

## Difficulty Using the Toilet/Incontinence

<p><b>Identify the Problem</b></p>	<p><b>PROBLEM:</b> Difficulty Using the Toilet/Incontinence (wetting, accidents)</p> <p><b>GOAL/EXPECTED OUTCOME:</b> To reduce difficulty with toileting/incontinence</p>
<p><b>Educate Yourself</b></p>	<p><b>ASSESS FURTHER:</b></p> <p><b>Understand the possible triggers of the problem:</b></p> <ul style="list-style-type: none"> <li>• Does the person have pain or an infection, such as a urinary tract infection (UTI)?</li> <li>• Is the person constipated?</li> <li>• Is the person getting enough to drink or drinking too much?</li> <li>• Has the person had a change in medications?</li> <li>• Does the person have a chronic illness, such as diabetes, Parkinson's, stroke?</li> <li>• Does the person have trouble with vision or moving around that makes it hard to get to the bathroom in time?</li> <li>• Is the person too far from the bathroom or is the bed too high up?</li> <li>• Is it hard for the person to undress in time to use the bathroom?</li> <li>• Does the person not remember what to do once he/she is in the bathroom?</li> <li>• Is the task of going to the bathroom too hard for the person?</li> </ul> <p><b>Understand the possible meaning of the problem to the person with Alzheimer's:</b></p> <ul style="list-style-type: none"> <li>• Is the person embarrassed? Is there not enough privacy?</li> </ul> <p><b>Understand the possible meaning of the problem to the caregiver:</b></p> <ul style="list-style-type: none"> <li>• Is the caregiver frustrated?</li> <li>• Is the caregiver worried?</li> <li>• Is the caregiver embarrassed?</li> </ul>
<p><b>Adapt</b></p> <p>Problem solve with interventions and actions</p>	<p><b>TEACH PROBLEM-SOLVING STRATEGIES TO CAREGIVER:</b></p> <ul style="list-style-type: none"> <li>• Use a bedside commode to make toileting easier</li> <li>• Install grab bars or raised toilet seats to make toileting easier and safer</li> <li>• Maintain proper hygiene: ensure the person has wiped properly, that skin is clean and dry, and that hands are washed</li> <li>• Immediately after an accident, make sure skin is washed and dried and clothes are changed, to avoid rashes and sores</li> <li>• Try to make the bathroom visible from where the person sits or sleeps. Keep the bathroom door open with a light on.</li> <li>• Assist the person to the bathroom regularly, before there is an accident</li> <li>• Try keeping a regular bathroom schedule of after meals and before bed</li> <li>• Be sure the person is drinking enough fluids, but limit fluid intake in the evening</li> <li>• Make steps simple and give one at a time. Explain clearly and in a gentle tone</li> </ul>

	<ul style="list-style-type: none"> <li>• Make clothing easy for the person to get on and off to use the bathroom, such as elastic waistbands and Velcro</li> <li>• Use protective “undergarments” if needed. Change them regularly to avoid harming the person’s skin</li> <li>• Try to avoid getting frustrated or angry with the person when there are accidents</li> <li>• Give the person as much privacy as possible</li> </ul> <hr/> <p><b><u>CLINICAL SUPPORT:</u></b></p> <ul style="list-style-type: none"> <li>• Refer to PCP to evaluate for any possible infections or medications that may be contributing to the incontinence</li> <li>• If the person has a fever for more than 24 hours report it to the doctor immediately. UTIs are often accompanied by fevers and can be dangerous when untreated</li> <li>• If the person is on a diuretic, speak to the PCP about dosage and time of day it is administered</li> <li>• Refer to PCP to place Durable Medical Equipment (DME) order as needed</li> <li>• Refer for Occupational Therapy evaluation</li> </ul> <hr/> <p><b><u>CAREGIVER SUPPORT AND COMMUNITY RESOURCES:</u></b></p> <ul style="list-style-type: none"> <li>• Listen empathically to caregiver and evaluate for level of distress</li> <li>• Refer to IHSS</li> <li>• Refer to MSSP</li> <li>• Refer to Alzheimer’s Greater Los Angeles for support groups, disease education and care consultation             <ul style="list-style-type: none"> <li>○ ALZ Direct Connect referral</li> <li>○ Provide 24/7 Helpline #: 844.HELP.ALZ   844.4357.259</li> <li>○ Website: <a href="http://www.alzcla.org">www.alzcla.org</a></li> </ul> </li> <li>• Send literature:             <ul style="list-style-type: none"> <li>○ Topic Sheet – “Incontinence”</li> </ul> </li> </ul> <hr/> <p><b><u>FOLLOW UP:</u></b></p> <ul style="list-style-type: none"> <li>• Schedule a phone call with caregiver to discuss outcomes and provide additional support</li> </ul>
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