used for hot and cold water pipes, making it ideal to also reduce the risk of scalds and burns.

## An Essential Addition or Alternative to any Bathroom/Kitchen Adaptation

A Surestop stopcock is an essential addition to any property, bathroom or kitchen to promote independence and offer reassurance. It should be considered for all clients with reduced mobility, or difficulty locating their existing stopcock, but especially when planning for people with limited capacity or cognitive impairment. This discreet device can be fitted with a remote switch to stop water and so does not compromise the overall look of a bathroom or kitchen and enables other users to access the facilities as normal when needed.

A Surestop stopcock can also be included in your recommendations for safety equipment as part of an ongoing adaptation plan, development of a new build project or added anytime to existing pipework to support ongoing safety for a client with changing needs. This low-cost device is easy to install and requires no electrical components, making it ideally suited to bathrooms, wet rooms or damp environments.

## Justifying the installation of a Surestop stopcock as a person-centred intervention to maximise occupational performance.

## The Surestop Stopcock Range

A Surestop stopcock is a unique mechanical device, with no electrical components enabling the safe management of water use in the home. With the simple flick of the switch, the Surestop stopcock instantly turns off the water to the bathroom, kitchen or whole property dependent upon the installation site. It is an easily installed and low-cost safety measure that should be considered in every bathroom and kitchen adaptation.

### There are currently two core options for the stopcock installation:

1. Switch at source, replacing the traditional brass stopcock with the easy-to-use switch.
2. Remote switch option located at any height up to 6m away from the device.

## The Risk of Domestic Flooding

Flooding has the potential to cause significant damage to your client's home. The potential water loss from a burst pipe in a typical house can equate to 400 litres (two baths of water) if the water supply is stopped quickly. However, if left unchecked for a full day, as much as 9,600 litres of water (48 baths of water) will flow into the home. In addition to the loss of property, the impact and disruption to the lives of service users are immeasurable.

Even after relatively small floods properties can be deemed too risky or 'hazardous to health' and force service users to move out or relocate until the damage is repaired. Emergency provision of respite services also increases both the potential economic loss and personal distress from flooding incidents. For all domestic properties, it is therefore important that a stopcock is accessible and easily turned off in an emergency.

## Evidence & Clinical Reasoning

For some of your clients, there may be an increased risk of domestic flooding. This includes those with Learning Disabilities, Parkinson's, Dementia, or another condition that affects mental reasoning, where a person may not have the capacity to determine safe water use at home.

For example, a bathroom can present several challenges for a person with dementia, given they are likely to have problems with their short-term memory and may struggle to use common bathroom fixtures with the same competence as they used to. Accidental flooding can occur easily when taps are left running or plugs become blocked, creating several hazardous risks to the home and all those who live there.

The presence of hot water and water flooded onto floors also create additional hazards for a client group with an already increased risk of falls and other water-related accidents. When providing occupational therapy assessment and intervention to this client group, it is vital to consider the needs of the individual.

## Stockists & Support

Surestop have worked closely with installers for nearly 20 years; helping them to understand how to fit products, provide training and installation support. Surestop have a wide network of reliable stockists, who sell products both in-branch and online.

If you have a query or need support with housing design and adaptations please contact:

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