

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, VIDEOS AND
RESOURCES IN MULTIPLE LANGUAGES.**



CARING FOR YOURSELF



CARING FOR CHILDREN



CARING FOR ADULTS

CONTENTS

Click on the topics below to go straight to the most helpful pages for you.



CARING FOR YOURSELF



CARING FOR YOURSELF,
FOR MUMS



CARING FOR CHILDREN



CARING FOR CHILDREN
WITH ADDITIONAL NEEDS



CARING FOR ADULTS



FOR CARE PROFESSIONALS

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



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.

TRANSLATED GUIDES



Our most popular bowel and bladder guides are also available in the following languages:

Te Reo Māori

Chinese

Hindi

Tongan

Samoaan

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.

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

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

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!
Call us on 0800 650 659.

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

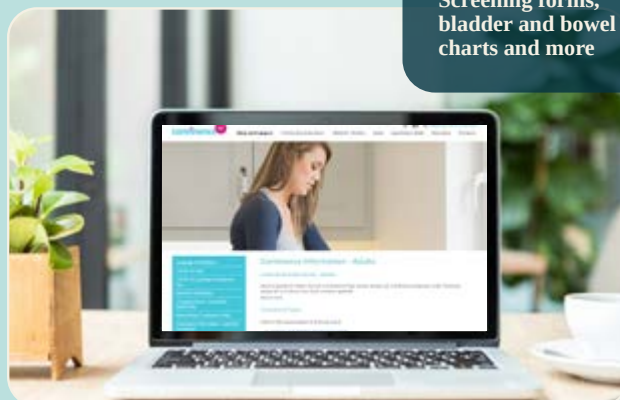


DOWNLOAD FREE AGED CARE PLAN

Continence
Assessment Form
and Care Plan

DOWNLOAD MORE AGED CARE TOOLS

Screening forms,
bladder and bowel
charts and more



Top tips for care professionals!

- 1 Make sure those you support drink 6-8 Cups of water every day as cupfuls, not sipping from a bottle.
- 2 Encourage them to cut down on caffeinated drinks.
- 3 Managing bladder and bowel issues can be hard. Call our helpline for help, or encourage the person you support to do so, if they can.
- 4 Help them avoid constipation – know the Bristol Stool Chart and their bowel routines.

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