

# Dementia-Inclusive Resource Centre

## Washroom

The washroom is a room that everyone uses – and where safety and privacy are important. A dementia-friendly bathroom has a simple design that reduces the barriers that people living with dementia can face, greatly improving their safety and preserving their independence for as long as possible.

We were careful to design the washrooms in such a way that they use traditional fixtures, like a towel rack and hand towel rather than a paper towel dispenser, and a toilet with a handle rather than a button.



We also made sure to design one of our washrooms with extra space, not only to be wheelchair accessible, but also to have room for a care partner if assistance with toileting or personal care is required.

### Tips for the home

→ While keeping spaces free of clutter is important, you may want to leave items that are used regularly in plain sight. This reduces the need to search for things, which can cause confusion and frustration.



→ If gauging temperature is an issue, changing the heat temperature on your hot water tank can reduce the chance of using water that is too hot.



You can also install scald prevention plugs that sense temperature and warn you when the water is too hot.



## Accessibility

- Clearly label garbage cans and ensure they are away from the toilet so the two won't be confused, and so that soiled toilet paper does not get misplaced.



## Toilet

- Choose a toilet seat in a contrasting colour to the toilet, the floor and the walls. This helps with cueing when the person with dementia is experiencing diminished perception.
- A soft-close lid helps reduce noise.
- Keep extra toilet paper in sight rather than under the sink.
- Place the toilet paper holder on the wall rather than using a holder that is free-standing so that it is not a tripping or falling hazard. Ensure the holder is placed within view, and not too far of a reach when sitting on the toilet to prevent a potential fall.



## At the sink

- Place the towel rack close to the sink so that it's in view when washing one's hands. Choose a towel that contrasts in colour with the wall.
- If a person with dementia is bothered or confused by their reflection, consider placing a blind that can be lowered over the mirror.

### CONTACT INFO

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