



Tip Sheet for OT Practitioners

Toileting with Physical Disabilities

General Guidelines

There are many considerations for toileting with people with disabilities that are beyond the scope of this tip sheet. General tips in this area include ensuring you are considering the person's home (a tub transfer bench may be better suited for someone with one-sided paralysis but may not fit in a smaller bathroom) and level of caregiving they will or will not receive (sponge bathing may be preferred for one or both parties). See also WOTA's: Geriatrics: Adaptive Toileting Strategies & Equipment Tip Sheet for OT Practitioners for other toileting ideas for physical disabilities commonly found when working with seniors.

Toileting with Bedpan or Urinal

As a practitioner, assisting with a bedpan or urinal may not be taught in school and yet can become very uncomfortable and/or messy if you find yourself in a position of helping someone with these, as can happen suddenly if you are the only one in the room and the need is immediate. It's helpful to learn before the need is immediate. One resource you can start with is this [Wiki with pictures for a bedpan](#) (Lee, 2020).

Toileting in the Community

For lived experiences with various difficulties in toileting (with technically ADA toilets), including with public and work toilets, [read this article](#) (Ratcliff, 2020).

Toileting's Intersection with Race in America

For an article on being black and living with a disability, [read this article](#) (Marfo, 2020).

Lee, L., (2020, October 01). How to Position a Bedpan. Retrieved November 12, 2020, from <https://www.wikihow.com/Position-a-Bedpan>

Marfo, N. (2020, October 28). Opinion: I've gone my whole life seeing disabled people like me erased from Black history. Retrieved November 12, 2020, from <https://www.independent.co.uk/voices/black-history-disability-ade-ade-pitan-cordova-ableism-misogynoir-b1348074.html>

Ratcliff, A. (2020, October 28). Everyone Should Be Able to Use the Public Restroom: When ADA Is Not Enough. Retrieved November 12, 2020, from <https://gizmodo.com/everyone-should-be-able-to-use-the-public-restroom-whe-1845504927>