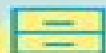


MENSWAARDIGE ZORG

Tien tips voor toiletgang bij dementie



10 / Maak het gemakkelijker

Geef incontinentiemateriaal een vaste plek.



9 / Juiste incontinentie-materiaal

Zorg bij incontinentie voor een ademend product van het juiste type, met de juiste pasvorm en absorptieniveau.



8 / Praat met anderen

Praat erover met anderen. En bespreek incontinentie altijd met een zorgprofessional.



7 / Goed voorbereid

Ga goed voorbereid de deur uit. Bezoek van tevoren het toilet en neem een reservebroek mee.



1 / Achterhaal de oorzaak

Incontinentie bij dementie kan lichamelijke, mentale of praktische oorzaken hebben, bijvoorbeeld de weg naar het toilet moeilijk kunnen vinden of bijwerkingen van medicijnen.



2 / Herken de symptomen

Herken de symptomen van aandrang. Denk aan onrustig wiebelen. Of opstaan en weer gaan zitten.



3 / Vaste tijden hanteren

Hanteer vaste tijden om naar de wc te gaan. Zo maak je het makkelijker om iemand eraan te herinneren of naar het toilet te begeleiden.



4 / Duidelijke route

Zorg voor een duidelijke en vrije route naar het toilet. Zonder lastige en gevaarlijke obstakels.



5 / Rustige plek

Maak van het toilet een fijne en rustige plek. Reflecties in spiegels en glimmende oppervlakten kunnen onrust veroorzaken.



6 / Comfortabele kleding

Zorg voor makkelijke kleding. Denk aan een broek met elastiek.



Persoonlijke hulp? Neem contact op met het Abena Adviesteam.
0485 58 11 50 | support@abena.nl



De beste hulp voor menswaardige zorg bij dementie. Bekijk alle tips op mens-waardig.nl

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Ying-Ying Zheng



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