

# 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, RESOURCES IN MULTIPLE LANGUAGES, PLUS OUR WORLD CONTINENCE WEEK VIDEO.



CARING FOR YOURSELF



CARING FOR CHILDREN



CARING FOR ADULTS

WORLD CONTINENCE WEEK: 21-27 JUNE 2021

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



DOWNLOAD OUR WORLD  
CONTINENCE WEEK POSTER



WATCH OUR WORLD  
CONTINENCE WEEK VIDEO



CARING FOR YOURSELF



CARING FOR YOURSELF,  
FOR MUMS



CARING FOR CHILDREN



CARING FOR CHILDREN  
WITH ADDITIONAL NEEDS



CARING FOR ADULTS



FOR CARE PROFESSIONALS

WORLD CONTINENCE WEEK: 21-27 JUNE 2021

# YOU CARE. We care too.

If bladder or bowel issues are a challenge for you or someone you care for, we're here for you both.



**WORLD CONTINENCE WEEK:  
21-27 JUNE 2021**



Click to download the  
World Continence  
Week poster!

[www.continence.org.nz](http://www.continence.org.nz)

## Watch our World Continence Week Video!

Bladder and bowel issues affect more than one in four of us. And it's something we need to talk about.

This World Continence Week, we at Continence NZ want you to know that if you are caring for someone, we care too, and are here to help.

It may be that you need some advice for the person you care for, or for yourself. Whatever your situation, we are here for you.

Give us a call on 0800 650 659.

You care. We care too.



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

# 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

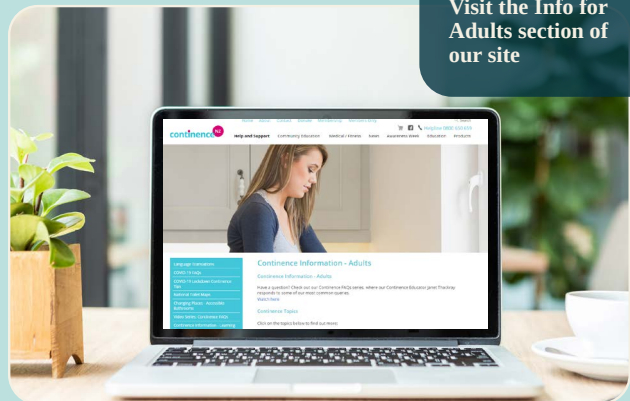
Top tips, bowel and bladder charts and a checklist

### Top tips for bladder and bowel health

- 1 Drink 1.5 - 2 litres of fluid per day
- 2 Drink mostly water
- 3 Keep caffeine intake to a minimum
- 4 Do pelvic floor exercises every day for life
- 5 Don't strain to have a bowel motion
- 6 Keep bowel motions soft with enough dietary fibre
- 7 Sit properly on the toilet to relax the pelvic floor
- 8 Ladies, do not hover over the toilet, use toilet paper to sit on
- 9 Any leakage is abnormal - see your GP and ask for a referral to a Continence Nurse
- 10 Any bleeding from the bowel or bladder is abnormal - see your GP

## 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

Samoan

# 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

### Pelvic Floor Guide

WITH LIZ CHILDS, PELVIC HEALTH PHYSIO

Everyone should be aware of their pelvic floor. It's never too late to learn! Here is Liz's simple guide:

#### SIT UP STRAIGHT AND RELAX

Relax your tummy and inner thighs.

When done correctly, a pelvic floor contraction feels like you are squeezing and lifting up inside. For women, you could imagine you are squeezing around a balloon and pulling it in. For men, visualising "nuts to go!" might help activate the right muscles.



#### BE CAREFUL TO ISOLATE THE CORRECT MUSCLES

Squeeze, don't suck in.

When you do a pelvic floor contraction you should dislodge air coming out of your lower tummy muscles. Be careful not to suck up under your ribs, or into your chest, and don't squeeze your buttocks.



## 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 cups 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!  
Call us on 0800 650 659.

