



Incontinence CARE

1. Look for Signs:

- Wet clothing
- Unpleasant odor
- Wet bed linens

2. Talk To Your Client

- **Talk to your client with dignity and respect.** Set the tone for a more enjoyable and beneficial relationship with your client.
- **Be calm, positive and reassuring.** Use positive words of encouragement especially when dealing with an uncomfortable situation. Use supportive language like, "It's going to be all right. I will help you be prepared so that you can care for yourself."
- **Avoid terms like "diaper," or "potty".** Use adult terms such as "absorbent undergarment/briefs," or "toilet". You will increase your client's understanding of the procedures and requests that you make of them and you will also experience a higher rate of cooperation.

3. Plan Bathroom Breaks

- **Encourage bathroom breaks.** Strongly encourage your client to use the bathroom in the morning and before bedtime and at least every 3 hours during each day may decrease accidents.

- **Prevent falls.** 33% of all falls are caused by hurrying to reach the bathroom in time. Make sure that any path to the bathroom is well-lit and free of potential hazards – especially at night.
- **Suggest easy to wear clothing.** Encourage your clients to wear clothing that is easy to pull up and down.

4. Monitor Diet

- **Manage fluids.** Drink most fluids during the daytime in order to minimize the need for nighttime voiding.
- **Eliminate or reduce beverages that have a diuretic effect.** Beverages containing caffeine often contributes to incontinence. Monitor the intake of such beverages as coffee, tea or cocoa in addition to soft drinks and alcohol.
- **Drink adequate amounts of appropriate fluids.** Recommend to you client to drink at least eight 8-ounce glasses of water everyday to maintain a healthy bladder as well as normal bladder function.
- **Eat foods high in fiber.** Constipation can cause urinary incontinence.

5. Prepare for Outings & Extended Travel

- **Plan ahead!** Remind your client to use the bathroom before they leave home.
- **Know where you are.** Wherever you are going, learn where the bathrooms are located.
- **Bring extras.** Take along extra clothing along with undergarments, wipes and gloves.
- **Be prepared.** When going out, carry a disposable bag to discard used or soiled items.

6. Use Products that Make a Difference

- **Don't run out!** Make sure that the client has an adequate supply of products.
- **Storing the products.** The products should be stored in a convenient place that is familiar and easy to access for you and your client.

