



# Continence concerns?

## Let our caring hands help.

As we get older, urine or bowel leakage is more common, and is more prevalent in women. Incontinence can be frustrating, but it is not an inevitable part of ageing with effective treatments available to help improve and manage incontinence problems in a respectful way.

### Common causes

- Infection
- Irritation of the genital areas
- Constipation
- Nerve damage
- Prolapse
- An overactive bladder
- Prostate problems
- Medications

### Types of incontinence

**STRESS** : leaking urine when coughing, sneezing, exercising or lifting heavy objects

**URGE** : leaking urine after a sudden urge making you feel like you can't hold on, usually associated with weakened muscles and nerves in your bladder

**OVERFLOW** : leaking urine from your bladder when it is full, often without an urge to urinate

**FUNCTIONAL** : leaking urine because you can't get to the bathroom in time

### Management and treatment

- Pelvic floor exercises
- Avoiding heavy lifting
- Weight loss if you are overweight
- Resolving any constipation issues
- Minimise caffeine and alcohol
- Increase fluids intake to 2 litres a day (reducing your intake can concentrate your urine making the problem worse)
- Aids such as incontinence pads

### Ask for help if you need it

Let Southcare's caring hands help you to manage your incontinence issues and assistance with continence aids or products.

Your GP can help with any concerns and assist you with appropriate advice and support.

### We all need a helping hand as we age.

In line with your approved care needs, our caring hands can help you with any incontinence issues you may experience so you can best manage it and live your best life.

Reach out and talk with your Coordinator today.

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