# 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.

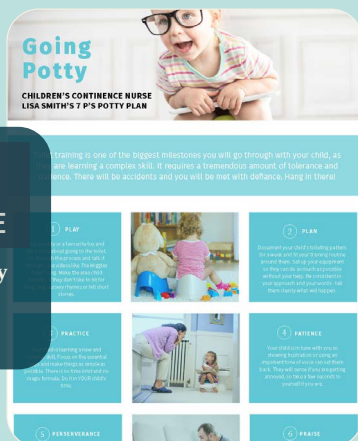
## WATCH GOING POTTY

A webinar from children's continence nurse Lisa Smith



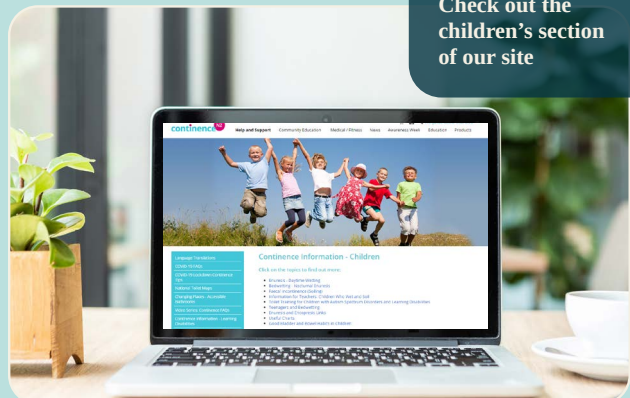
## READ OUR ONLINE GUIDES

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



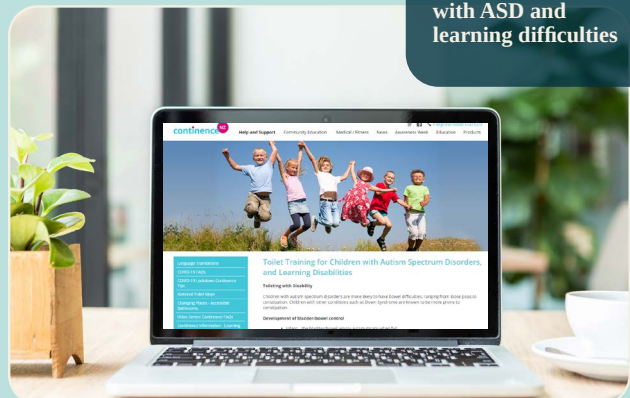
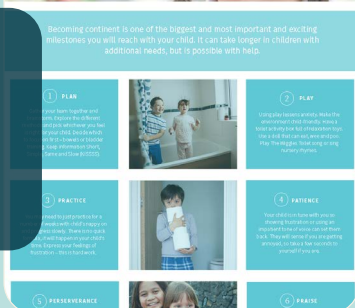
## READ OUR ONLINE GUIDES

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



## READ OUR CARING GUIDE

Info on caring for someone with incontinence

## DOWNLOAD FREE RESOURCES

Bladder charts, bowel charts and more

**How do I know what's normal?**  
Have a look at our quick reference charts below

**Healthy bowel**

- ✓ Daily soft brown stool, a number four on the Bristol stool chart
- ✓ Smooth and shaped like a sausage
- ✓ No straining required
- ✓ No pain on passing a stool
- ✓ No bleeding
- ✓ No leakage or incontinence of stools

**Bristol Stool Chart**

- Type 1: Separate hard lumps, like nuts (hard to pass)
- Type 2: Sausage-shaped but lumpy
- Type 3: Like a sausage but with cracks on the surface
- Type 4: Like a sausage or snake, smooth and soft
- Type 5: Soft blobs with clear-cut edges
- Type 6: Fluffy pieces with ragged edges, a mushy stool
- Type 7: Watery, no solid pieces, entirely liquid

**Unhealthy bowel**

- ✗ Passing a stool 3 times a week or less
- ✗ Hard stools that are difficult to pass
- ✗ Having to strain to pass a stool
- ✗ Feeling of incomplete emptying of the bowel
- ✗ Passing blood from the bowel
- ✗ Pain on passing a stool
- ✗ No control over passing a stool - incontinence
- ✗ Very loose or watery stools
- ✗ Change from your usual bowel habits

0800 650 659 | continence.org.nz



## Top tips for adult care!

- Options for preventing, treating, managing and curing incontinence are available, so it is very important to seek professional help as early as possible.
- 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.
- Make sure the person you are caring for is drinking adequate amounts of fluid - 6 to 8 cupfuls spread evenly throughout the day.
- 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 MORE AGED CARE TOOLS

Screening forms,  
bladder and bowel  
charts and more

## DOWNLOAD FREE AGED CARE PLAN

Continence  
Assessment Form  
and Care Plan

Continence Assessment Form and Care Plan

RESIDENT ID

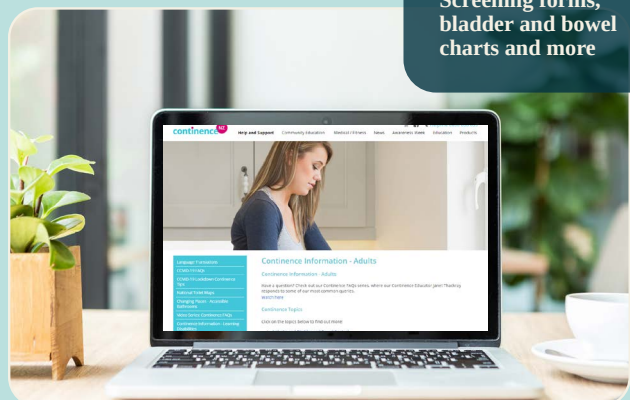
Refer to "Education Guide" for further information on assessment cases and care options

