



WHY DO PEOPLE WITH DEMENTIA HAVE TROUBLE WITH BLADDER AND BOWEL CONTROL?

People with dementia have memory loss and may be confused and not know where they are. This can cause or make bladder and bowel control problems worse.

People with dementia may have trouble with:

- "Holding on" until they get to the toilet.
- Finding the toilet.
- Knowing they need to unzip or pull down their pants when going to the toilet.
- Being away from home at places where they don't know where the toilet is.
- Knowing when their bladder or bowel is empty.
- Being aware of the need to pass urine or empty their bowels.
- Urinating or opening their bowels in places they should not.
- Depression, anxiety or stress, or illness, which may make bladder and bowel control problems worse.

CAN ANYTHING BE DONE FOR PEOPLE WITH DEMENTIA WHO HAVE TROUBLE WITH BLADDER AND BOWEL CONTROL?

Yes!

While dementia may rule out some treatments, there are ways to provide comfort and dignity.

There are some broad rules for working in a helpful way with people with dementia:

- Listen with care and respond to the person.
- Get rid of clutter. Keep the space around them simple and well known to them.
- Show respect and sincere care.

Check bladder and bowel control

Seek help from their doctor, physiotherapist, or continence nurse.

A bladder and bowel control check up will include a physical check and questions about when, where and why problems happen.

The carer is often the best person to give the details needed to check bladder and bowel control, such as:

- the time the person goes to the toilet and/or leaks;

YENÖ YE KÖC Cİ TËKTËK MÄÄR ALÄC KEN KU YÄÄC KEN KUÖC MUK NHÏM?

Köc wände cı kâj muk nhïm apieth ku alëu bï ke wäac ku acï lëu bï njic anen tē tō kek thïn. Kēñē alëu bï kēdāñ bēi wulē cōl alēnydu ku duöt yäc la roor cı arac apēi.

Köc cı tēktēk määär aa lëu bïk:

- Ciēn tē ye kek lēc wälä la roor duut.
- Ya määär tē lek yōn laac/la roor.
- Nhïim ya määär riēt thutha wälä aa lëu bïk nhïim määär miit bantolon piny tē lēc kek.
- Nhïim liäp apēy tē rēer kek bei yic ku kuckä tē rēer yōn laac/la roor thïn.
- Kaam cı alēc/yäc yic thök kuc tē le kek roor.
- Kuc lōn wïc kek laac/la roor.
- Laac wälä lek roor thäi yic.
- Dhiēn puöu, diēer, thiai guöp wälä tuaany aa lëu bïk muñ nom alēc/la roor cōl a ril yic.

LED KË LËU BË KUÖNY KÖC Cİ TËKTËK MÄÄR WËN YE LAAC/LA ROOR JÖÖR

YËË!

Rin ye kek köc cı tēk-tēk määär, döc a lëu bï yic riēl ku a leñ tē dēd lëu bē kuöny keek.

A leñ tē ye kuöny köc cı tēktēk määär

- Piñ kē ye lueel ku loi tēn yeen.
- Nyaai anyuöon ye lööm. Cōl a det tē rēer yen thïn rin bē dhēl kēriēc ebēn njic.
- Thek ku njic muk nom.

Cōl akim a cēeth alēc ku yäc

Cōl rot a kony akiēmde, raan deen ye duääny wulē akuony akim ē thiu thar.

Ciēth alēc ku yäc a bē yic lañ cēeth guöp ku thiēc kaam/yōñ yen laac/la roor thïn yāñ.

Raan muk raan cı tēktēk määär yen apath bē ya thiēc wēl kã:

- Kaam ye raan cı tēktēk määär laac/la roor;





- how wet the person is:
minor = underwear is damp;
moderate = skirt or trousers are wet; or
severe = chair, floor or bed is flooded; and
- when and how often they open their bowels.

Manage poor bladder and bowel control

- Treat the cause of the problem. Their doctor, physiotherapist or continence nurse can help find the causes and suggest how to treat them.
- Review medicines. Medicines may help, but they can also make people more confused, and make bladder and bowel control problems worse.
- Make sure the person with dementia drinks 1.5 - 2 litres of fluid per day (unless a doctor says this is not okay). Drinking water can help treat bladder infections, make the bowels work better and keep the bladder healthy. Coffee, tea and cola have a lot of caffeine, which can upset the bladder and make the bladder harder to control. Try to cut down on how many of these drinks they have.
- Treat constipation. Make sure they eat lots of fruits and vegetables, drink lots of water through the day, and stay active.
- Watch for signs they want to go to the toilet. Ask them to use the toilet at the times you think they most often go or are most often wet. If you note the time this happens you will be able to see if it gets better.
- If they have trouble with zips and buttons, change to track suits, trousers with elastic waists, or use Velcro.
- Keep the way to the toilet clear. Don't leave things in the way that might make it hard to get to the toilet. A night light may help. Make the toilet door easy to see.
- Think about using community resources to help with the load of caring for a person with dementia – such as laundry, shopping and respite care.

Bladder management products such as pads and pants may improve quality of life. You may be able to get some help to cover the cost of these products. Advice on whether you are able to receive this help and the types of products you can get can be found on the National Continence Helpline (Free call* 1800 33 00 66). These things may reduce how often bladder and bowel mishaps occur and how bad they are.

- Lac ye yök ye guöp:
Lik = juaan atiöp;
Juëc = a cë alath buut; wälä
Boor = thöoc/piny/agerem a cë bor; ku
- Ku kaam/të ye kek la roor.

