



Three out of four people who have bowel or bladder control problems can be cured or helped to better manage their problem.

WHAT ARE CONTINENCE PRODUCTS?

Continence products are used to manage the symptoms of poor bladder and bowel control. They may be used short term to help you while being treated or long term if the poor bladder and bowel control can't be cured.

Continence advisors know about the broad range of products that can help manage bladder or bowel control problems. They can help you choose a product that will give you protection and confidence in your everyday life.

Your doctor or continence advisor can look for the cause of your problem and offer you some treatment. If you do nothing and just use pads or other continence products without trying treatment, your problem could get worse.

WHAT TYPES OF CONTINENCE PRODUCTS ARE THERE?

Absorbent pads and pants

Pads and pants come in a range of sizes and how much urine they can absorb. Some pads are meant to be used one time only, and then be thrown out. Some other pads and pants can be washed and used many times. You can get special mesh/net pants that keep the pads from slipping. Some pads have 'sticky' strips which will stick to the pants to keep the pad in place.

Absorbent bed sheets and chair covers

In these products, the top layer that sits closest to the skin lets the urine through, but stays dry while the lower layers soak up urine. They are not meant to be used at the same time as disposable pads, as they work best when the skin is in direct contact with the sheet.

Penile sheaths / external catheters

Penile sheaths are made of silicone and are mostly self adhesive and lined with non-latex glue which sticks to the penis. The other, open end of the sheath is joined to a leg bag where urine can drain.

ပျၤလၢၣ်ဂၤအကျါသၢၤဂၤလၢအိၣ်ဒီးတၢ်ကီၤအ့ၣ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤတဖၣ်တၢ်မၤကျါကျၢၤအိၣ်သ့မ့တဖၣ်တၢ်မၤစၢၤအိၣ်လၢကကျၢၤထွဲကတီၤအတၢ်ဂ့ၢ်ကီၤအံၤသ့ဝဲလီၤ.

တၢ်ကီၤအ့ၣ်ကီၤဆံၣ်တၢ်ပိးတၢ်လီၤတဖၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

တၢ်ကီၤအ့ၣ်ကီၤဆံၣ်တၢ်ပိးတၢ်လီၤတဖၣ်တၢ်စူးကါအိၣ်သိးကသ့ကတီၤက့ၢ်ထွဲတၢ်ကီၤအ့ၣ်ကီၤဆံၣ်တၢ်ပိးတၢ်လီၤတဖၣ်အဂီၢ်န့ၣ်လီၤ. တၢ်စူးကါအိၣ်တစီၢ်တလီၢ်လၢကမၤစၢၤန့ၣ်တၢ်က့ၢ်ထွဲမၤကျါန့ၣ်အကတီၢ်မ့ၢ်တဖၣ်လၢအယံၣ်အထာဝဲတၢ်ကီၤအ့ၣ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအံၤတၢ်က့ၢ်ထွဲအိၣ်မ့ၢ်တဖၣ်ဝဲအခါန့ၣ်လီၤ.

တၢ်ကီၤအ့ၣ်ကီၤဆံၣ်ပျၤဟ့ၣ်က့ၢ်တၢ်တဖၣ်သ့ၣ်ညါဝဲကယံၣ်ဘၣ်ယးတၢ်ပိးတၢ်လီၤအကလုာ်ကလုာ်လၢကသ့က့ၢ်ထွဲကတီၢ်ကီၤအ့ၣ်ကီၤဆံၣ်တၢ်ဂ့ၢ်ကီၤအဂီၢ်န့ၣ်လီၤ. အဝဲသ့ၣ်မၤစၢၤန့ၣ်လၢန့ၣ်ကသ့ယုထာတၢ်ပိးတၢ်လီၤလၢကဟ့ၣ်န့ၣ်တၢ်တြီဆၢဒီးတၢ်န့ၣ်လီၤန့ၣ်လၢန့ၣ်တၢ်အိၣ်မူကိးန့ၣ်အဂီၢ်န့ၣ်လီၤ.

