

# Incontinence

## What is it?

Incontinence is the involuntary leakage of urine or bowel movements.

**More than 20% of Canadian seniors** suffer from incontinence



Individuals with incontinence are **50% more likely to experience loneliness**



## Early warning signs

- Urine leakage whilst coughing
- Frequent urination
- Inability to hold urine/stool in
- Restless nights spent waking up to pass urine/stool
- Sudden urges to urinate/pass stool
- Sudden bedwetting or loss of urinary control

## Impact on quality of life

Incontinence can become a very bothersome and embarrassing problem for those affected. Often, it negatively impacts the mood. If the condition continues to progress without adequate care, those affected may experience feelings of isolation, dependency and rejection.

## Top caregiver do's

- Become knowledgeable of the condition and understand how it can affect an individual
- Introduce the use of incontinence products and good toilet habits
- Help loved one exercise, promote weight reduction/healthier lifestyle and switch to a healthy high-fibre diet
- Be patient, prepared and provide genuine emotional support

## Top caregiver don'ts

- Do not underestimate the problem or ignore the signs of incontinence in your loved one
- Remain patient - do not direct any negative feelings towards a loved one