Muñ nhom alëny/yäny cë läär

- Wiëc kën raan cöl a lac/la roor döc. Akiëmde, raan deen ye duääny wälä akuonyakim ë thiu thar a lëu bë ken ke bey lek yïin ku lëk yïin te ba kuöny raan cï tæktæk määär.
- Caath wal. Wal aa lëu bë ye kony, kekëdär aa lëu bë ye cöl a liäp nhom apëy ku jöl kuc apëy të wic yen laac/la roor.
- Cöl raan cï tæktæk määär a dëk bëiny ka dhetem yet bët kööl tök yic (te këc akim ye pëen). Dëñ piü a lëu bë cak alëc tek yic ku cöl yäc a läär bë raan njec ya la roor. Bun, cäi ku kola aa leñ kape diit tet ku keek aa raan cöl a kuc alëc/yäc muk nhom. Tek ke yiic te yïin ke dek apëy.
- Wiëc kuil döc. Cöl kek a cëm miith tiim juääc, liëem ku dëkkä piü juääc ku rëerkä ke duëñy ke gup aköl.
- Ye raan cï tæk-tæk määär muk nhom te wic yen laac/la roor. Cöl a la yön laac/la roor kaam wën ye tiñ ciët wic yen laac/la roor. Na njëec kaam kën ka lëu bë njec ku ca raan cï tæktæk määär kony bë njec ya laac ku le roor.
- Na ye thutha/dharar jöör, ka yï muoc alëth leñ nhom tiil wälä bëlkero.
- Cöl dhël la yön laac/la roor a lääu yic. Duk kä löth ye cök ye puöl dhël yic. Cöl ye leñ mermer waköu. Cöl dhël la yön laac/la roor ye kë wën tiñ ku yök yän.
- Cöl rot a kony köoc wut muöök ë raan cï tæk-tæk määär – a lëu bë ye yï kony lök alëth, yöoc miith ku cökä yïin a löñ.

A leñ alëth cë looi bë raan cï tæktæk määär ya kony bë njec piir. A lëu bë akuma yï kony wëu bin alëth kä yöoc. Na wic ba njec löñ lëu yen rot tën yïin bë yï kony wëu ka yï yup Telepun Kuöny ë Köoc ce Lëc Guum (Yum Majan* 1800 330 066). Alëth kä aa bë ayäär ë laac/la roor jän yic tek yic.





CAN MEDICINE HELP WITH BLADDER AND BOWEL CONTROL?

Yes!

- Antibiotics may be given to treat a bladder infection.
Hormone replacement therapy (tablets, patches or creams) may make it easier for post menopausal women to control their bladder.
Tablets to relax the bladder may be given to settle an upset bladder, so it can store more urine. This can cut down the number of times the person needs to go to the toilet.
Some medicines may cause bladder and bowel control problems, or make them worse. Medicines should be checked by a doctor, to see if any need to be changed.
Some medicines for bladder and bowel control problems may cause problems like dry mouth, constipation, poor balance and lack of energy. For people with dementia, there is also a risk they may get more confused. Use of medicines should be watched with care by their doctor. Tell the doctor about any problems the medicines cause.

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
Advice; and
Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

LËU BË WAL RAAN CÏ ALËËC KU YÄC ÇAK KONY?

YËË!

- Alëny cë cak a lëu bï wiëc döc ë wal.
Diäär cï run dhiëth thök aa leŋ wal ye gäm keek bïk ke kony tË cï alëëc lär (Wal ruil ye dek, wal ye paat koc gup tädët ka wal ye tac koc gup).
Wal aa lëu bë ke gäm raan bï alëëc gäm döc, rin bë læc juääc ya muk. Kën a lëu bë raan cöl ye rëër kaam bär yic ka këc la laac.
Wal kök aa lëu bïk dhël lac wälä dhël la roor jal miiny yic apëy. Wal aa dhil akim kaŋ caath rin bë tïŋ lon wïc kek wër.
Wal kök ye gäm raan bï yen alëëc/yäc muk nom aa lëu bïk ye kocu thok, kuiil, gäm awiëëc ku thiai guöp. Tën koc cï tËktëk mää, aa lëu bïk nhïim jal liäp apëy. Na dek raan wal ka diët ke ye akim kaŋ caath apath. Lëk akim kuat kë bë wääc tË dek yin wal.

WÏC KUÇONY

Mathaat akim cï piöc aabi tö na yï ayup telepun Kuçony Baai käk thiu thar ee nimra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem*/ 1800 33 00 66* (aköl Tök agut aköl Dhiëc ee Läätic (Monday- Friday) kaam thaa bët nhiäk-duur (8am) ku thaa bët thëëi (8pm) ee thaa koc Australia ciëŋ Ciëën) aye gäm koc abec:

- Lëk/Wël;
Wëët; ku
Athör thiin ë lëk.

Na yin acie ñiëc jam thoŋ English apiëth ka yin alëu ba telpun luoi ye koc Kuçony wër thokic yuöp. Cöl nimra këne tök diäk, tök, ñuan, dhiëc/13 14 50. Tueŋic, abi raan koŋ dhuk nom ee thoŋ English, luel thoŋduön ee yin jam ku tiëët ee telepunic. Yin abi tuööm thok kek raan koc waar thook/duwër jam thuoŋdu, ku jal kek lëk wëtduön wïc ee yin koc Baai Kuçony Käk thiu thar yuöp ee nimra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bï yï gam ku duwër abi kony ba jam kek mathaat akim koc lëk. Telepun duwër aye koc yup thïn abec/majan ee rin cïn en wëu ye wïc tënë yin. Kek wël ëbën aye thiaan yiic.

Nem thioŋnyin eet bladderbowel.gov.au wulë continence.org.au/other-languages (thok-thok kök yiic)

* Yup mobaalic ee wëu cam tËcët cöt baai ëtën.

