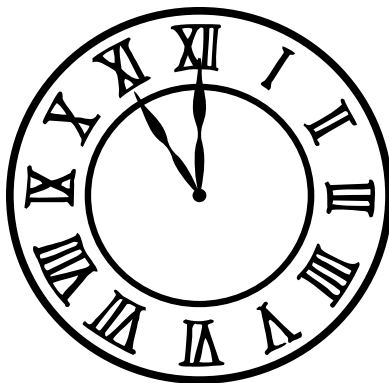
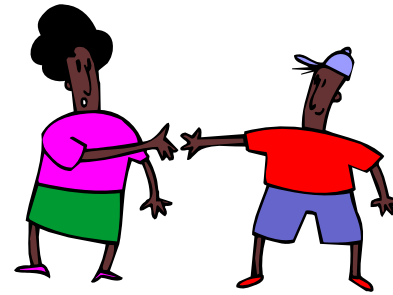


TOILETING

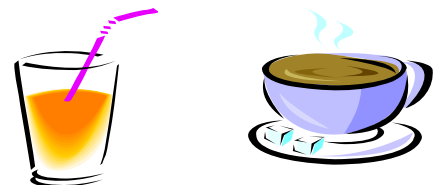
- ✓ Try to predict when your loved one will need the toilet.
- ✓ Use the toilet regularly, for example every two hours.



- ✓ Try to avoid or prevent accidents.
- ✓ Use the toilet before and after meals and before bed.
- ✓ Provide good lighting to and in the bathroom.
- ✓ Clothes should be easy to get off and on.



- ✓ Lead them to the toilet and help them get started.
- ✓ Look for patterns of where and when accidents occur.
- ✓ Would a commode by the bed at night help?
- ✓ Give them 6-8 glasses of water per day, until 7:00 pm.



- ✓ Limit caffeine.
- ✓ Avoid skin breakdowns. Keep your loved one clean and dry.