နကသံၣ်သရၣ်မ့ၢ်တၢ်ကီၤအ့ၣ်ကီၤဆံၣ်ပျၤဟ့ၣ်က့ၢ်တၢ်တဖၣ်တၢ်ဂၤကလုာ်ယုထံၣ်သ့ၣ်ညါတၢ်ဂ့ၢ်လၢဒုးကဲထီၣ်တၢ်ဂ့ၢ်ကီၤအံၤဒီးဟ့ၣ်န့ၣ်တၢ်က့ၢ်ထွဲမၤကျါန့ၣ်လီၤ.နမ့ၢ်တမၤနီၣ်တမံၤဒီးစူးကါထဲတၢ်ဘိၣ်ခံကျးတမံၤဒီးတၢ်ကီၤအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီၤအဂၤတဖၣ်လၢတအိၣ်ဒီးတၢ်က့ၢ်ထွဲမၤကျါသၢၤပျၤန့ၣ်တၢ်ဆါကနးဒိၣ်ထီၣ်သ့ဝဲလီၤ.

တၢ်ကီၤအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီၤတဖၣ်မ့ၢ်ဒဲလဲၣ်တကလုာ်လဲၣ်.

တၢ်ဘိၣ်ခံကျးလၢအသဝံးန့ၣ်ထံသ့ဒီးဖျိၣ်ခံတဖၣ်

တၢ်ဘိၣ်ခံကျးဒီးဖျိၣ်ခံတဖၣ်အိၣ်ဝဲအဒိၣ်အဆံးဒီးသဝံးတၢ်ယၢ်ဆံၣ်ထံန့ၣ်ထဲလဲၣ်န့ၣ်လီၤ.ခံဘိၣ်ခံကျးတၢ်ကဘၣ်စူးကါအိၣ်ထဲတဘျီအဂီၢ်န့ၣ်လီၤ,ဝံးတၢ်ကဘၣ်တၢ်က့ၢ်ထွဲအိၣ်လီၤ. ခံဘိၣ်ခံကျးအဂၤတနီၣ်တခိတၢ်ဆျၢ်ကခါက့ၢ်ထွဲဒီးက့ၢ်ထွဲမၤကျါအိၣ်သ့တဘျီအဂီၢ်အိၣ်ဝဲလီၤ.နမၤန့ၣ်ဖျိၣ်ခံလီၤဆိၣ်ပျၢ်မ့ၢ်တဖၣ်စတၢ်ကလုာ်လၢကဒီးတၢ်ယၢ်ခံဘိၣ်ခံအံၤဒီးတလီၤတံၢ်တဂ့ၢ်အဂီၢ်သ့လီၤ.တၢ်ဘိၣ်ခံကျးအိၣ်ဒီးတၢ်က့ၢ်ထွဲအလီၢ်လၢကကျးတၢ်လၢဖျိၣ်ခံလီၤဒီးသိးကအိၣ်ဝဲလၢအလီၢ်ဘၣ်အဂီၢ်လီၤ.

တၢ်ခါလၢလၢသဝံးတၢ်ထံန့ၣ်ဒီးခံဆျၢ်နီၣ်အခါလၢလၢတဖၣ်

လၢတၢ်ပိးတၢ်လီၤတဖၣ်အံၤအကျါ, အဖိခိၣ်တကကြၢလၢဘူးဒီးပဖံးဘျီအဂီၢ်န့ၣ်ပျဲန့ၣ်လီၤ.ဆံၣ်ထံ,ဘၣ်ဆၣ်ယုထီဝဲဖဲအလီၢ်ခံတကကြၢသဝံးထီၣ်က့ၢ်ထွဲဆံၣ်ထံန့ၣ်ဝဲလီၤ. တၢ်တဘၣ်စူးကါအိၣ်တပုၤယီဒီးတၢ်ဘိၣ်ခံလၢတၢ်ကဘၣ်တၢ်က့ၢ်ထွဲအိၣ်တဘျီအဂီၢ်ဘၣ်,တၢ်အံၤကမၤတၢ်ဂ့ၢ်ဒိၣ်ကတၢ်ဖဲဖံးဘျီဘူးတၢ်ဒီးတၢ်ကံးညၢ်အံၤန့ၣ်လီၤ.

