



skill development for people with special needs

Washroom Program

What is taken for granted by others is experienced as 'Work' and can be stressful for people with special needs. After this task, the person must be given a break for at least 10 minutes.

This is for children / adults who are dependent on help for asking /using / cleaning oneself after using the washroom. Using the washroom independently involves:

1. Asking or communicating that we want to use the washroom (particularly in school or in a place which is unfamiliar).
2. Locking and unlocking the door to ensure privacy / safety (Parents worry that the child/adult will not be able to open the door after locking it. This can be addressed by getting the carpenter to install a safety unlock system without key by using a 1 rupee coin).
3. Appropriate use of clothes (many people with autism tend to remove the pant and underwear completely or sometimes removing even before entering the washroom).
4. Sitting or standing in the correct position to relieve oneself
5. Using the jet spray and washing (Many parents need to enter the washroom and help with physical clean up which should be avoided).
6. Pulling up clothes to the correct position
7. Flushing
8. Leaving the toilet seat clean
9. Washing hands



Level 1 (for non-verbal people, AAC card is a must / flash card with a labelled picture of the toilet).

1. Student will point (full prompt) to Toilet on AAC card- will immediately go to the toilet with mother's help.
2. Enter.
3. Lock the door (door lock should be designed to open with 1 rupee coin from outside. Carpenter to install safety lock system).
4. Pull down clothes
5. Tell her to relieve herself.
6. Mother must turn her back to give her privacy (or locking and unlocking can be taught separately in which case the mother can leave the bathroom).
7. After finishing, irrespective of big job or small job, use jet spray so that she gets used to it. She has to start doing on her own at end of Level 1.
8. Wash your hands with soap.
9. Check toilet- clean?
10. Open door
11. Come out.

Immediate reward followed by 10 mins break

Level 2

1. Discuss with her in the morning – “Whenever you want to go to the toilet, please ask / take your card”.
2. However, you will not expect her to do on her own.
3. Remind her verbally. She will point to the picture on her own. She will walk to the toilet on her own. You will not follow. Once she reaches, you follow. Give verbal prompt and stay outside.
 1. Lock the door- if she does not lock, you lock from outside. If she cannot unlock, you open with a 1 rupee coin.
 2. When she comes out, block her exit. “Turn Check, Is it clean”?



3. Use the jet spray to clean the toilet seat 'round and round'.

4. Come out after washing hands.

Using the jet spray

- Go inside with the child/adult.
- Switch on the light.
- Lock the door.

Initially hand over hand

- Spray
- Flush
- Check the toilet is clean.
- Wash your hands.
- Switch off the light.
- Exit
- Close the door.