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SIGNS SOMEONE WITH DEMENTIA MAY NEED THE BATHROOM

Watch for these clues caregivers often miss.

FIDGETING OR RESTLESSNESS

They may start shifting in their chair, moving around more, or appearing uncomfortable.



PULLING AT CLOTHING

They may tug at their pants, waistband, or underwear when they feel the urge but can't explain it.



SUDDENLY STANDING UP OR PACING

They may abruptly get up and walk around the room or pace without explaining why.



WALKING TOWARD CORNERS OR UNUSUAL PLACES

Sometimes the brain tells them they need to go, but they no longer recognize where the bathroom is.



INCREASED AGITATION OR ANXIETY

When someone needs the bathroom but cannot communicate it, they may become irritable, anxious, or upset.



💡 Caregiver Tip:

Encourage bathroom visits every 2–3 hours, after meals, and before bedtime to help prevent accidents.