

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
- **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
- **TRY DIFFERENT BRANDS**
Lots of choices out there! Try some first. Some people suggest Tena is better for Men. Others like Molicare.
- **WATERPROOF CHAIR PROTECTORS**
For the car, wheelchairs, your chairs
- **PACK AN EXTRA SET OF CLOTHES**
Always have another set in the car - because accidents happen.
- **ORDER IN BULK**
Just saying... Amazon delivers, CVS, COSTCO, Sams
- **PLASTIC MATTRESS COVERS**
A must!
- **LAYER THE BED**
Plastic mattress cover + washable blue chuck + briefs + pad.

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.
- **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.
- **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
- **FEMALE PUREWICK**
Some families have had success with this non-invasive female catheter
- **LIMIT FLUIDS AT NIGHT**
- **BUY A SMALL URINAL**
Urinals can be kept close to a chair to help men stay independent
- **USE VISUAL CUES**
Make sure they know which door is the bathroom - make a sign
- **EASY TO REMOVE CLOTHES**
Elastic waist bands and velcro are your friends!
- **BEDSIDE COMMODOES**
Can be a good nighttime solution