

Toileting — my plan

STEP 1



Know the bathroom

Become familiar with the room, sounds and route.



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STEP 2



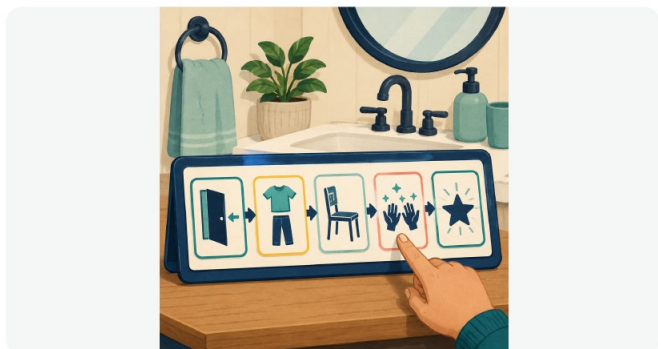
Set up comfort

Privacy, light, clothing, seat and foot support.



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STEP 3



Show one step

Use the same short words, object or picture each time.



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STEP 4



Practise gently

Offer a gradual, no-pressure chance to sit or stand nearby.



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STEP 5



Clean and wash

Make wiping, flushing and handwashing separate clear steps.



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STEP 6



Notice patterns

Record what helps and ask for health support when needed.



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