

# *Task Analysis: Toileting*

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The Task Analysis: Toileting visual is a graphic representation of the breakdown of steps required for toileting.

<b>Type :</b> <i>Visual Schedule</i>	
<b>Category :</b>	<i>1) Self-Care</i>
	<i>2) Daily Living</i>
	<i>3) Communication</i>

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## What is a Task Analysis: Toileting?

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The Task Analysis: Toileting visual is a graphic representation of the steps required for toileting. It is a step-by-step listing of the sequence of steps a learner must take when using the toilet. The goal is to break down the process of going to the bathroom into smaller steps that can be taught one at a time and reinforced individually.

The Task Analysis: Toileting is a series of images, pictures, photographs, or line drawings used to depict the sequence of steps the learner should take when going to the bathroom. The goal is to identify and teach the steps necessary for the learner to master the toileting process.

Rather than telling the learner to go to the bathroom, as this may be too complex for them, the task analysis breaks down “go to the bathroom” into smaller, more manageable tasks. Breaking down the task of going to the bathroom into a number of sequential, specific sub-tasks, the learner is able to focus on each sub-tasks individually, helping them to be less anxious or frustrated, which allows them to complete the overall task.

Remember, be consistent in ensuring the learner completes each step in the sequence as listed on the task analysis visual. Be sure all carers are using the same toileting task analysis as to not confuse the learner.

## How to use a Task Analysis: Toileting?

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A Task Analysis for Toileting Visual is used to break down and simplify the task of toileting by providing the learner with step-by-step guidance on how to complete the task of going to the bathroom. It is a visual strategy to aid a learner in completing this task with less frustration and to help from becoming overwhelmed by the overall task of toileting.

There are several ways to teach the steps to the learner. Before getting started on the teaching though, see how many steps the learner can do independently. You can have the visual nearby and point to each step as the learner finishes the prior step. With this strategy, you are visually “guiding” the learner through each step.

Observe the learner and take note of the steps they struggle with. These are the steps they may need assistance with. You can start assisting them with those steps by prompting (modeling the steps or using a physical prompt to guide them in the process). Eventually, these prompts will be faded such that the learner completes them independently.

If the learner is struggling with completing all the steps in sequence in the toileting process, you can use Chaining to teach them. There are two types of Chaining: Forward and Backward.

- For Forward Chaining, you will teach one step at a time and then aid the learner with each of the following steps. Once they have mastered that one step, the learner can complete that step as well as the next one on their own with you aiding in each of the remaining steps. This process continues until the learner has mastered each of the steps.
- For Backward Chaining, you will aid the learner in completing each step except for the last step which they will complete on their own. Once they have mastered that one step, the learner can complete that step as well as the one prior to it with you aiding in each of the prior steps. This process continues until the learner has mastered each of the steps.

To use this task analysis, print them out and laminate them. For the blank task analysis, print out, laminate, and place velcro on the blank squares in order to place any of the toileting communication cards on it in the order the caregiver would like the learner to complete the steps in. For the Flip Book cards, print them out, laminate them, cut them out, punch a hole in the corner of each and then place the steps the learner should follow on a binder ring to allow the user to flip through each step individually.

# I Can Use The Bathroom

1



Pull pants down

2



Pull underwear down

3



Lift seat

4



Stand facing toilet

5



Pee/wee in toilet

6



Pull underwear up

7



Pull pants up

8



Flush toilet

9



Put seat down

10



Wash hands

# I Can Use The Bathroom

1



Pull pants down

2



Pull underwear down

3



Sit on toilet

4



Pee/wee in toilet

5



Get toilet Paper

6



Wipe bottom  
(front to back)

7



Drop toilet paper  
into toilet

8



Flush toilet

9



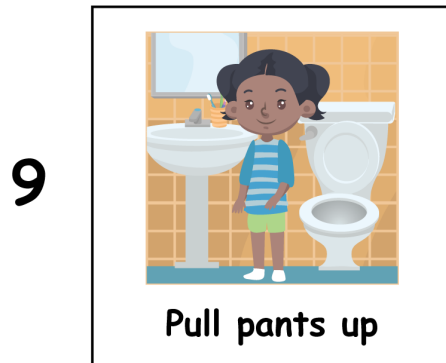
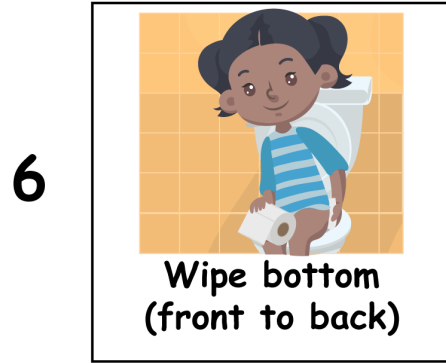
Pull underwear up

