

# Toileting

*Even without incontinence, using the bathroom can be challenging and often the hardest need to discuss. Assure your loved one they can be open with you about their needs.*



## Establish a Routine

Create a consistent **toileting schedule** to help your loved one maintain regularity and self confidence. For example, make a goal to go every two to three hours, such as after meals and before bed.

## Privacy and Dignity

To help your loved one maintain their **dignity**, prioritize **privacy** and **respect** when assisting with toileting. Use gentle, reassuring communication and provide cover as needed.

## Safety First

To prevent injuries, take **safety measures** such as installing **grab bars**, **raised toilet seats**, and **non-slip mats**. These items can prevent falls and make the bathroom more accessible.

## Hygiene Practices

**Good hygiene** supports your loved one's health and helps prevent infections. Use disposable gloves, wipes, wash your hands thoroughly, and keep the bathroom clean for everyone's comfort. If your loved one prefers to clean themselves, look into **assistive devices** like toilet paper wands to support their independence.

## Advanced Toileting Solutions

Consider using aids to enhance the toileting experience:

- **Bidet attachments** are affordable, easy to install, and help your loved one stay clean independently.
- High-quality **incontinence products** are discreet, comfortable, and allow your loved one to live confidently without worrying about accidents.
- **Sensor-activated lights** and **automatic flush systems** add safety, especially at night.
- **Portable commodes** are helpful for those with mobility challenges.