

THE DEMENTIA ROADMAP

Compassion. Guidance. Hope.

BATHROOM SAFETY

Small Changes. Safer Days.

Bathrooms can become confusing or difficult to navigate as dementia progresses. Use this checklist to look for simple changes that may make the space easier to recognize, safer to use, and less overwhelming.

Make the Toilet Easier to Recognize

- Use a toilet seat that contrasts clearly with the toilet and surrounding floor.
- Keep the toilet visible - avoid placing baskets, towels, or other objects where they block the view.
- Consider a simple picture-and-word sign on the bathroom door if finding the bathroom is becoming difficult.

Improve Lighting

- Keep the route to the bathroom well lit, especially at night.
- Use a night-light or motion-activated light where helpful.
- Reduce harsh glare and deep shadows that may be misinterpreted.

Keep the Path Clear

- Remove unnecessary clutter from the floor and walking path.
- Watch for loose rugs, cords, or other trip hazards.
- Keep frequently used items in consistent, easy-to-find locations.

Check Safety Supports

- Make sure grab bars are secure and placed where they are actually useful.
- Use non-slip surfaces in wet areas.
- Consider whether the person needs supervision or assistance with transfers, bathing, or toileting.

Reduce Confusion

- Use simple, familiar items rather than busy patterns or excessive decorations.
- Keep personal-care and cleaning products safely stored if they may be mistaken for food, drinks, or other items.
- Reassess the bathroom as needs change - a setup that works today may need adjusting later.

REMEMBER: The goal is not a perfect bathroom - it is a bathroom that works for the person using it.

This printable is for general caregiver education and is not a substitute for individualized medical, occupational therapy, or home-safety advice.

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