ပိၣ်ခါထုၣ်ဖျိၣ်မ့ၢ်တဖၣ်ဆံၣ်ထံပီၤဘီ

ပိၣ်ခါထုၣ်ဖျိၣ်တဖၣ်အံၤဘၣ်တၢ်တ့ၢ်ထီၣ်အိၣ်လၢရီၤဘၢအဘျီဒီးအါတက့ၢ်အကစၢ်ဘူးတၢ်ဒၣ်အတၢ်လၢတၢ်ကျးအိၣ်လၢတပၣ်ယုၣ်ကိၣ်ဘၣ်ဒီးဘူးတၢ်ဝဲလၢထုၣ်ဘီအလီၢ်န့ၣ်လီၤ.အဂၤတခါ,ဖဲတၢ်ဖျိၣ်ခံအကတၢ်အံၤဘၣ်တၢ်ဆဲးဘူးတၢ်အိၣ်ဒီးအခိၣ်လီၤထၢၣ်ဖဲဆံၣ်ထံဒီးလီၤဖျိၣ်ဝဲအလီၢ်န့ၣ်လီၤ.





If the man is mobile, a leg bag can be used which is hidden under his clothes. The sheath can be joined to a two litre bag for overnight drainage. Skin reactions can be seen through the clear silicone as soon as they occur. Bags which connect to the sheath should always have wide bore tubing to let the urine flow into the bag with no backflow into the sheath which could cause it to come loose. Bags worn on the leg should be firmly fixed to the thigh or lower leg with the straps that come with the bag and emptied before they get heavy enough to pull off the sheath.

**Other products to help toileting**

Bedpans and urinals (male and female type) can be used if you are confined to bed. Commode chairs placed by the bed at night can help if you cannot walk to the toilet. Raised toilet seats and chairs that can be moved over the toilet can also help if you have trouble sitting on low toilets.

**WHAT SHOULD YOU THINK ABOUT WHEN CHOOSING A CONTINENCE PRODUCT?**

The best product is one that works well, is comfortable and helps you to have a normal life. When choosing a continence product, you should think about:

**1. Your individual bowel or bladder control problem**

Your choice of product will depend upon your own control needs at any one time. Choose a pad that will hold how much urine you might pass and change it as soon as it is wet. This is better for you and cheaper than leaving a large pad in place for many hours. Wearing pads damp with urine or bowel motions can cause skin rashes or bladder infections. Also, any smell can be cut down if the pad is changed as soon as it is wet or soiled and the skin rinsed and dried before a new pad is used. Choose a pad that does not have a coloured plastic cover which can show through light coloured clothes or make a noise when you move.

**2. Your personal lifestyle**

Personal needs for work, home and your social life should also guide your choice of products. Continence advisors can help with advice on special products to use when you play sport or travel long distances.

