



# Dementia and incontinence

10 tips for making incontinence and dementia less stressful



1

## Find out the cause

Incontinence can have physical, mental or practical causes, e.g. as a side effect of medications or that the bathroom is difficult to access. Always consult with a health care professional to get a full assessment.



2

## Recognize the symptoms

Learn to recognize the symptoms of toilet urgency, which can include use of incorrect words or pronunciation (aphasia), being restless, or constantly standing up and down.



3

## Schedule it

Use the bathroom at scheduled times, and remind or accompany to the toilet at these fixed times.



4

## Make it safe

Provide a clear and safe route to the toilet without troublesome and dangerous obstacles.



5

## A less stressful experience

Make the bathroom a nice and quiet place that is easy to recognize. Reflections in mirrors and shiny surfaces can cause unrest.



6

## Provide comfortable clothes

Provide clothes that are easy to put on and take off, such as pants with elastics rather than buttons and a belt.



7

## Preparation is key

Be well-prepared before going out the door. Use the bathroom, bring extra incontinence products, wipes, and pants.



8

## Be open: Talk about it with others

And be sure to discuss all incontinence related questions with a health care professional.



9

## The correct incontinence product

Always use incontinence products in the right size, right fit, and right absorption level.



10

## Make it easy

Make incontinence products accessible and easy to find. Give them a permanent and visible place in the bathroom.

For more tools and guidance visit:  
[www.abena.com/dementia](http://www.abena.com/dementia)