

Environmental Modifications for Urinary Incontinence

Bathroom

Easy to locate:

Picture with written word “toilet, bathroom, restroom,..” on bathroom door

Remove bathroom door

Place arrows on floor as a map to bathroom

Place glow in the dark tape on floor to bathroom

Use a black toilet seat for a color contrast

Remove trashcans and plants

Keep a light on or provide a night light

Ease of use:

Grab bars

Transfer pole

Toilet paper location

Space for w/c transfers

Raised toilet seat

Clothing adaptations dress, sweat pants,...

Functional mobility:

Bed rail, trapeze,.. for bed mobility

Bedside commode –drop arm, bariatric,..

Manage cleaning of bedside commode if going home

Move bed closer to bathroom

Move recliner closer to bathroom

Clear path from room to bathroom

Is the toilet on the patient’s stronger side to transfer

Urinals –female, male, bed,..