



MESSAGE 3

What I need to stay continent and how you can help

- Get to know what I do or the habits I have that keep my bladder/bowels regular.
- Make sure I have a choice of food and drink available to promote a healthy bowel and bladder. For example, decaffeinated drinks and fruit and vegetables.
- Keep me as active as I can be. Keeping me well will help promote a healthy bladder and bowel.
- If needed, adapt my clothing to help me to use the toilet independently, while keeping me in the style I like.
- Make sure any equipment I need to keep me continent is available for me to use.
- Help me manage my medication so that it doesn't affect my lifestyle. For example, seek advice if I am taking water tablets and/or laxatives, where they affect me doing the things I want to do or prevent me from getting a good night's sleep.



MESSAGE 4

Create an environment that supports me to be independent and promotes continence

- Can I find the toilet? Are there clear signs and layout?
- Is there enough lighting? Can I find the light switch?
- Will I recognise the toilet and sink? Are they a different colour from the walls?
- Can I reach the toilet roll?
- Can I find my way out of the toilet and back to where I want to go?
- What technology and equipment is there to help me improve or remain continent?
- Think about the environment for me. For example consider if my bed needs repositioned so that I can see the toilet when I wake up.



MESSAGE 5

Look for every opportunity to promote my continence – be creative

- Going to the toilet should not be stressful for either you or me.
- Give me the opportunity to go to the toilet at times that are 'normal' for me.
- When you help me to the toilet give me time on the toilet and give me time to try again.
- Ask yourself if you need to stay with me when I go to the toilet.
- Work with me and other people to find the best solution, and access specialist help when needed. Pads are not the only option.
- Where continence is not possible, look at the range of products that are available and get the right products for my lifestyle and the activities I do.

USEFUL LINKS AND RESOURCES

- www.aliss.org - Access to local information to support self-management (ALISS)
- www.bladderandbowelfoundation.org
- www.alzscot.org
- www.alzheimers.org.uk
- www.sssc.uk.com/workforce-development/
- www.nes.scot.nhs.uk/education-and-training/
- www.bladderproblem.co.uk/
- Hub.careinspectorate.com
- www.aca.uk.com - Association for Continence Advice (ACA)
- www.rcn.org.uk - RCN Guidelines



A GUIDE FOR YOU WHEN SUPPORTING ME

This guide is about how you can support me to:

- recognise when I need to go to the toilet, making sure I get there on time
- find the toilet
- get to the toilet either on my own or with some help
- use the toilet once I get there
- adjust my clothing and wash my hands after I have used the toilet
- find my way out and return to where I want to go.

STAYING CONTINENT FOR AS LONG AS POSSIBLE WHILE LIVING WITH DEMENTIA AND OTHER LONG TERM CONDITIONS IS SOMETHING THAT I WANT TO DO, BUT I MIGHT NEED YOUR HELP TO DO THIS. IT'S THE SMALL CHANGES THAT CAN REALLY HELP.

FIVE KEY MESSAGES

-  Know me and what's important in my life and do what's best for me.
-  Know me and how I communicate.
-  What I need to stay continent and how you can help.
-  Create an environment that supports me to be independent and promotes continence.
-  Look for every opportunity to promote my continence – be creative.



MESSAGE 1

Know me and what's important in my life and do what's best for me

- Find out how I am able to remain continent.
- Ask me about my normal bowel/bladder habits, routines and lifestyle.
- Support me to maintain my personal hygiene, making sure my skin stays healthy.
- Involve my family, carers and friends in finding out about me and my culture but remember I have a voice too.
- Use the information to get me the support I need.
- Support me to improve, remain continent and keep my dignity.



MESSAGE 2

Know me and how I communicate

- Listen carefully to any words I use, to help you get to know what I am trying to tell you.
- If I can't tell you clearly what I need, pay close attention to my body language, facial expression, behaviour and any signs I may use.
- Remember I might feel embarrassed so consider my privacy and dignity.
- Remember your behaviour affects the way I feel.
- Don't assume anything. Hear me, see me and listen to me.

**REMEMBER,
PROMOTING
CONTINENCE
IS EVERYBODY'S
BUSINESS**