

Managing Incontinence



- Establish a routine for using the toilet. Remind your loved one to use the bathroom every 2 hours.



- Use signs or different colour to indicate which door leads to the bathroom. A person with dementia may have incontinence if he/she is unable to locate the bathroom in time.



- Restrict fluids with diuretic effect (ie. drinks that cause the person to urinate more often eg. coffee/tea) to mornings.
- Limit fluid intake in the evening before bedtime.
- Consider having a stationary commode in the bedroom for night time usage. Or keep the light in toilet on at night to allow safe and easy access.
- Use easy to remove clothing with elastic waistbands or velcro closures to enable easy removal.
- Use easily washable clothes.



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Managing Activities of Daily Livings (ADLs)

The **a** **b** **c**'s of Health

 Changi
General Hospital

What are ADLs (Activities of Daily Living)?

Activities involving health and hygiene are called basic activities of daily living eg. eating, dressing, walking, showering and toileting.



How does Dementia Affect ADLs?

As dementia progresses, there is a steady deterioration of abilities including the capacity to perform ADLs.

Eating, dressing, showering, and eventually toileting will be affected as the person forgets the routines and abilities deteriorate.

Other than assisting the person with dementia, the caregiver can help to make these daily activities easier, to prolong the person's independence and make him or her feel productive.

How to Manage ADLs

Managing Showering

- Adopting the person's previous preferences may help in getting your loved one to shower. Setting routines always help.

Eg. time of shower, temperature of water, preference of shower gels and method of shower (uses shower head or from a pail).

- If washing hair causes distress to your loved one, make it a separate activity.
- If showering is constantly a struggle, try a towel bath which may be more soothing and can be done with no-rinse soap.
- Dressing up may be difficult for persons with dementia as well. Choose loose fitting, comfortable clothes with easy zippers such as Velcro and minimise buttons.



Managing Changes in Eating Patterns

- Make meal and snack times part of the daily routine. Schedule these tasks around the same time every day. Instead of three big meals, try small frequent meals.
- Do not allow too many food choices as it gets confusing (eg. Ask **"Do you want to eat rice or noodles?"** instead of "What do you want to eat?")
- Make meal times a special time. Try flowers or soft music. Turn off loud radio programs and the TV.
- Sit down and eat with your loved one. Often, they will mimic your actions and it makes the meal more pleasant to share it with someone.
- Prepare foods with your loved one in mind. If they have dentures or trouble chewing or swallowing, use soft foods or cut food into bite-size pieces.

