

Incontinence

Incontinence affects many of us, people of all ages, cultures and backgrounds may experience some form of incontinence. Incontinence is the accidental or involuntary loss of urine from the bladder or discharge from the bowel.

Incontinence affects over three million Australians. It is a widespread health condition and still largely hidden health problem. Incontinence is in our community, but it can be treated, more effectively managed and often cured.

Who is at risk?

Both male and female of any age may be affected, although incontinence is more common in the following groups:

Women

Women who have had children are more likely to suffer incontinence than those who have never had a baby. Women approaching menopause may experience symptoms of incontinence.

Men

Incontinence may be a problem with an enlarged prostate or following prostate surgery.

Children

Around 10% of ten year olds and 3% of fifteen year olds still regularly wet the bed. This sometimes continues into adult life.

People with Disabilities

In some cases people with a disability become incontinent as a direct result of neurological damage (e.g. paraplegia, spina bifida). In some cases the problem is not so much the result of illness as a restriction in movement (e.g. arthritis).

Blue Care Continence Advisory Service

The Continence Advisory service is staffed by experienced professionals who work in close association with general practitioners and specialists.

We employ specialist nurses and continence professionals who are available for advice. It is possible, during your assessment that some of the questions they may ask will include:

- When did continence start?
- How often does it happen?
- How much urine or faeces is lost?
- How are you dealing with it?
- Can you feel when the bladder or bowel is full?
- How often do you use the toilet?
- What medicines do you take?

Any concern about poor bladder or bowel control should never be dismissed as 'simply a small problem'. Diet or the type and amount of fluid intake can be factors.

Prevention is as important as treatment. Early intervention may prevent or delay problems recurring or getting worse later in life.

Our Continence Advisors provide:

- Education for Health Professionals
- Education and information for clients and carers
- Informative sessions to support groups within the community.

This service offers private, personal and confidential support for this sometimes embarrassing condition. Assessment will be carried out in the privacy of your own home.

Contact us at:

Blue Care Head Office

P: (07) 3377 3377

F: (07) 3377 3366

E: head.office@bluecare.org.au

W: www.bluecare.org.au.