ပိၣ်ခါတၢ်ကီၤအံၤလဲၤက့ၢ်မ့ၢ်န့ၣ်, အခိၣ်ထၢၣ်တဖၣ်အံၤတၢ်ကစုးကါပၣ်သ့ၣ်အိၣ်လၢအကူကၢၤဖိလၢန့ၣ်လီၤ. တၢ်ဖျိၣ်ပိၣ်အံၤတၢ်ကစုးဘုးတၢ်အိၣ်အိၣ်ထၢၣ်လၢအတြီၢ်ခံလံထၢၣ်တဖၣ်ဒ်သိးကဟ်ဖျိၣ်ဆၢၣ်ထံဒိတန့ၣ်က့ၢ်အဂီၢ်န့ၣ်လီၤ. ဖံးဘၣ်တၢ်အိၣ်သးတဖၣ်နထံၣ်အိၣ်ဖျါသ့ၣ်ဒိဖျါရီၣ်ဘၢကဘျၢလၢအဖျါဆဲၣ်ဝဲအစးထီၣ်မၤတၢ်အခါန့ၣ်လီၤ. ထၢၣ်လၢတၢ်ဆဲးဘုးတၢ်လီၤအသးဒီးတၢ်ဖျိၣ်အံၤကဘၣ်အိၣ်ဒီးဆၢၣ်ပိၣ်ဘိလၢအလီၤဒ်သိးပပျဲဆၢၣ်ထံယုၤန့ၣ်လီၤလၢထၢၣ်ပူၤလၢတဘျၢယုၤလီၤလၢအလီၤခံတပၤလၢတၢ်ဖျိၣ်အပူၤဒ်သိးကလီၤက့ၢ်အဂီၢ်လီၤ. ထၢၣ်လၢတၢ်ထီၣ်ထီၣ်အိၣ်လၢခိၣ်လီၤတဖၣ်အံၤတၢ်ကဘၣ်စယၢ်အိၣ်လၢခိၣ်ကိၣ်န့ၣ်လီၤမ့ၢ်တဖၣ်ခိၣ်န့ၣ်သ့ၣ်လီၤလၢအပၣ်ယုၤဒီးအပူၤဒီးအထၢၣ်ဒၣ်ဝဲလၢကလီၤကအိၣ်တဖျါအယၢ်ထလၢတုၤတၢ်ဖျိၣ်ကလီၤတၢ်အဂီၢ်ဘၣ်လီၤ.

**တၢ်ပိးတၢ်လီအကတဖၣ်လၢကမၤစၢၤထီၣ်တၢ်ဟးလီၤအဂီၢ်**

တၢ်ဆၢၣ်အသးဒီးဆၢၣ်အပိး (ပိၣ်ခါဒီးပိၣ်မ့ၢ်)အဂီၢ်တၢ်စုးကါအိၣ်လၢန့ၣ်ကဘၣ်ခံလီၤဒ်န့ၣ်ထီၣ်ဘိအဂီၢ်လီၤ. တၢ်ပိးတၢ်လီလၢအိၣ်ဒီးအခိၣ်တကလုၢ်လၢတၢ်ပၣ်အိၣ်လၢမံကယၢ်မ့ၢ်န့ၣ်မၤစၢၤန့ၣ်သ့ၣ်န့ၣ်ကလဲၤထီၣ်တၢ်ဟးလီၤတသ့အခါလီၤ. တၢ်ဟးလီၤခံဆ့ၣ်နီၤလၢတၢ်မၤကစီၤထီၣ်အိၣ်တဖၣ်ဒီးလီၤဆ့ၣ်နီၤလၢတၢ်သုးအိၣ်ဆူတၢ်ဟးလီၤတဖၣ်မၤစၢၤန့ၣ်သ့ၣ်န့ၣ်နီၤလၢတၢ်ဟးလီၤခွးလၢတၢ်တုၤအိၣ်ဖျိၣ်တဖၣ်တသ့ၣ်အခါလီၤ.

**ဖဲနကယုထၢတၢ်ကီၤအ့ၢ်ဆၢၣ်တၢ်ပိးတၢ်လီတဖၣ်အံၤအခါန့ၣ်ဆိမိၣ်ထီၣ်တၢ်မန့ၣ်လဲၣ်.**

တၢ်ပိးတၢ်လီလၢအဂ့ၢ်ကတၢ်မ့ၢ်ဝဲတၢ်လၢအမၤတၢ်ဂ့ၢ်ကတၢ်, ဘၣ်န့ၣ်မ့ၢ်ဒီးမၤစၢၤန့ၣ်ဒ်သိးနလဲၤထီၣ်က့ၢ်လီၤဒ်ညီၣ်န့ၣ်အသိးကသ့အဂီၢ်လီၤ...

