



TOILETING HELP FOR DEMENTIA CAREGIVERS

Toileting problems are very common in dementia and can become one of the most stressful parts of caregiving. This guide is here to help you recognize common problems and make toileting a little easier and less overwhelming.

Common Signs They May Need Help

- ☐ Restlessness or pacing
- ☐ Pulling at clothing
- ☐ Going in and out of the bathroom
- ☐ Increased confusion or agitation
- ☐ Wet clothing or accidents
- ☐ Trouble finding or using the bathroom

Simple Toileting Tips

- Keep a regular bathroom routine when possible
- Use simple one-step directions
- Keep the bathroom easy to find and well lit
- Watch for signs they may need to go, even if they do not ask
- Use clothing that is easier to remove quickly
- Stay calm and matter-of-fact if accidents happen

Things to Watch For

- ☐ Constipation
- ☐ Diarrhea
- ☐ Pain when urinating
- ☐ Strong-smelling urine
- ☐ More frequent accidents than usual
- ☐ Sudden behavior changes around toileting

If you notice sudden changes, pain, or signs of infection, contact the doctor.

Caregiver Tip:

Toileting problems are often easier to manage when you focus on routine, observation, and making the bathroom easy to use.

Small changes can make a big difference.

Want more dementia caregiving help and support?

Visit AlzheimersInYourHome.com for practical caregiver tools, articles, and guidance.

Want to better understand why these challenges happen?

[Explore the Understanding Dementia Course here](#)