10



Pull pants up











# I Can Go Poo in the Toilet



# Going to the Bathroom

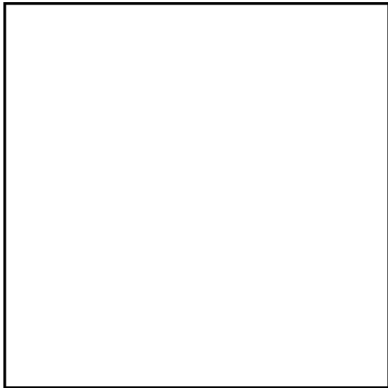
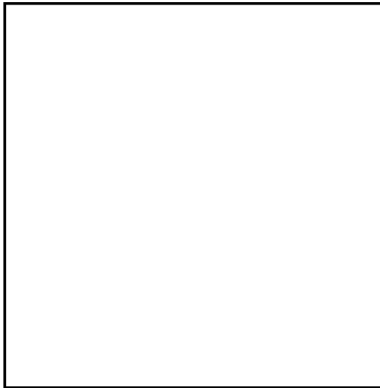
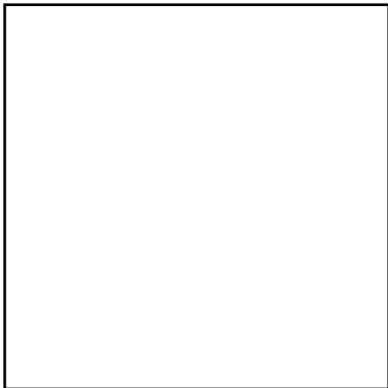
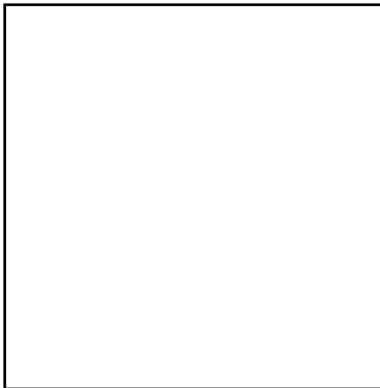
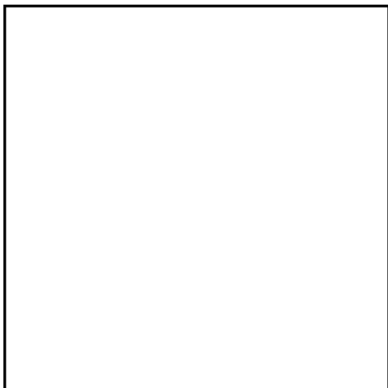
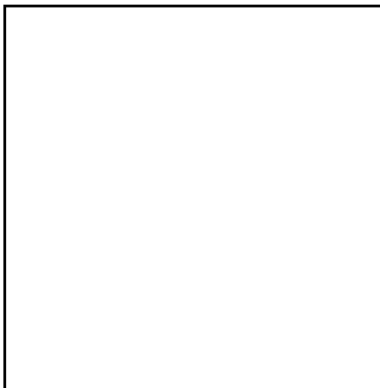
 <p>Walk into the bathroom</p>	 <p>Turn light on</p>	 <p>Close the door</p>	 <p>Pull pants down</p>	 <p>Pull underwear down</p>	 <p>Sit on toilet</p>
 <p>Pee/wee or Poop/poo in toilet</p>	 <p>Pull off 6 pieces of toilet paper</p>	 <p>Fold toilet paper</p>	 <p>Wipe bottom (front to back)</p>	 <p>Drop toilet paper into the toilet</p>	 <p>Stand up</p>
 <p>Pull underwear up</p>	 <p>Pull pants up</p>	 <p>Flush the toilet</p>	 <p>Walk to the sink</p>	 <p>Turn on the water</p>	 <p>Push the soap dispenser 2 times</p>
 <p>Rub hands together</p>	 <p>Put hands under water and rinse soap off</p>	 <p>Turn off the water</p>	 <p>Dry hands with towel</p>	 <p>Turn light off</p>	 <p>Walk out of the bathroom</p>

# Going to the Bathroom

 <p>Pull down pants</p>	 <p>Pull down underwear</p>	 <p>Sit on toilet</p>	 <p>Pee/wee in toilet</p>	 <p>Toilet paper</p>
 <p>Wipe (front to back)</p>	 <p>Pull up underwear</p>	 <p>Pull up pants</p>	 <p>Flush</p>	 <p>Wash hands</p>











