## The Caregiver's Guide to Managing Incontinence Allow time for your loved one to reach Consider the toilet. purchasing a special cleanser that will sanitize hands without scrubbing and Make sure your without drying Limit loved one stavs the skin. Keep a walker evening on the toilet until fluids. or cane near the bladder your loved is empty. one's bed. 1.1 • Keep a nightlight in your loved one's bedroom. Diet sodas Excessive Make sure your contain artificial caffeine intake loved one drinks sweeteners, which may irritate six glasses of may increase the Make sure risk of unstable the bladder. water per day. your loved one bladder behavior wears clothes in women. that are easy to take off.



