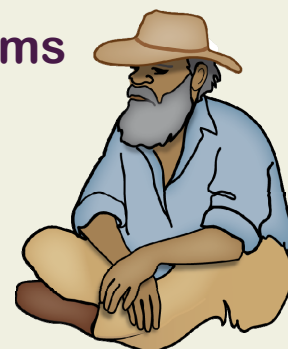


Continence

Help for older people with toilet problems



Toilet problems can make people feel shame
and stop them doing things they enjoy

Things that can cause toilet problems:

- Diabetes
- Being overweight
- Some medicines
- Smoking
- Too much grog
- Constipation
- Childbirth (women)
- Enlarged prostate (men)

Things that can help stop leaking:

- Talking to health worker or specialist
- Pelvic floor exercises—making the muscles strong can stop leaking problems
- Drinking enough water
- Eating lots of fruits and vegetables
- Practising waiting to go to the toilet—training the bladder
- Sometimes medicine or an operation can help

How do I
stop
leaking?



What can
help if I still
leak?



Things that can help when a person leaks:

- Pads and pants—these can be disposable or washable
- Mattress and chair protectors
- Urinals and commodes (chair toilets)
- Bedpans
- Drainage bags

More information is available in the *Let's Yarn About This* booklet series produced by the Continence Foundation of Australia.
www.continence.org.au 1800 33 00 66