



Tips for Caregivers From Caregivers

Been there, done that...

Incontinence

Definition: Lack of voluntary control over urination or defecation.

● HAVE A ROUTINE

Start a bathroom schedule and assist or give reminders every two hours.

● BUY "CHUCKS"

Cloth and disposable "chucks" can be bought on Amazon and placed on chairs and beds to protect them from accidents - and save you from doing the laundry

● LIMIT FLUIDS AT NIGHT

● USE VISUAL CUES

Make sure they know which door is the bathroom - make a sign

● BEDSIDE COMMODES

Can be a good nighttime solution

● DON'T MAKE A SCENE

No one wants to start to wear protective briefs. Change out their underwear with them. Lay them out with their clothes. Act like it is no big deal.

● FEMALE PUREWICK

Some families have had success with this non-invasive female catheter

● BUY A SMALL URINAL

Urinals can be kept close to a chair to help men stay independent

● EASY TO REMOVE CLOTHES

Elastic waist bands and velcro are your friends!

NEXT STEPS SENIOR PLACEMENT

Free Service for Families to Find Senior Living Options
720-515-8014 | cameron@nextstepsenior.com



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Incontinence - More tips

Because we all have to deal with it!

- **NASA INSPIRED BRIEFS**

For big issues - try these briefs developed with NASA technology - Unique Wellness Absorbent Underwear

- **TRY DIFFERENT BRANDS**

Lots of choices out there! Try some first. Some people suggest Tena is better for Men. Others like Molicare.

- **PACK AN EXTRA SET OF CLOTHES**

Always have another set in the car - because accidents happen.

- **PLASTIC MATTRESS COVERS**

A must!

- **HOSPICE PROVIDES**

If your loved one is on Hospice - they will provide all incontinence product - briefs, wipes, gloves. Even if they are not your favorite "brand" - we sometimes "double" them for night.

- **WATERPROOF CHAIR PROTECTORS**

For the car, wheelchairs, your chairs

- **ORDER IN BULK**

Just saying... Amazon delivers, CVS, COSTCO, Sams

- **LAYER THE BED**

Plastic mattress cover + washable blue chuck + briefs + pad.

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