

Increasing access to sanitation for elderly and people with disabilities



Pilot version – September 2017

Supported by:



Purpose

This flip chart was developed by WaterAid Timor-Leste with support from CBM Australia with funding from Australian Aid.

It has been designed to help community facilitators talk with communities about what they can do to make sure everyone in the household can access the household latrine.

Instructions for facilitators

When to use this flip book

- This flip book should be used as one of the final activities in the CLTS community triggering meeting, once communities have agreed they need to construct latrines and before construction begins.
- It can also be used with individual households who have identified that they have an elderly person or person with a disability in their family.

How to use the flip book

- Bring the community together in a group, making sure that women, elderly people and anyone with a disability can see and participate.
- Show each picture in the flip book and read through the discussion points.
- Ask any questions included in the discussion points to the group and encourage women and men to respond to the questions. Suggested answers to the questions are included for the facilitator in *italics*.
- Suggested time of activity: 20-30 minutes.

Changing needs across the lifespan



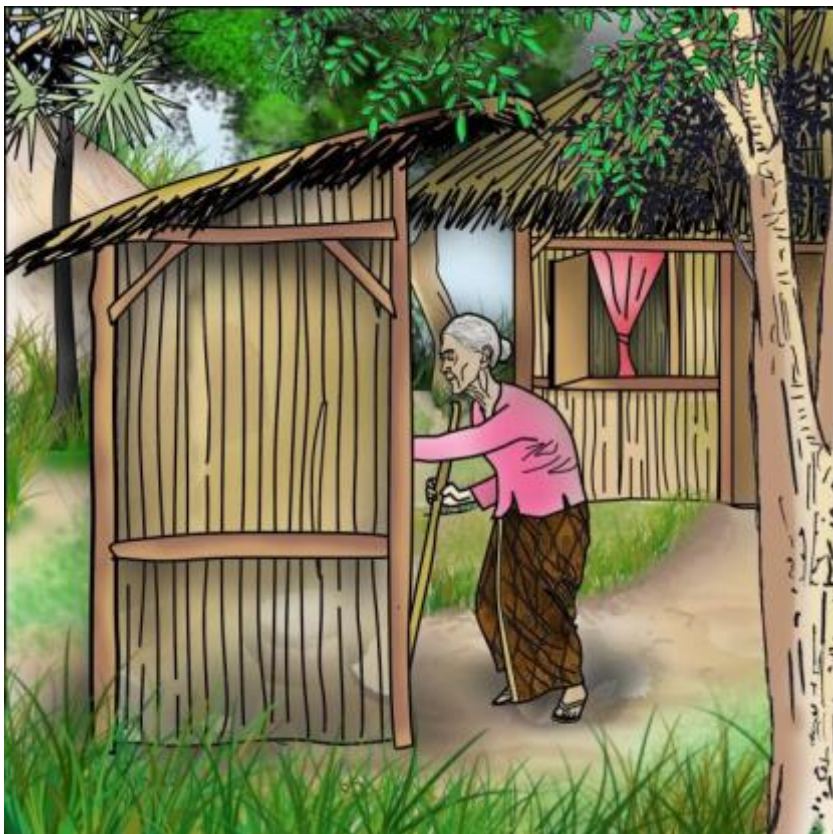
Discussion Points

- This is a picture of two people as they change across their lifespan
- As you can see, our abilities and our needs change as we go through life
- In some cases, people may find it difficult to use a standard latrine.
- Ask: When do you think using a standard latrine may be particularly difficult?

As a young child – if the hole is too big, when pregnant because you may have difficulty squatting, if you have an injury to your legs, when you are elderly etc.

- When designing a latrine, it is important to think about everyone that will be using it and what their particular needs are.
- It is always a good idea to ask different people in the household such as children, pregnant women, the elderly, people with physical injuries etc what would make it easier and safer for them and include them in planning and testing the latrine and hand washing stations.
- This flip chart outlines some things to consider and low cost ways to make sure the latrine can be used comfortably by everyone in the household.