**1. နတၢ်ကီၤအ့ၢ်ဆၢၣ်တၢ်ဂ့ၢ်ကီၤလၢန့ၣ်ကစၢ်တစၢ်အဂီၢ်**

နတၢ်ယုထၢထီၣ်တၢ်ပိးတၢ်လီတခါအံၤကဒီးသန့ထီၣ်အသးလၢန့ၣ်ကစၢ်တၢ်ကီၤန့ၣ်အပတီၢ်ဆဲးအိၣ်အဖိခိၣ်တဘျီလၢလၢန့ၣ်လီၤ. ယုထၢတၢ်ဘိၣ်ခံတကလုၢ်လၢကကၢယၢ်ဆၢၣ်ထံလၢန့ၣ်ဆၢၣ်ဆါအိၣ်လဲၣ်ဒီးဆိတလဲအိၣ်ဖဲအဘၣ်စီၣ်အခါန့ၣ်တက့ၢ်. တၢ်အံၤဂ့ၢ်ဒိၣ်လၢန့ၣ်ဒီးအပူၤ. ဘၣ်ဝဲဒိၣ်န့ၣ်ဒီးန့ၣ်ယးခံဘိၣ်လၢအဘၣ်စီၣ်လၢန့ၣ်ရံၣ်အါဝဲအတီၢ်ပူၤတဘျၢဒ်လီၤ. က့ၢ်ကတၢ်ဘိၣ်ခံလၢဘၣ်စီၣ်ဒီးဆၢၣ်ထံဒီးအ့ၢ်တဖၣ်ဒုးကဲထီၣ်ဘၣ်သးကုသးဒီးဆၢၣ်ယၢ်သ့ၣ်န့ၣ်လီၤ. ယုထၢတၢ်ဘိၣ်ခံတကလုၢ်လၢတအိၣ်ဒီးဖလးစတံးကးဘၢအလွဲၢ်တဖၣ်လၢကစဲဘုးဆူက့ၢ်လၢအလွဲၢ်တဖၣ်အလီၤမ့ၢ်တမ့ၢ်ကသိၣ်သဲဖဲနဟူးဂဲၤအခါန့ၣ်တက့ၢ်.

**2. နတၢ်အိၣ်မုၢ်လၢကိးနံၤဖဲးအပူၤ**

နီၣ်ကစၢ်တၢ်လိၣ်ဘၣ်လၢတၢ်မၤဟံၣ်ဒီးတၢ်ရၤတံၤရၤသကိးအပူၤတဖၣ်ကဟ့ၣ်ဒုးန့ၣ်န့ၣ်လၢန့ၣ်ကတၢ်ယုထၢတၢ်ပိးတၢ်လီတဖၣ်သ့ၣ်န့ၣ်လီၤ. တၢ်ကီၤအ့ၢ်ဆၢၣ်ပူၤဟ့ၣ်ကူၣ်တၢ်တဖၣ်ကဟ့ၣ်ကူၣ်န့ၣ်လၢန့ၣ်ဘၣ်ယုထၢတၢ်ပိးတၢ်လီလီၤဆိမိၣ်လဲၣ်တကလုၢ်ဖဲနလိၣ်ကွဲတၢ်လိၣ်ကွဲမ့ၢ်လဲၤထီၣ်က့ၢ်လီၤတၢ်လီၤလၢအယံၤတဖၣ်အဂီၢ်လီၤ.





3. Your mobility

The vast range of products means that you need to think about your habits and abilities to choose the best product for your problem. Such things as how easily you can get to the toilet or how easy you find changing pads can help to guide the right choice of product for you. There are many types of products, and one will be just right for you.

4. Supply of products

Some continence products can be bought in supermarkets and chemists, while others may be more easily bought from specialist medical suppliers. You might need expert help to choose the right one for you. Contact the National Continence Helpline (Freecall 1800 33 00 66) who provide you with advice or can put you in touch with a continence advisor in your area.

5. Disposal

Most disposable products can be thrown away in normal household rubbish. Continence products should NEVER be flushed down the toilet.

6. Washing guidelines

Reusable products should tell you how to wash them on the package when you buy them. Don't buy reusable products if you don't have a washing machine and dryer, or an outside clothes line which is easy for you to reach. Due to their absorbency they take longer to dry than normal underclothes and sheets, so ask for a sample to try first.

