

## Surestop Stopcock – Occupational Therapy Case Study

### Family Life Greatly Changed Thanks To A Surestop Switch

Thanks to the installation of a Surestop Stopcock with remote switch Paul, Alison and family have improved their quality of life. This has been achieved by Paul and Alison being in control of the flow of water to the upstairs bathroom limiting the level of Waterplay that their youngest child who has Attention Deficit Hyperactivity Disorder can partake in.

### Life before the installation of the Surestop

Before the installation of the Surestop Stopcock, although they were able to manage the waterplay of the children during the day and early evening, issues arose at bedtime. Paul and Alison would put their three children to bed and although everyone would go to sleep, their youngest child would wake during the night and partake in Waterplay. A known condition where a person becomes obsessed with the flow of water be that from a tap, shower or, in this case, the toilet.

The child's action of flushing the toilet over and over again was disturbing the family's sleep and causing additional issues with siblings.

### Occupational therapy assessment

The child was referred to an occupational therapist for a holistic and person-centred assessment of their needs. The occupational therapist used the Person, Environment, Occupation and Performance (PEOP) model to frame the assessment and intervention planning.

#### The Person

The Occupational therapy assessment looked at both the needs of the child and of the rest of the family. It was essential to maintain independence for all family members in their own home without affecting the environment.

The family had already tried various forms of isolating the water to the toilet however, these had failed either because it took away the independence for their other children or the child figured out quickly how to turn the water back on.

#### The Environment

The assessment identified that Waterplay was only a problem once night-time came and everyone went to bed. Once everyone was asleep the youngest child would often awake, and boredom would quickly set in.

## The solution

The Occupational Therapist suggested a solution that would give the family full independence and use of the toilet at all times yet enable them to control the Waterplay. The product recommended was a Surestop Stopcock with remote switch.

It was suggested that the stopcock be installed in the incoming feed to the toilet, the valve would be installed with the switch facing onward so not to draw attention to it. A remote switch was also installed in the parent's bedroom giving them full control of the flow of water to the toilet.

## The review

At a review three months after the Surestop installation, the parents stated that the Waterplay in the evenings had completely stopped and the entire family were getting much more sleep.

The siblings stated they found the Surestop really simple to use and the parents stated that the switch in their room was as easy as flicking a light switch. They said that the installation of the Surestop Stopcock had greatly improved their quality of life.

## References

The NHS Attention Deficit Hyperactivity Disorder Information - [Attention deficit hyperactivity disorder \(ADHD\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The Institute for Neuro, Physiological, Psychology - [Attention Deficit Disorder \(ADD\) in Children \(inpp.org.uk\)](http://inpp.org.uk)