

FUNCTIONAL INCONTINENCE



Residents with functional incontinence have properly functioning bladders, but are incontinent for external reasons. These can include, for example, restraints, vision problems and residents who cannot transfer themselves.

Sometimes making residents safer is as simple as making it easier for them to see the toilet.

**White floors +
White walls +
+ White toilet +
Poor depth perception**

= a fall

A few suggestions:

- Install lights that go on automatically when someone enters the bathroom. (*Why? The resident with dementia might not remember where the lights are, and urge incontinent residents don't/won't take the time to put the lights on, which will put them at risk for falls.*)
- Create more of a contrast between the toilet seat and the toilet.
- Install grab bars.
- Remove mirrors in bathrooms used by residents with dementia (*the resident might think someone is in the room with them*).

By replacing white toilet seats with black toilet seats in a white bathroom, the resident with poor eyesight can see the toilet seat – like a bull's-eye!