

# Appendix B: Toileting and Continence Goals

When writing toileting goals, make sure to include the conditions, and be sure that those conditions are reflected in the accommodations you have written.

## **Defining Terms**

### **Continence**

The skill of holding and releasing urine and feces in the appropriate time and place

### **Toileting**

All skills related to continence, including clothing management, hygiene, mobility on and off the toilet, and communication of needs around continence/toileting

## **Sample Continence Goals**

The student will sit willingly for X (interval) and attempt to urinate or have a bowel movement, given (accommodations/conditions).

The student will urinate in the toilet X times per day, given (accommodations/conditions).

The student will have fewer than X instances of soiled pants per X (period), given (accommodations/conditions).

The student will use X bathrooms throughout the school willingly for urination/bowel movements, given (accommodations/conditions).

The student will identify the need to urinate/have a bowel movement, as demonstrated by (raising hand and asking, use of AAC, walking to the bathroom), X times per period of time.

## **Sample Toileting Goals**

The student will independently manage their clothing for toileting, including wet/soiled brief and fasteners, X times per period of time.

The student will wipe effectively after urination/bowel movements, X out of Y times, given (accommodations/conditions).

The student will complete the sequence of clothing and hygiene skills required for toileting with X assistance and X verbal cues, given (accommodations/conditions).

The student will transition to and sit on the toilet with X assistance, given (accommodations/conditions).