## I used the toilet!

# I Can Use the Toilet

1		4	
2		5	
3		6	

## I used the toilet!

# Going to the Bathroom

 <p>Pull down pants</p>	 <p>Pull down underwear</p>	 <p>Lift seat</p>	 <p>Stand facing toilet</p>	 <p>Pee/wee in toilet</p>
 <p>Pull up underwear</p>	 <p>Pull up pants</p>	 <p>Flush</p>	 <p>Put seat down</p>	 <p>Wash hands</p>

# I used the toilet!



**Sit on toilet**



**Pull pants up**





**Pull pants down**

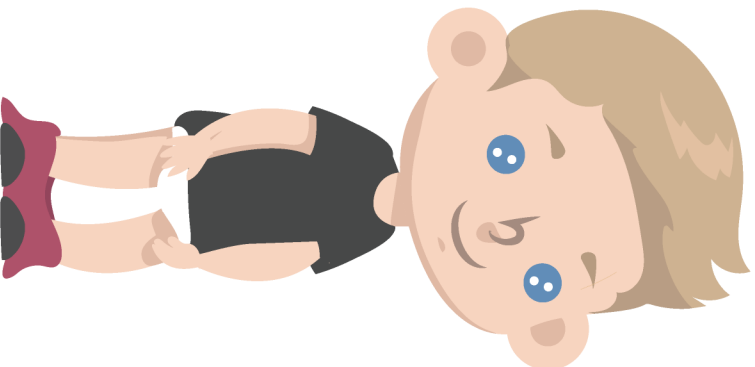


