Alzheimer's Care Card #8
Alzheimer's & 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 with calm understanding. Scolding will only make the person more upset and lower their 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?

Alzheimer's Arkansas Caring for Caregivers 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
Lending Library
Establish a routine of taking the person to the bathroom based on when accidents generally 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.