**SECTION A: Toileting ability, Cognitive skills & Mobility**

**How to use these recommendations:**

- Ask residents to participate as much as possible in toiling activities to learn about mobility and independence
- Consider each resident's personal preferences for continence care

Assessment Case	Care Options
1. Can the resident walk to the toilet independently?	<p><b>Continence care:</b></p> <input type="checkbox"/> Identify behaviours showing that the resident may need to go to the toilet at their preferred time
2. Can the resident walk to the toilet with assistance?	<p><b>Continence care:</b></p> <input type="checkbox"/> Supervise <input type="checkbox"/> Prompt <input type="checkbox"/> Physically assist the resident to go to the toilet at their preferred time
3. Can the resident walk to the toilet with assistance and use the toilet independently?	<p><b>Continence care:</b></p> <input type="checkbox"/> Place the resident close to the toilet <input type="checkbox"/> Place the following equipment within arms reach to the resident: <input type="checkbox"/> Wheelchair <input type="checkbox"/> Roll up frame <input type="checkbox"/> Gaiter frame <input type="checkbox"/> Walking stick <input type="checkbox"/> Bedside chair <input type="checkbox"/> Other _____ <p><b>Continence care:</b></p> <input type="checkbox"/> Supervise <input type="checkbox"/> Prompt <input type="checkbox"/> Physically assist the resident to walk to the toilet <input type="checkbox"/> Physical assistance is required, provide: <input type="checkbox"/> 1 staff member <input type="checkbox"/> 2 staff members <input type="checkbox"/> Lifting equipment <input type="checkbox"/> Other _____
4. Can the resident get on and get off the toilet independently?	<p><b>Continence care:</b></p> <input type="checkbox"/> Encourage the resident to use the following assistive device: <input type="checkbox"/> Handrails <input type="checkbox"/> As over the toilet seat frame <input type="checkbox"/> A stand <input type="checkbox"/> Other _____ <p><b>Continence care:</b></p> <input type="checkbox"/> Supervise <input type="checkbox"/> Prompt <input type="checkbox"/> Physically assist the resident to get on and off the toilet <input type="checkbox"/> Physical assistance is required, provide: <input type="checkbox"/> 1 staff member <input type="checkbox"/> 2 staff members <input type="checkbox"/> Lifting equipment <input type="checkbox"/> Other _____
5. Can the resident undress and dress themselves before and after toileting?	<p><b>Continence care:</b></p> <input type="checkbox"/> Supervise <input type="checkbox"/> Prompt <input type="checkbox"/> Physically assist the resident to adjust their own clothing



## 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.

# FEEL COMPLETELY SUPPORTED WITH TENA

TENA has developed a suite of tools for Healthcare professionals to assist you to advise with confidence

## TENAassist

Log in to [tenaassist.com](https://tenaassist.com) to access a range of educational resources

### Product Selector Kits

Help your clients choose the right style for them.

Includes:

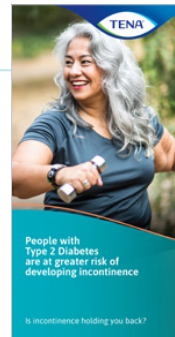
- Examples of each style
- What absorbencies and waist size is available
- Product reference guide

**Offer 10% discount to your clients by using the prescription pad**



### Diabetes & Incontinence Brochure

Gives clients an overview of the link between diabetes and incontinence and how to manage or avoid incontinence.



### Dementia & Incontinence Kit

Includes:

- Overview of the link
- What to look for
- How to manage
- 20 steps to toileting



### Prostate Kit

Includes a brochure for clients to read on what to expect and samples of TENA MEN products to try.



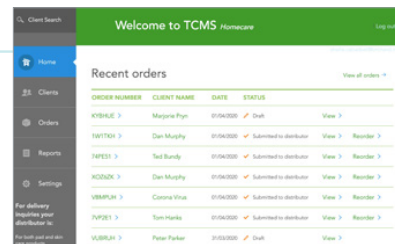
Access all of the above resources through [tenaassist.com](https://tenaassist.com)

# Feel Completely Supported With TENA

## TENA Contenance Ordering for Private Village Residents

- Individually packed orders and separate invoices for on-charging
- Product recommendations for individual Care
- Easy reordering

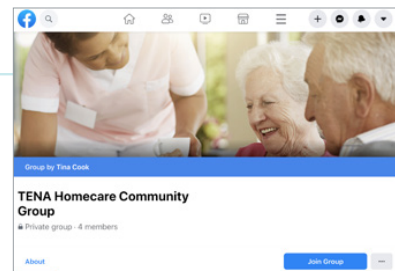
Email [tcmshomecare@asaleocare.com](mailto:tcmshomecare@asaleocare.com) to be set up.