WHO PAYS FOR CONTINENCE PRODUCTS?

Continence products can be costly and in most cases you will need to pay for them yourself.

If you have permanent and severe incontinence, and meet other eligibility criteria, the national Continence Aids Payment Scheme can assist you to meet some of the costs of continence products.

The Department of Veterans' Affairs also manages the Rehabilitation Appliances Program which you may access if you hold a Gold Card or eligible White Card.

3. နတၢ်လဲၤထီၣ်က့ၤလီၤ

တၢ်ပိးတၢ်လီအါကလုာ်အံၤအခိပညီမ့ၢ်ဝဲလၢနကဘၣ်ဆိမိၣ်ထီၣ်နလုာ်လၢဒီးတၢ်သ့တၢ်ဘၣ်လၢနကယုထာတၢ်ပိးတၢ်လီအဂ့ၢ်ကတၢ်လၢနတၢ်ဂ့ၢ်ကိအဖိခိၣ်န့ၣ်လီၤ. အဒိဒ်သိးနကလဲၤထီၣ်တၢ်ဟးလီၤကသ့ညီအဂီၢ်, မ့တမ့ၢ်နကဆိတလဲနခံဘိၣ်တဖၣ်ကညီဝဲ,တၢ်တဖၣ်အံၤကမၤစၢနဒ်သိးနကသ့ယုထာတၢ်ပိးတၢ်လီလၢအကြးဒီးနကတၢ်ကသ့ဝဲအဂီၢ်လီၤ.တၢ်ပိးတၢ်လီအကလုာ်အိၣ်ဝဲအါမးဒီးအကျိတခါကကြးဝဲလၢနဂီၢ်လီၤ.

4. တၢ်လီၤလၢနထံၣ်န့ၣ်တၢ်ပိးတၢ်လီသ့တဖၣ်

တၢ်ကီၤအ့ၣ်ဆၢၣ်ပိးလီတဖၣ်နလုာ်ယုပုၤန့ၣ်အိၣ်လၢကျးဖးဒိၣ်အပူၤဒီးကသံၣ်ကျးအပူၤသ့ဝဲ,ဝဲပုၤတနီၤကပုၤဝဲလၢပုၤဆါကသံၣ်ကသိးပိးလီတဖၣ်အအိၣ်လီၤလီၤသ့ဝဲလီၤ.နကလီၣ်ဘၣ်ပုၤလၢအနၢၢ်ဟံၣ်သ့ဘၣ်လီၤဆိတကလၢကမၤစၢနတၢ်ယုထာလၢအဘၣ်အဂီၢ်လီၤ.ဆဲးကျိး National Continence Helpline (လၢတလၢန 1800 33 00 66) ဒ်သိးကဟ့ၣ်ထီၣ်တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဖၣ်မ့တမ့ၢ်ကဆဲးကျိးန့ၣ်ဒီးတၢ်ကီၤအ့ၣ်ဆၢၣ်ပုၤဟ့ၣ်က့ၣ်တၢ်ဖိတကသ့ဝဲလီၤ.

5. တၢ်က့ၣ်အိၣ်အလီၢ်

တၢ်ပိးတၢ်လီလၢတၢ်ကဘၣ်တၢ်က့ၣ်အိၣ်ဖဲနစ့ၢ်ကါဝံၤတဖၣ်တၢ်တၢ်က့ၣ်အိၣ်ဆူဟံၣ်ယိတၢ်ကမ့ၢ်အပူၤဒ်ညီန့ၣ်အသိးသ့ဝဲလီၤ.တၢ်ကီၤအ့ၣ်ဆၢၣ်တၢ်ပိးလီတဖၣ်အံၤလုၤတက့ၤတၢ်တဘၣ်ဆဲးမ့ၢ်န့ၣ်လီၤ.ဆူတၢ်အ့ၣ်ဆၢၣ်လီၢ်ခွးပူၤဒီးထံတဂ့ၤ.

