

Toilets



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As all Leaders will be aware, the regular use of a toilet is essential for good health. A change of routine as a result of young people going on residential experiences, outings and events can disturb this routine and may lead to problems.

Where a young person requires assistance with toileting, it is advisable for two adults to always be present.

This information sheet gives a checklist of issues that need consideration.

Discussions about toilets and toileting can create a feeling of embarrassment and shyness, and at all times must be treated with sensitivity.

- Is a special toilet used in the "home" situation?
- Can the young person manage on a standard toilet? Do they use a portable adaptation such as a special seat or toilet chair?
- Will a camp toilet be suitable?
- Would the young person be happier with a frame to give support?
- What help does the young person need with toileting?
 - Support to stand?
 - Support while sitting?
 - Assistance for undressing or dressing?
 - Assistance with personal cleansing?
- Have the parents/carers agreed who can administer this help?
- Does the young person wear nappies or an appliance?

- Is assistance required with changing/emptying a colostomy or urinary bag?
 - Are facilities available for disposing of soiled nappies?
 - Are facilities available for disposing of soiled bags?
 - Are special facilities available for toileting which will provide an appropriate level of privacy and hygiene?
 - Are disposable gloves available for helpers?
 - Is a high level of fluid intake required to reduce the risk of a urinary infection?
- Does the young person require assistance in evacuation of the bowel?
 - Are laxatives or suppositories used?
 - Do I understand how to use them?
 - Is other assistance required?
 - Do I feel capable of giving this assistance?
 - Does the young person require different provisions for toileting at night?
 - Regular emptying of a bag?
 - Waking up to go to the toilet?

Further tips

The excitement of activities can sometimes lead a young person to forget to check that a urinary bag is not too full. A gentle reminder before partaking in more violent exercise can often save an accident.

The smell, colour or lack of clarity of urine may indicate a bladder infection. Where a urinary bag is used the young person or a helper should check this regularly. If in doubt seek advice.

For journeys make sure that an emergency kit is available, with a supply of spare nappies, colostomy or urinary bags, toilet paper, disposal bags etc.

Website: <http://www.radar.org.uk>

Ensure adequate supplies of all special appliances, colostomy or urinary bags and nappies are available to cover the whole duration of the outing, camp or pack holiday - with a contingency supply in case of accidents.

If urinary bags are to be reused, they should be washed out in disinfectant or *Milton* every day, then rinsed and allowed to dry before being reused.

Most urinary bags have a tap that is used for emptying. If this job is to be done by a helper - make sure they remember to close the tap, it will save embarrassing accidents!

Further Information

Factsheet *FS250040: Living with a Stoma*, contains a description of living with a stoma and what the Scout Leader needs to know.

Factsheet *FS250031: Nights Away for Scouts with Special Needs* contains a checklist for planning Nights Away.

Factsheet *FS322101: Appropriate Medical Care* gives information about providing medical and nursing care to individuals on Scouting activities.

RADAR is a charity aiming to increase integration and remove barriers for disabled people. There are more than 4000 disabled toilets within the UK that are under the control of a national Key System administered by RADAR. For more information contact:

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