

Assisting a Resident to the Bathroom

If residents are able to use the toilet, the bladder empties more efficiently. Offer trips to the toilet often. Respond to call lights quickly.

In order to use the toilet, residents must be able to bear some weight on their legs. Falls may occur in and on the way to the bathroom. Use a transfer belt to assist. Do not leave a resident alone if you feel it is unsafe.

1 Transferring a resident onto and off a toilet

Equipment: disposable gloves, toilet tissue, wheelchair, transfer belt, non-skid shoes

1. Wash your hands.
 2. Identify yourself by name. Identify the resident by name.
 3. Explain procedure to the resident. Speak clearly, slowly, and directly. Maintain face-to-face contact whenever possible.
 4. Provide for the resident's privacy with curtain, screen, or door.
 5. Position wheelchair at a right angle to the toilet to face the hand bar/wall rail.
 6. Remove wheelchair footrests. Lock wheels.
 7. Apply a transfer belt around the resident's waist. Grasp the belt. Put one of your hands toward the resident's back and one toward the resident's front.
 8. Ask resident to push against the armrests of the wheelchair and stand, reaching for and grasping the hand bar.
 9. Ask resident to pivot her foot and back up so that she can feel the front of the toilet with the back of her legs.
 10. Help resident to pull down underwear and pants. You may need to keep one hand on the transfer belt while helping to remove clothing.
 11. Help resident to slowly sit down onto the toilet. Allow privacy unless resident cannot be left alone.
 12. When the resident is finished, apply gloves. Assist with perineal care as necessary. Ask her to stand and reach for the hand bar.
 13. Use toilet tissue or damp cloth to clean the resident. Make sure he or she is clean and dry before pulling up clothing. Remove and dispose of gloves.
 14. Pull up resident's clothing. Help resident to the sink to wash hands.
 15. Help resident back into wheelchair.
 16. Wash your hands.
 17. Help resident to leave the bathroom. Make sure resident is comfortable. Remove privacy measures.
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