Distance to the latrine



Discussion Points

- Ask: What do you see in the first picture? Why do you think the man is not using the latrine in this picture?
- *In the first picture the elderly man is unable to reach the latrine because it is far away and difficult to get to.*
- So where the latrine is located makes a big difference in how easily people can access it.
- Ask: What is different in the second picture?
- *In the second picture the latrine is located close to the house and the path is clear and even. The woman was able to reach the latrine easily.*

Safety



Discussion Points

- Ask: What do you see in these pictures?
- *In the first picture the woman has difficulty seeing and trips over as she tries to reach the latrine as there are rocks and bushes in the way.*
- Ask: What is different in the second picture? (*The pathway is clearly marked and she is able to walk independently to the latrine*).
- What else could you do to make sure people can get to the latrine safely?
 - *put rocks on the side of the path (as in the second picture) so that people who have difficulty seeing can tell where the path is)*
 - *add a hand rail or guide rope to help people find the latrine*
 - *make sure it is not up or down a steep hill*

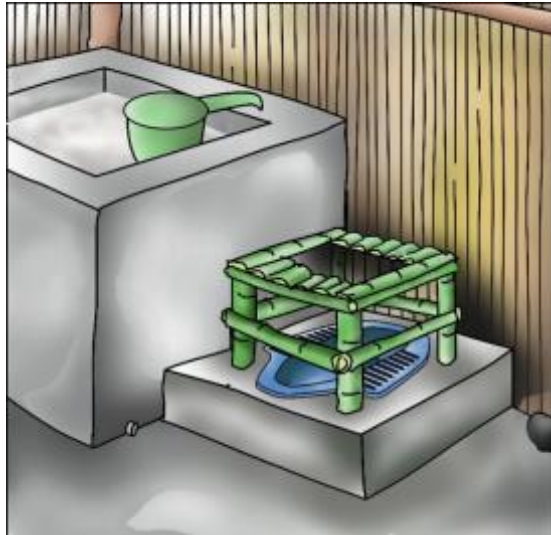
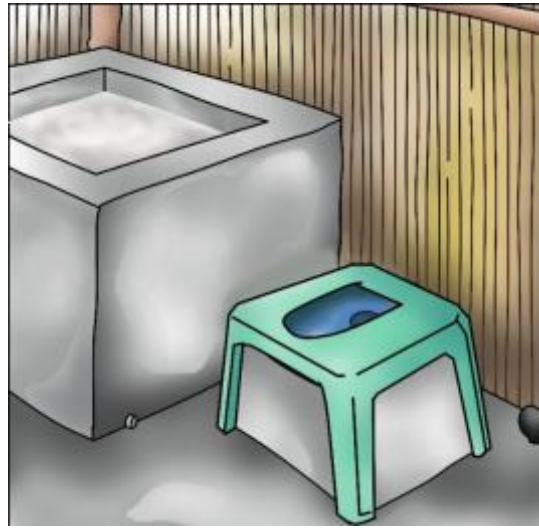
Latrine design



Discussion points

- Ask: What do you see in this picture?
- In addition to thinking about the location of the latrine, it is important to think about the structure or design of the latrine.
- In the first picture a person using crutches has difficulty entering the latrine because the doorway is very narrow and there are steps.
- In the second picture, there are no steps and a wide doorway and lots of space inside. The person is able to enter easily.
- When else might a wide doorway and a ramp/no steps be useful?
- *If people use walking sticks or are unwell and need help from someone, or if someone uses a wheelchair*

Inside the latrine



Discussion points

- What do you see in this picture?
- The first picture shows a pregnant woman who faces difficulty squatting over the toilet.
- The second picture shows a removable seat made out of bamboo which is positioned over the toilet so that the woman can sit comfortably. The seat has some plastic attached to the legs to prevent splashes.
- The seat needs to be cleaned regularly. It can be removed if other family members would prefer to squat on the toilet.
- Who else could benefit from this type of seat? (*elderly people, children, people with an injury or a sore back*)
- You could also make a seat permanent by using concrete to secure the legs to the floor

Handrails



Discussion Points

- What do you see in these pictures?
- *In the first picture a man who uses crutches is having difficulty using the toilet because he finds it hard to squat down.*
- *In the second picture the man is comfortably using the toilet holding onto a handrail.*
- Handrails can be made from local materials but need to be secured well to the wall so that they don't break when used as this could make the person fall.
- Who else could benefit from having a hand rail in the toilet?
- *Pregnant women, children, people with bad knees or back.*

Hand washing



Discussion points

- It is very important to always wash your hands with soap after you go to the toilet.
- Ask: Do you think the girl in the first picture will be able to get to the hand washing station? (*Not easily*)
- What about in the second picture? (*Yes*)
- If there is someone with low vision in the household/community, make sure the hand washing station is brightly coloured and show the person where is in relation to the latrine.
- Make sure the hand washing station is at a level that can be reached by everyone and is close to the latrine.

Conclusion

Remember it is always better to ask different people in the household such as children, pregnant women, the elderly, people with physical injuries etc what would make it easier and safer for them and include them in planning and testing the latrine and handwashing stations.

- Because we know that everyone in the community must use the latrine to stop the flies spreading the shit into our food and drink.