Toilet Hygiene

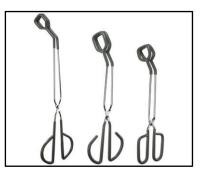
Thorough toilet hygiene is difficult for many individuals with Down syndrome. However, there are several options to increase independence and success with toilet hygiene!

- 1. **Use pre-moistened wipes.** Be aware that these should not be flushed in a toilet although the label may say 'flushable.'
 - Available at Target, Walmart, Walgreens, CVS, Amazon (usually \$3-7)



- 2. Use a Toilet Aid to assist with grasping and reaching. This may be harder to use in a community setting.
 - Available at Amazon, Walgreens, CVS (usually \$10-30)





- 3. Use a bidet attachment or portable bidet. This may be harder to use in a community setting.
 - Available at Lowes, Home Depot (usually \$25-50)





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