**Poop in toilet**





**Wipe bottom  
(front to back)**

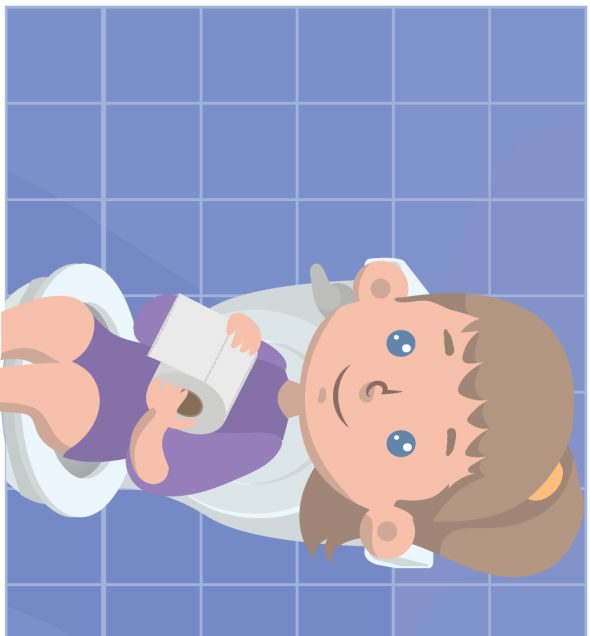


**Pull underwear up**





**Pull underwear down**



**Get toilet paper**





**Drop toilet paper  
into toilet**



**Flush toilet**





**All done!**



**Going to the Bathroom  
(Flip Book)**





**Walk into the  
bathroom**



**Turn light on**





**Close the door**

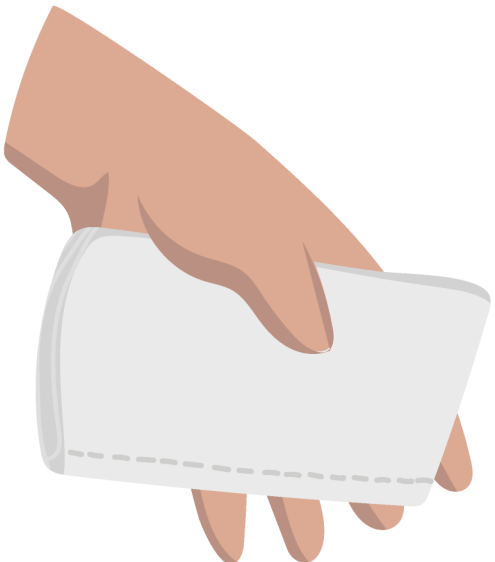


