

### Alzheimer's Disease--Incontinence

*"I know he feels bad when he soils his clothes...and so do I. It's hard not to get upset when it happens, especially at night when I need to change the bed."*

- React to episodes of incontinence with calm understanding. Scolding will only make the person more upset and lower his self-esteem.
- Check with your physician to be sure the incontinence is caused by progressing dementia, and not another medical problem.
- Keep track of when accidents occur. Could they be avoided with the use of a nightlight?
- Establish a routine of taking the person to the bathroom based on when accidents occur.
- Limit caffeine intake, especially before bedtime. Do make sure to give plenty of fluids during the day, but try limiting them just before bedtime.
- Continue to maintain balanced nutrition and exercise - this may help bowel incontinence.
- Try products designed for adult incontinence. Examples include adult diapers or pants, protective sheets, and home health equipment like portable commodes or elevated toilet seats with grab bars.
- If necessary, remove wastebaskets and/or flowerpots from high visibility areas. Keep the door to the bathroom open to provide the person with extra visual cues.

### Supporting Arkansas Families Since 1984

Alzheimer's Arkansas Programs and Services is an independent non-profit 501(c)(3) organization governed by a local volunteer Board of Directors.

Our services include:

- 24 hour telephone support
- Family and professional education
- Support groups for patients and caregivers
- Financial assistance
- Community awareness presentations
- Monthly newsletter and Lending Library

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