

CONTINENCE GUIDE FOR CARERS



YOU CARE, WE CARE TOO.

This guide has been specially made for carers. It contains information, tips and resources to help you look after both yourself, and those in your care.



Please share it with anyone who may benefit!

INCLUDES TOILETING HELP FOR ADULTS AND CHILDREN WITH ADDITIONAL NEEDS

ALSO INSIDE: WEBINAR LINKS, RESOURCES
IN MULTIPLE LANGUAGES, PLUS OUR WORLD
CONTINENCE WEEK VIDEO.



CARING FOR YOURSELF



CARING FOR CHILDREN



CARING FOR ADULTS

WORLD CONTINENCE WEEK: 21-27 JUNE 2021

CARING FOR YOURSELF

We know it can be tough to get time out, but self-care is important. We have a range of resources to help. Click the images below to access a downloadable version.

WATCH OUR FAQS SERIES

With Continence Nurse Specialist Janet Thackray



DOWNLOAD FREE RESOURCES

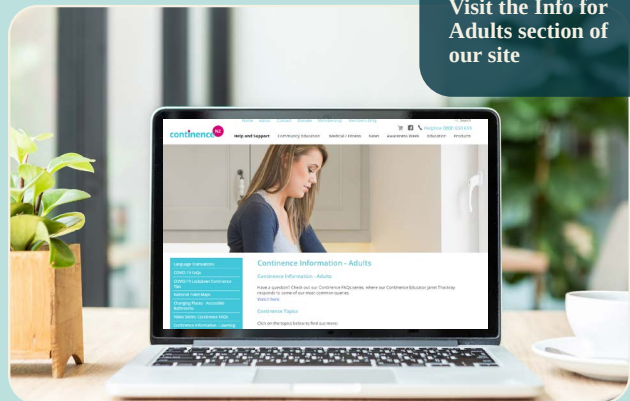
Top tips, bowel and bladder charts and a checklist

Top tips for bladder and bowel health

- 1 Drink 1.5 - 2 litres of fluid per day
- 2 Drink mostly water
- 3 Keep caffeine intake to a minimum
- 4 Do pelvic floor exercises every day for life
- 5 Don't strain to have a bowel motion
- 6 Keep bowel motions soft with enough dietary fibre
- 7 Sit properly on the toilet to relax the pelvic floor
- 8 Ladies, do not hover over the toilet, use toilet paper to sit on
- 9 Any leakage is abnormal - see your GP and ask for a referral to a Continence Nurse
- 10 Any bleeding from the bowel or bladder is abnormal - see your GP

READ OUR ONLINE GUIDES

Visit the Info for Adults section of our site



Top tips for self-care!

- 1 Take time out when you can and do something you love - read a book, do some gardening, take a walk or just enjoy a nice hot drink with your feet up.
- 2 Drink plenty of water (6 to 8 cupfuls a day) and eat foods with plenty of fibre.
- 3 Do pelvic floor exercises every day, for life.
- 4 If you have continence issues yourself, don't put off getting help. Your health is important too. Call us on 0800 650 659.

Questions? Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

CARING FOR YOURSELF FOR MUMS

Leaking/incontinence while pregnant or after having a baby is common, but not normal. If you are leaking it is a sign that you need to see a health professional for support. Pelvic health physios and continence nurses are trained in how to best support you with these issues.

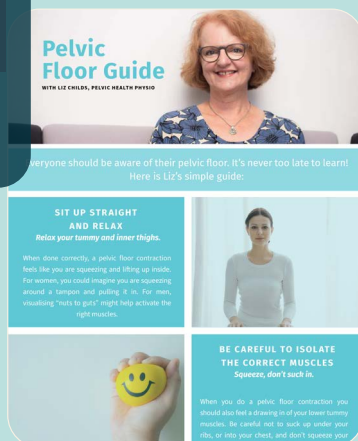
WATCH EMMA'S STORY

See how life-changing the right help can be



DOWNLOAD PELVIC FLOOR GUIDE

From pelvic health physio Liz Childs



READ OUR ONLINE GUIDES

Visit the info for mums section of our site



Top tips for mama-care!

- 1 Do pelvic floor exercises every day, for life. See our guides above.
- 2 Drink plenty of water (6 to 8 cupfuls a day) and eat foods with plenty of fibre to avoid constipation.
- 3 See a pelvic health physio or continence nurse if you are concerned.
- 4 Don't put off getting help. We can help you get the support you need. Call us on 0800 650 659.

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CARING FOR CHILDREN

Toilet training is a huge milestone for children and we are here to support you through it. It doesn't always come easy, so just know that no matter what - they are not the only one.

WATCH GOING POTTY

A webinar from children's continence nurse Lisa Smith

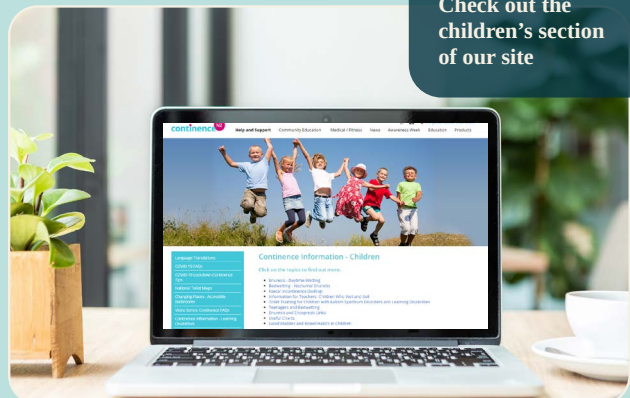


READ OUR ONLINE GUIDES

Check out the children's section of our site

DOWNLOAD GOING POTTY GUIDE

A handy summary of Lisa Smith's 7 P's Potty Plan



Top tips for child-care!

