



MAKE BATHROOMS ACCESSIBLE FOR ALL INDIVIDUALS WITH SMA

Require adult-size changing tables in public restrooms

DID YOU KNOW?

- Due to severe muscle weakness associated with spinal muscular atrophy (SMA), many children and adults with SMA require assistance with toileting and other activities of daily living. ([Cure SMA](#))
- The Americans with Disabilities Act (ADA) sets requirements for bathroom accessibility to ensure that people with disabilities can use them. However, the ADA standard does not specifically address the number of toilet rooms or fixtures required for a facility. ([U.S. Access Board](#))
- Adult-sized changing tables—also referred to as universal changing tables—are rarely found in public restrooms, despite the benefits they offer to individuals with disabilities and their families. ([Disability and Health Journal](#))
- The International Code Council (ICC) adopted an international building code standard (E142-21) that requires height adjustable adult changing stations for certain high-occupancy locations, including rest stops, movie theaters, sports stadiums, airports, and malls. ([International Code Council](#))
- Through the Federal Aviation Administration Reauthorization Act of 2024, Congress required all medium and large airports to install and maintain adult-size changing stations in passenger terminals. ([Public Law 118-63](#))

CURE SMA POSITION

To promote accessibility, equality and dignity for all individuals with SMA and other disabilities, Cure SMA urges states and cities to:

- Require public buildings to have at least one private restroom station that include an adult-sized, height-adjustable universal changing table and a ceiling hoist to meet the accessibility needs of all individuals with disabilities.

WHY STATES & CITIES SHOULD ACT

Adult-sized changing tables provide a clean, sturdy, and size-appropriate space for caregivers to assist a person with SMA or other disabilities with toileting, changing clothes, and other tasks. Due to a lack of these tables, many individuals with disabilities who require toileting support are forced to change on restroom floors or in vehicles. Others restrict food and water consumption or limit their time in public spaces to avoid needing to use the restroom. Several states and localities have adopted laws beyond ADA standards to require adult changing tables in public restrooms. "Adult changing tables have allowed us to attend concerts and vacations," said an SMA community member.



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[Cure SMA](#) is a national organization that advocates for individuals with spinal muscular atrophy, a progressive neurodegenerative disease that robs people of physical strength, taking away their ability to walk, swallow, and breathe.