

## DEMENTIA & TOILETING

**Caring for a person with dementia involves handling sensitive tasks, such as toileting, with empathy and respect. Here's a one-page guide to assist you in using this approach for toileting:**

### Prepare the Environment

- **Ensure Privacy and Comfort:** Make sure the bathroom is a safe and inviting space. Remove any hazards, provide adequate lighting and ensure the area is warm enough to avoid any discomfort.
- **Gather Supplies:** Have all necessary items (toiletries, spare clothes, wipes) ready beforehand to minimize disruptions.
- **Signage and Visual Aids:** Use clear visual signs or labels in the bathroom to help with orientation.

### Approach With Positivity

- Approach the individual from the front at eye level.
- Call the person by their first name to make sure you have their attention.
- Use a calm and friendly tone of voice.
- Show open and relaxed posture, keeping hands visible.
- Avoid sudden movement; move slowly and intentionally.

### Communicate Clearly

- Use clear, short sentences, and concrete words. Avoid complex or multiple-step instructions.
- Repeat simple phrases or questions as needed, giving them time to process.
- Combine verbal cues with hand gestures or demonstrations to clarify actions.
- Gently touch their hand and guide it if needed, ensuring you respect their comfort and consent.

### Encourage Participation

- Encourage them to do as much as they can themselves and guide rather than handle.
- Give instructions one step at a time.

### Offer Reassurance

- Allow plenty of time for each step.
- Validate any feelings of anxiety or discomfort they express.
- Constantly reassure them and maintain eye contact to show sincerity.

### Reflect and Adjust

- After each toileting event, reflect on what worked and what can be improved in the future.
- Thank them for their cooperation.