ORDER NUMBER	CLIENT NAME	DATE	STATUS	
KVSHLE >	Margie Eyn	01/04/2020	✔ Draft	View >
WYTKH >	Dan Murphy	01/04/2020	✔ Submitted to distributor	View > Reorder >
RFES1 >	Ted Bundy	01/04/2020	✔ Submitted to distributor	View > Reorder >
KDQSK >	Dan Murphy	01/04/2020	✔ Submitted to distributor	View > Reorder >
VMPLN >	Carina Vira	01/04/2020	✔ Submitted to distributor	View > Reorder >
JVPE1 >	Tom Marks	01/04/2020	✔ Submitted to distributor	View > Reorder >
VUBBL >	Peter Parker	01/03/2020	✔ Draft	View >

## TENA Homecare Facebook Group

Join our TENA Homecare facebook group [facebook.com/groups/tenahomecare](https://www.facebook.com/groups/tenahomecare) is a private network developed to support Healthcare Professionals who would like to discuss and learn more about incontinence.



## TENA Tuesday

TENA now have a regular forum for you to connect with us and learn about different continence topics. In this forum, we will discuss various continence management situations and help you with your questions.

You can connect to the forum on the first Tuesday of every month.

Register once, add to your calendar and join using [zoom.us/meeting/register/tJcodOGrrDouHdKmY1ofoDW\\_Tty2iXaiGSN5](https://zoom.us/join/zoom/register/tJcodOGrrDouHdKmY1ofoDW_Tty2iXaiGSN5)

All sessions will also be recorded so that you can listen if you cannot attend.



**TENA New Zealand**  
0800 443 068  
[tenaprofessional.co.nz](http://tenaprofessional.co.nz)

TENAZ094 10/20



Comfortable,  
non-irritant,  
soft,  
discrete,  
subtle,  
understated.



100% certified organic cotton  
top sheet.



The “Oi Under Control Naturally” product line provide a range of absorbencies, so people can laugh, sneeze, walk, bounce and sleep with confidence.

### Light Long Liners - 28 Pack

Laugh with confidence



- Breathable and soft topsheet - 100% certified organic cotton. Gentle on your skin.
- Absorbent core with odour control - FSC® certified wood pulp and 100% naturally derived bio-SAP for freshness and comfort
- FSC® certified recyclable cardboard packaging.
- No dyes, no perfumes and no chlorine bleaching.



LIGHT LONG LINERS

### Regular Pads - 14 Pack

Sneeze with confidence



- Breathable and soft topsheet - 100% certified organic cotton. Gentle on your skin.
- Absorbent core with odour control - FSC® certified wood pulp and 100% naturally derived bio-SAP for freshness and comfort
- Shaped for your protection with elastic cuffs to prevent any accidental leakages.
- Sustainably produced packaging and individual wrappers - made from recyclable 100% green PE



REGULAR PADS

### Extra Pads - 12 Pack

Walk with confidence



- Breathable and soft topsheet - 100% certified organic cotton. Gentle on your skin.
- Absorbent core with odour control - FSC® certified wood pulp and 100% naturally derived bio-SAP for freshness and comfort
- Shaped for your protection with elastic cuffs to prevent any accidental leakages.
- Sustainably produced packaging and individual wrappers - made from recyclable 100% green PE



EXTRA PADS

### Extra Plus Pads - 10 Pack

Bounce with confidence



- Breathable and soft topsheet - 100% certified organic cotton. Gentle on your skin.
- Absorbent core with odour control - FSC® certified wood pulp and 100% naturally derived bio-SAP for freshness and comfort
- Shaped for your protection with elastic cuffs to prevent any accidental leakages.
- Sustainably produced packaging and individual wrappers - made from recyclable 100% green PE



EXTRA PLUS PADS

### Maxi Plus Pads - 8 Pack

Sleep with confidence



- Breathable and soft topsheet - 100% certified organic cotton. Gentle on your skin.
- Absorbent core with odour control - FSC® certified wood pulp and 100% naturally derived bio-SAP for freshness and comfort
- Shaped for your protection with elastic cuffs to prevent any accidental leakages.
- Sustainably produced packaging and individual wrappers - made from recyclable 100% green PE



MAXI PLUS PADS



# THANK YOU TO OUR SPONSORS

Our work is only possible thanks to the kind support of:



MANATŪ HAUORA