6. က့ၣ်လၢနကဘၣ်သ့ကဆိအိၣ်

တၢ်ပိးလီလၢနစးကဒါက့ၤအိၣ်သ့တဖၣ်ဝဲန့ၣ်လၢနကဘၣ်သ့ကဒါက့ၤအိၣ်လဲၣ်ဖဲန့ၣ်ပုၤ.အိၣ်အါလီၤ.နစးဆူၣ်တၢ်ဒီးစးမၤသ့ထီၣ်ကူကၤ.မ့တမ့ၢ်တၢ်လီၤလီၤကူကၤအလီၢ်လၢတၢ်ခူလၢနဖိၣ်အိၣ်တူညီမ့ၢ်တအိၣ်န့ၣ်တဘၣ်စ့ၢ်ကါတၢ်ပိးလီလၢတၢ်သ့က့ၤအိၣ်သ့ဝဲအံၤသိးတဖၣ်တဂ့ၤ.ခိဖျိအဝဲသ့ၣ်သဝံးထံန့ၣ်အယိကယုထီထီၣ်အဂီၢ်တၢ်ဆၢကတီၢ်ယံၣ်န့ၣ်ဒီးကူကၤအဖိလၢဒီးလီၢ်ဒါလၢအဂၢတဖၣ်ဒီး. အယိယုန့ၣ်အခိလၢနကမၤက့ၣ်အိၣ်အဂီၢ်တက့ၢ်.

တၢ်ကီၤအ့ၣ်ဆၢၣ်တၢ်ပိးလီတဖၣ်အံၤမတဂၢကဟ့ၣ်အလုၤအပုၤလဲၣ်.

တၢ်ကီၤအ့ၣ်ဆၢၣ်တၢ်ပိးလီတဖၣ်အံၤအပုၤဒိၣ်ဝဲဒီးအါတက့ၢ်နကဘၣ်ဟ့ၣ်လၢအလုၤအပုၤနကစၢၢ်ဒၣ်န့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးတၢ်ကီၤအ့ၣ်ဆၢၣ်တၢ်ဂ့ၢ်ကိလၢအနးတချုးတဖၣ်, ဒီးနကြးဒီးန့ၣ်ဘၣ်နဲတၢ်မၤစၢသ့တနီၤ, ကီၢ်ပူၤတၢ်ကီၤအ့ၣ်ဆၢၣ်တၢ်မၤစၢရဲၣ်က့ၤ (National Continence Aids Payment Scheme) မၤစၢန့ၣ်လၢတၢ်လၢာ်ဘျီလၢာ်စ့ၢ်လၢတၢ်ကီၤအ့ၣ်ဆၢၣ်တၢ်ပိးလီအလုၤအပုၤသ့ဝဲတနီၤန့ၣ်လီၤ.

Department of Veterans' Affairs စ့ၢ်ကိးက့ၢ်ထွဲမၤစၢတၢ်မၤဂ့ၢ်ထီၣ်က့ၢ်နီၢ်ခိက့ၢ်ဂိတၢ်ရဲၣ်က့ၤ Rehabilitation Appliances Program လၢနဒီးန့ၣ်သ့ဝဲနဆိၣ်ဒီး Gold Card မ့တမ့ၢ် White Card လၢတၢ်တူၢ်လီၢ်အိၣ်သ့တဖၣ်န့ၣ်လီၤ.





Also, some state and territory governments provide services to support people affected by incontinence, including providing continence products. These services vary between states, and may include client assessment, education and support.

In most cases you will need to seek help from a health professional such as your doctor or continence nurse to access these services.

If you contact the National Continence Helpline you can get advice about the continence services that may be available for you.

