



Caregiving with Dignity: Toileting Help for Caregivers Handout

Toileting problems stir up a lot of emotions. Accepting the situation that “it is what it is” can help everyone cope. You are not alone! You may ask for training and help.

✓ **Notice withdrawal from others.**

Notice if you feel any shame.

Find the courage to admit when you need help.

✓ **Communicate with care.**

Do not blame or scold if accidents happen.

Speak in supportive helping tones.

Get consent before you approach.

Never humiliate or mock, but don't be afraid to “crack” a joke!

✓ **Ask for help.**

Learn the cause of the problems.

Ask for how you can be a part of a plan to make the routine better.

Talk with professionals for training tips.

Obtain the right supplies.

Ask if VA may provide some or all of what you need.

Try out different or new options when possible.



✓ **Practice safe routines.**

Learn how food and drink may help or make things worse.

Monitor for skin breakdown.

Clean up as soon as possible.

✓ **Review and revise.**

Tell the healthcare provider about new concerns.

Research new or different supplies.

Find the courage to admit when you need to arrange different help.