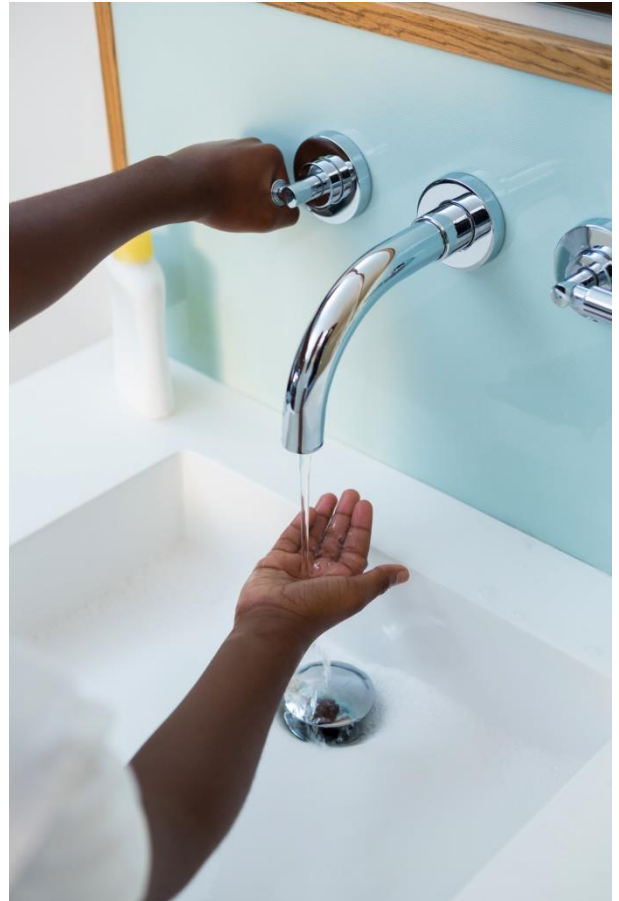


# Toilet and Personal Care

Quick reference  
**SHEET #15**

## Why do some learners have difficulties with managing their personal care?

- ☹ Balance difficulties when wiping
- ☹ Not getting the physiological signals to say they need to go to the toilet till too late
- ☹ Poor time concepts - not being time aware
- ☹ Hyper-focusing on other tasks
- ☹ Doesn't seem aware of the consequences of accidents or motivated to change behaviour
- ☹ Emotional challenges
- ☹ Urinary Tract Infection (UTI)
- ☹ Constipation
- ☹ Bullied - fear of going to the toilet
- ☹ Not able to wash hands, wipe bottom, use paper



## How can you help?

- ✓ Encourage the learner to go regularly at break and lunchtimes
- ✓ Ask parents for a spare set of clothing in case of an accident
- ✓ Talk to parents about your concerns for the learner if this is impacting on their school day
- ✓ If this is a 'new thing' then ask the parents to see a medical doctor to check out infection or other reasons for the difficulties
- ✓ Ensure the learner feels safe going to the toilet and is not at risk of being bullied by others
- ✓ Allow the learner to let you know if they need to go to the toilet during lessons. Have an agreed 'code' to indicate to you their needs
- ✓ If balance is difficult, can you ensure some toilets have a bar or handle to hold onto
- ✓ Discuss with parents the use of wet wipes to aid wiping if this is a problem
- ✓ Spare underpants / trousers in the learner's bag with a sanitary towel attached can make it easier for them to change if there is an accident