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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

လၢကီုစါ,ဒီးကီုဖိတနီၤနီၤအပူၤစါကီုပဒိၣ်အိၣ်ဒီးတၢ်ဆိၣ်ထွဲမၤစၢလၢကမၤစၢဆိၣ်ထွဲပူၤလၢအတူၢ်ဘၣ်တၢ်ကီုအ့ၣ်ဆံၣ်,ပၣ်ယုၣ်ဒီးတၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီတဖၣ်န့ၣ်လီၤ.တၢ်ဆိၣ်ထွဲမၤစၢတဖၣ်အံၤကီုစဲၣ်တဘျီဒီးတဘျီအဘၣ်စၢလီၤဆိၣ်လီၤအသး,ဒီးပၣ်ယုၣ်တၢ်သံက့ၢ်သမံၤမိးပူၤတဖၣ်,တၢ်က့ၣ်ဘၣ်က့ၣ်သ့ဒီးတၢ်ဆိၣ်ထွဲန့ၣ်လီၤ.

လၢတၢ်ဂ့ၢ်အဂၤတနီၤအဖီခိၣ်,နကလိၣ်ယုထံၣ်တၢ်မၤစၢလၢဆူၣ်ချူ မုၤဒါခိၣ်တဖၣ်အဆိၣ်ဒ်သိးနကသံၣ်သရၣ်,မ့တမ့ၢ်တၢ်ကီုအ့ၣ်ဆံၣ်နးစံၤပုၤဟ့ၣ်က့ၣ်တၢ်တဖၣ်လၢကသ့ဒီးန့ၢ်တၢ်မၤစၢတဖၣ်အံၤကသ့အဂီၢ်လီၤ.

နမ့ၢ်ဆဲးကျိးဒီး **National Continence Helpline** နကဒီးန့ၢ်တၢ်ဟ့ၣ်က့ၣ်ဘၣ်ထွဲဒီးတၢ်ကီုအ့ၣ်ဆံၣ်တဲၤကျိၤတဖၣ်အဆိၣ်လၢနကြးဒီးန့ၢ်သ့တဖၣ်န့ၣ်လီၤ.

ယုထံၣ်န့ၢ်တၢ်မၤစၢ

နးစံၤလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဝဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မ့ၢ်ဆၢတုၤမ့ၢ်ဖိဖး,စးထီၣ်ဂီၤ **8.00**တုၤ **8.00**န့ၣ်ရံၢ်အါဆိးစကြွလ်ယုၣ် မ့ၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢစ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်က့ၢ်
- တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျီတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီုလၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ပာ်အဲကလံးကျိၣ်တခါနဒီးန့ၢ်တၢ်မၤစၢအကျိၤအကျိၤခိၣ်ဖျိကျိးထံလီၤတဲၤစိအကျိၤလၢတလၢစ့ဘၣ်သ့ဝဲ **13 14 50**န့ၣ်လီၤ.ပူၤဖိၣ်လီၤတဲၤစိဖိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်,အယိကတီၢ်ဖျိထီၣ်ကျိၣ်လၢနကတီၢ်အီၤဝဲအိၣ်ခိးအီၤတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပူၤကျိးထံတၢ်ဖိလၢကတီၢ်နကျိၣ်တကအအိၣ်န့ၣ်လီၤ. တဲဘၣ်ပူၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လီၤတဲၤစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဲၤစိပူၤကျိးထံတၢ်ဖိကမၤစၢန့ၢ်လၢနကကတီၢ်ဘၣ်တၢ်ဒီးနးစံၤမ့ၢ်လၢကဟ့ၣ်က့ၣ်န့ၢ်ဘၣ်ယးတၢ်ကီုဆံၣ်တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လီၤတဲၤစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အီၤလၢတၢ်ရဲသ့ၣ်န့ၣ်လီၤ.

က့ၢ်ဘၣ်ဝဲ [bladderbowel.gov.au](http://bladderbowel.gov.au) မ့တမ့ၢ် [continence.org.au/other-languages](http://continence.org.au/other-languages) တက့ၢ်.

\* တၢ်ဆဲးကျိးခိၣ်ဖျိလီၤတဲၤစိစိစုတဖၣ်တၢ်ယုအပူၤဒ်တၢ်ပနီၣ်ဆိးအသိးန့ၣ်လီၤ.