**Poop/poo in toilet**





**Pee/wee in toilet**



**Fold toilet paper**





**Stand up**



**Walk to sink**



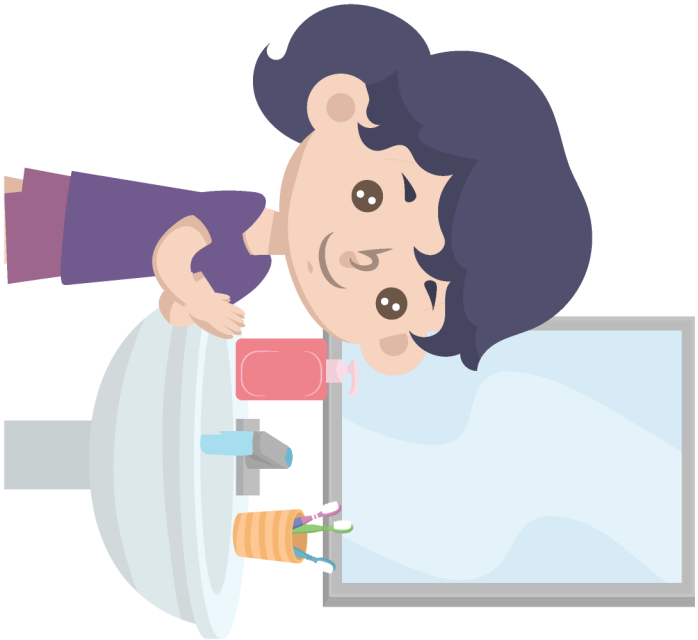


**Turn on the water**



**Push soap dispenser  
2 times**





**Rub hands together**



**Put hands under water  
and rinse soap off**





**Turn off the water**



**Dry hands with towel**



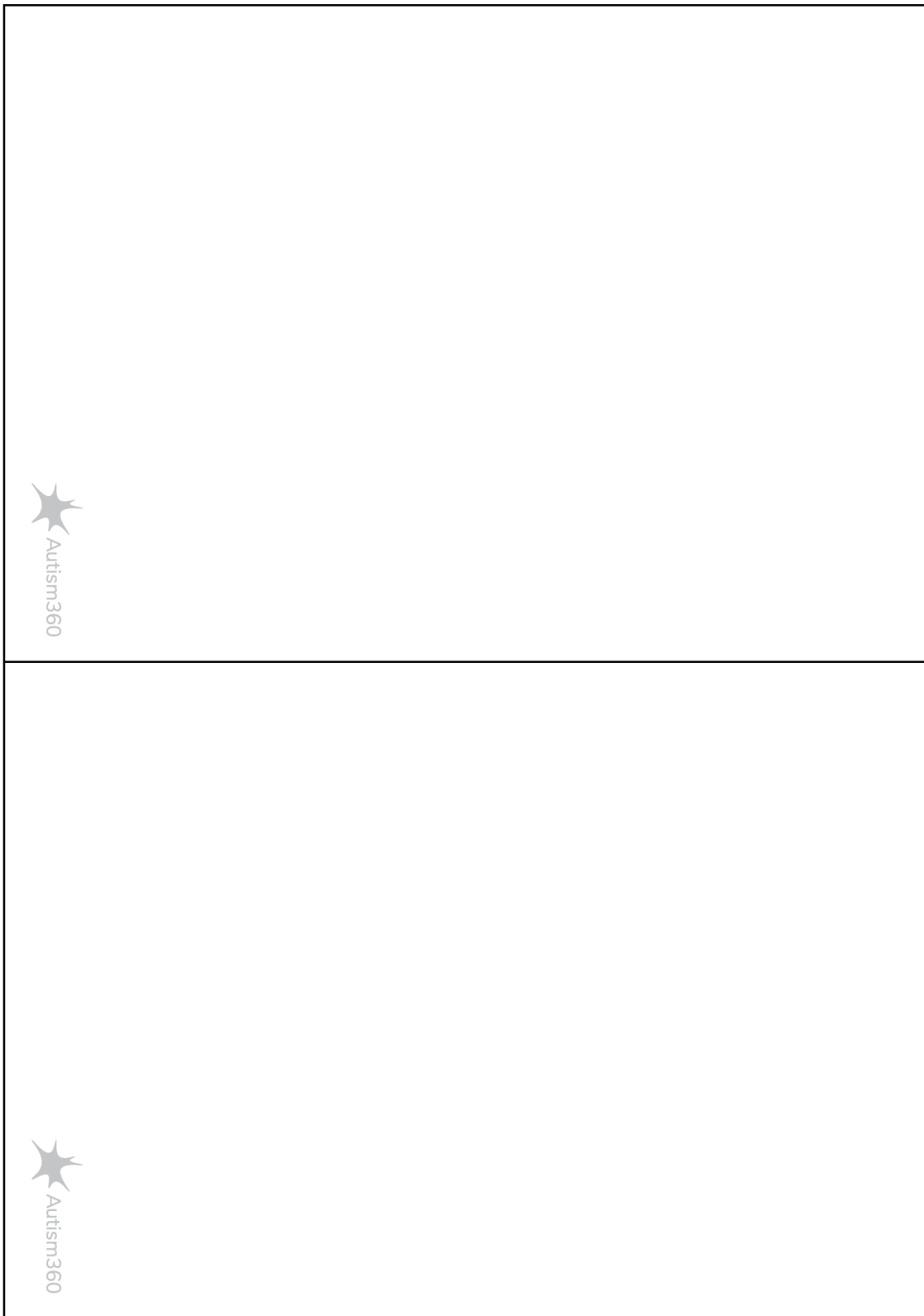


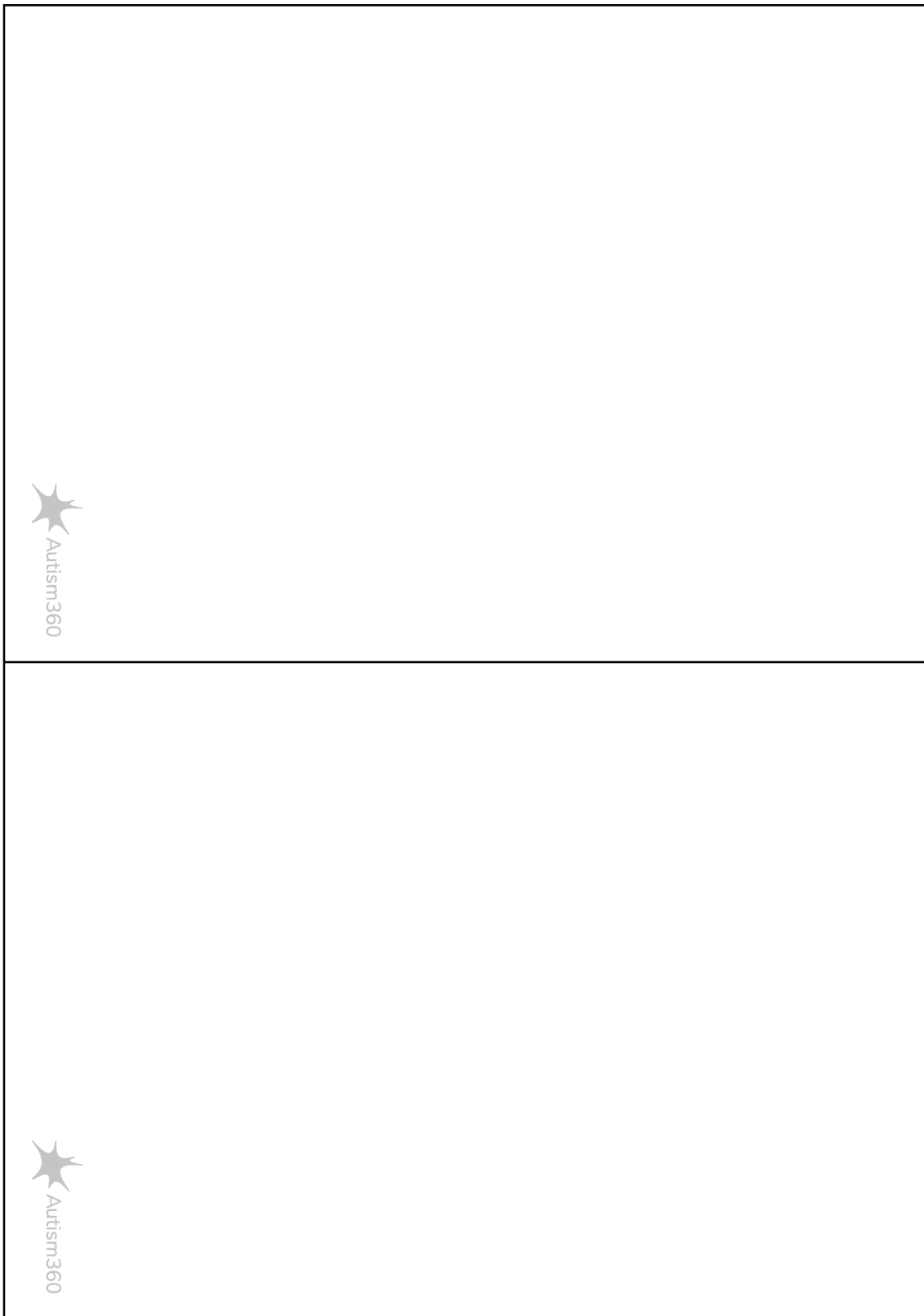
**Turn light off**



**Walk out of the  
bathroom**







***Thank you!***