- 1 Wait till your child is ready before starting potty training, and be armed with patience and a plan.
- 2 Ensure your child drinks plenty of water during the day, and eats a balanced diet.
- 3 Seek help from your family doctor if your child is wetting during the day from age 5+, is still wetting the bed at age 7+, or has been dry at night for 6-12 months and then starts to wet the bed again.
- 4 Remember - you are their best teacher and their most passionate advocate, you've got this! Plus, we are here if you need support.

Questions? Don't hesitate to contact our friendly team!
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CARING FOR YOUNG PEOPLE WITH ADDITIONAL NEEDS

Toileting can be a challenge for those with additional needs. It can take tremendous patience and perseverance. Our experts can help.

WATCH VIDEO SERIES

From fun books brought to life, to real case studies



READ OUR ONLINE GUIDES

Info for children with ASD and learning difficulties

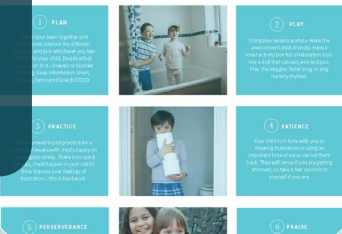
Toilet Tactics

CHILDREN'S CONTINENCE NURSE
LISA SMITH'S 7 P'S TOILETING PLAN
FOR KIDS WITH ADDITIONAL NEEDS

Becoming continent is one of the biggest and most important and exciting milestones you will reach with your child. It can take longer in children with additional needs, but is possible with help.

DOWNLOAD OUR HELPFUL GUIDES

Toilet Tactics and more!



Top tips for additional needs!

- 1 Children with additional needs require more help to master toileting skills. It is important to toilet train according to developmental age, not physical age.
- 2 It is crucial to have a plan, be consistent and patient, give calm responses and praise desired behaviours.
- 3 Contact your local continence advisor for support. Find a list [on our website here](#) or give us a call. You are not alone!

Questions? Don't hesitate to contact our friendly team!
Call us on 0800 650 659.

CARING FOR ADULTS

It's important to get the right help and support when caring for adults with bladder and bowel challenges. And to make sure you get time out for yourself.

WATCH CARER QUESTIONS

With continence nurse Janet Thackray



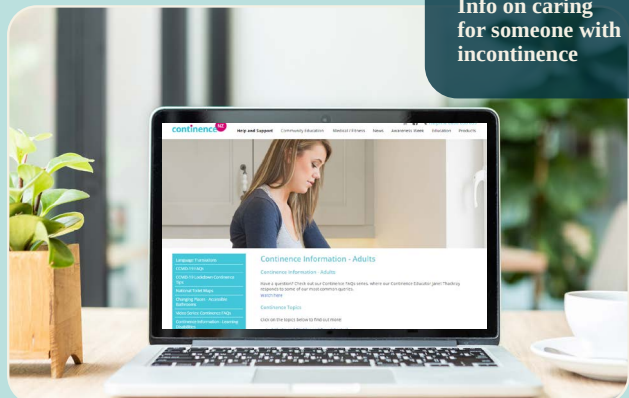
DOWNLOAD FREE RESOURCES

Bladder charts, bowel charts and more



READ OUR CARING GUIDE

Info on caring for someone with incontinence



Top tips for adult care!

- 1 Options for preventing, treating, managing and curing incontinence are available, so it is very important to seek professional help as early as possible.
- 2 Call us for advice if you need help. See your GP if required. They can refer you on to a continence advisor to help with practical advice and management options.
- 3 Make sure the person you are caring for is drinking adequate amounts of fluid - 6 to 8 cupfuls spread evenly throughout the day.
- 4 This is hard work. Take time out for yourself when you can. And call us if you need support or advice.

Questions? Don't hesitate to contact our friendly team!
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FOR CARE PROFESSIONALS

We can help ensure you are prepared when caring for someone's bladder and bowel needs.

WATCH

PROSTATE + INCONTINENCE

**With Dr Anna Lawrence
and Prostate NZ's
Graeme Woodside**



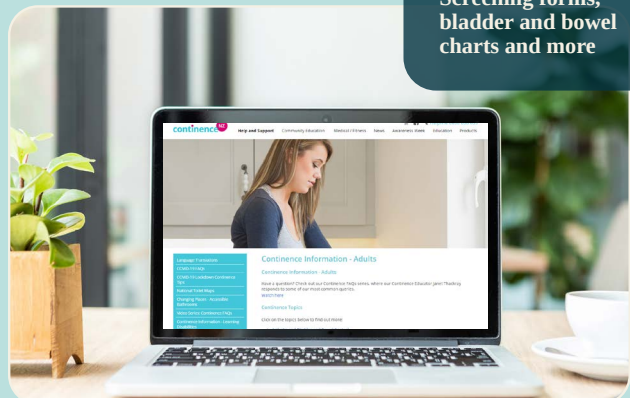
**DOWNLOAD
FREE AGED CARE PLAN**

Continence Assessment Form and Care Plan

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**DOWNLOAD
MORE AGED CARE TOOLS**

Screening forms, bladder and bowel charts and more



Top tips for care professionals!

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