



Compassionate Incontinence & Toileting Care: Preserving Dignity and Preventing Pressure Injuries in Seniors

April 23, 2025

Toileting Assistance & Incontinence Care: Supporting

Seniors with Dignity

When it comes to incontinence care solutions, families and caregivers often struggle to find the right balance between hygiene, independence, and respect. At COHealth, we believe every senior deserves compassionate, personalized toileting assistance that promotes both health and dignity.

Elderly incontinence management can include:

- Selecting the best adult diapers for seniors
- Developing a schedule for bathroom visits
- Providing bedside commode assistance
- Or finding a new, better solution

Professional caregivers can also guide families in learning how to prevent nighttime incontinence, explore urinary incontinence treatment, provide bowel incontinence home care, and determine whether pelvic-floor therapy may support long-term wellness.

Caregiver Tips for Incontinence and Promoting Confidence

If you are a caregiver, knowing the right techniques can make a meaningful difference. Practical tips include:

- Encouraging hydration and healthy routines
- Maintaining a respectful, empathetic approach
- Using privacy practices during incontinence care
- Restoring confidence through small wins

Most importantly, managing embarrassment in incontinence care and overcoming stigma in senior toileting care requires clear communication and emotional support. Learning how to talk with a loved one about incontinence can build trust and preserve self-esteem.

Preventing Pressure Injuries & Protecting Skin Health

Incontinence can contribute to skin breakdown, which is why pressure-injury prevention is critical. Important considerations include:

- How to prevent bedsores
- Pressure-ulcer treatment at home under appropriate clinical guidance
- Effective pressure relief and proper repositioning
- Early identification of developing pressure injuries

Guidance on moisture-associated skin damage prevention, proper repositioning techniques, and pressure-injury risk factors is especially important for people who are bedbound or have limited mobility.

Dignified Toileting Care: A Human-Centered Approach

Dignified toileting care is about more than physical care. It means preserving dignity through every interaction, protecting privacy, and encouraging safe independence whenever possible.

Appropriate products, respectful assistance, and emotional support can help seniors feel seen, respected, and empowered. Encouraging independence in toileting can also improve a person's sense of control and confidence.

Need Help with Toileting or Incontinence Care?

Families considering overnight, part-time, or full-time assistance should work with qualified care professionals to establish an appropriate plan. COHealth can also provide information about Carebidet as a technology option for eligible individuals with significant mobility limitations.

Carebidet is an automated in-bed toileting-care system designed to detect and remove urine and feces, wash the perineal area, dry with warm air, and support continuous moisture management.

This automated approach supports urinary and bowel incontinence care while reducing repeated manual toileting tasks and delivering consistent hygiene for appropriate users.

This article provides general educational information and is not medical advice. Individual needs, skin condition, mobility, continence status, and device suitability should be reviewed with qualified healthcare professionals.

Originally published by Connected Health Solutions, LLC (COHealth), April 23, 2025.
<https://www.cohealth.solutions/blog/compassionate-incontinence-toileting-care-preserving-dignity-and>