

# DEMENTIA TOILETING ROUTINE CHART

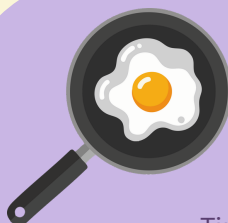
Simple Bathroom Schedule to Help Prevent Accidents

## MORNING – AFTER WAKING UP



Encourage a bathroom visit shortly after they wake up.

Tip: Many people need the bathroom first thing in the morning.



## AFTER MEALS

Guide them to the bathroom after breakfast, lunch, and dinner.

Tip: Eating often stimulates the digestive system.

## EVERY 2–3 HOURS DURING THE DAY



Do not wait for them to ask. Gentle reminders help prevent accidents.

Tip: Many people with dementia cannot recognize bladder signals.

## BEFORE LEAVING THE HOUSE



Encourage a bathroom visit before outings or appointments.

Tip: This reduces stress while away from home.

## BEFORE BEDTIME

Have them use the bathroom before getting into bed.



Tip: This may reduce nighttime accidents.

### 💡 Caregiver Tip:

Many people with dementia forget to use the bathroom or cannot recognize when they need to go. A simple routine can prevent many accidents and reduce frustration for both caregivers and their loved ones.

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