



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;

WAA MAXAY SABABTAY DADKA QABA ILOWGU AY UGALA KULMAAN DHIB KONTOROOKKA IYO MINDHICIRKA IYO KAADI HEYSTA?

Dadka qaba ilowga waxaa ka lumay xasuusta waxaana laga yaabaa inay wareersan yihiin oo aysan garaneynin meeshay joogaan. Tani waxay sababi kartaa ama ay sameyn kartaa in dhibaataada kontoroolka mindhicirka iyo kaadi heystu ka sii daraan.

Dadka qaba ilowga waxaa laga yaabaa inay dhib kala kulmaan:

- "Heynta" ilaa ay ka tagaan musqusha.
- Helida musqusha.
- Iyagoo og inay siibka iska furan ama surwaalkooda hoos u jiidaan markay musqusha tegayaan.
- Kaga maqnaanta guriga meelo aysan ogeyn meeshay musqushu tahay.
- Ogaanta marka mindhicirka ama kaadi heystu ay faaruqa tahay.
- Ka warqabida baahida inaad kaadido ama aad u faaruqiso mindhicirka.
- Kaadinta ama furida calooshooda meelaha aan loo baahneyn inay ku furan.
- Niyadjab, welwel ama cadaadis walaac leh, ama jirro, oo laga yaabo inay ka dhigaan kontoroolka mindhicirka iyo kaadi heysta mid ka sii xumaada.

WAXA MA LOO QABAN KARAA DADKA QABA ILOWGA EE DHIBKU KA HEYSTO KONTOROOKKA MINDHICIRKA IYO KAADI HEYSTA?

Haa!

Iyadoo aysan waxba ka tareynin daawadu ilowga, waxaa jira siyaalo lagu siin karo sharfid iyo raaxoba.

Waxaa jira xeerar ballaadhan oo ah la shaqeynta si caawimaad leh dadka qaba ilowga:

- Si taxadar leh u dhageyso oo ugu jawaab qofka.
- Ka takhalus waxyaalaha xanibaya. Ka dhig waxyaalaha ku hareereysan kuwo sahlan oo ay yaqaanaan.
- Tus xushmad iyo daryeel daacad ah.

Jeegaree kontoroolka mindhicirka iyo kaadi heysta

Caawimaad ka raadso dhakhtarkooda, fiisiyo terabiga, ama kalkaalisada ceshadka kaadida iyo saxarada.

Kontoroolka mindhicirka iyo kaadi heysta waxaa ka mid noqon doona baarista jireed iyo su'aalo ku saabsan marka, goobta iyo sababaha ay dhibaatooyinkani u dhaceen.

Daryeelaha ayaa badanaa ah qofka ugu fiican ee bixin kara faahfaahinta loo baahan yahay in la jeegareeyo kontoroolka mindhicirka iyo kaadi heysta, sida:

- wakhtiga uu qofku aadayo musqusha iyo/ama wax ka imanayaan;





- 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.

- siduu qofku u qoyan yahay:
waxyar = kastuumaha ayaa qoyan;
dhexdhexaad = goonada ama surwaalka ayaa qoyan; ama
darran = kursiga, sagxada ama sariirta ay buuxda; iyo
- marka iyo siday badanaa u furan calooshooda.

Maaree kontoroolka mindhicirka iyo kaadi heysta

- Daawee waxa sababay dhibka. Dhakhtarkooda, fiisiyo teribi ama kalkaalisada ceshadka kaadida iyo saxarada ayaa kaa caawin kartaa helida waxyaalaha sababay oo tallo ka soo jeedineysa sidii loo daaweyn lahaa.
- Dib u eeg daawooyinka. Daawooyinka waxaa laga yaabaa inay caawiyaan, laakiinse waxay sidoo ka dhigaan dadka kuwo wareersan, waxayna ka dhigayaan dhibaataada kontoroolka mindhicirka iyo kaadi heysta mid ka sii xumaada.
- Xaqiiji qofka hilmaanka qabaa inuu cabo 1.5 – 2 litir oo cabitaana ah maalintii (haddii aan dhakhtarku u diidin). Cabitaanka biyuhu waxay daaweyn karaan infekshinka kaadi heysta, waxay ka dhigi karaan calooshu inay si ka fiican u shaqeyso oo ay kaadi heystu caafimaad qabto. Kafeega, shaaha iyo koolaha waxay ka dhigaan in kaadi heystu noqoto kontoroolkeedu mid adag. isku day inaad jarto inta cabitaankan ah ee ay cabaan.\
- Daawee haloosha ku fadhida, waa inaad hubisaa inay cunnaan miro iyo khudaar faro badan, maalintii cab biyo fara badan, ahowna mid firfircoon.
- Eeg calaamado inay doonayaan inay musqusha tagaan. Weydii inay musqusha isticmaalaan wakhtiyada aad u maleynayso inay badanaa aadaan ama ay badanaa qoyan yihiin. Haddii aad ogaatid wakhtiga ay tani dhacdo waxaad awoodi doontaa inaad aragto inay fiicnaato iyo in kale.
- Haddii ay dhib kala kulmaan badhamada iyo siibabka, u bedel track suits, surwaalo leh dhex laastiig ah ama isticmaal Velcro.
- Meesha musqusha loo sii maraa ha banaanaato. Hakaga tegin waxna wadada oo ku adkeyn kara gaadhiga musqusha. Nalka xabeenkii baa laga yaabaa inuu caawiyo. Ka dhig albaabka musqusha mid uu sahlan yahay aragtidiisu.
- Ka feker isticmaalka ilaha macluumaadka ee bulshada si loogu caawiyo xamuul daryeel laq qof qaba ilowga – sida wax dhaqida, wax soo gadashada iyo daryeelka ka nasinta.

Alaabta maareynta kaadiheysta sida suufka iyo surwaalada waxaa laga yaabaa inay hagaajiyaan tayada noloshu. Waxaa laga yaabaa inaad awoodo inaad hesho waxoogaa caawimaad ah oo aad ku daboosho kharashka alaabadan. Tallada ah haddii aad awoodo inaad hesho caawimaadan iyo noocyada alaabta ee aad heli karto waxaa laga heli karaa Khadka taleefanka Ceshadka kaadida iyo saxarada ee Qaranka. (Wecitaan bilaash ah * 1800 33 00 66). Waxyaalaha waxaa laga yaabaa inay yareeyaan inta jeer ee ay badanaa dhacaan shilalka kediska ee kaadiheysta iyo mindhicirka iyo inta xumaanteedu le'eeg tahay.





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.

DAAWADU MA CAAWIN KARTAA KONTOROOKKA MINDHICIRKA IYO KAADI HEYSTA?

Haa!

- Waxaa laga yaabaa in la siiyo antibaayootig si loo daaweeyo infekshinka kaadiheysta.
- Daaweynta bedelaada hormoonka (kiniiniga, patches ama kareemka) ayaa laga yaabaa inay sahlaan dumarka wakhtiga ma dhaleysnimada ka dib in la kontoroolo kaadiheystooda.
- Kiniiniga si loo debciiyo kaadiheysta ayaa laga yaabaa in la siiyo si loo dejiyo kaadiheysta kacsan, saa daraadeed si ay u keydiso kaadi badan. Tani waxay jari kartaa tirada inta jeer ee qofku u baahan yahay inuu musqusha tago.
- Daawooyinka qaarkood waxay u keeni karaan kaadiheysta iyo dhibaatooyinka kontoroolka mindhicirka, ama wey sii xumeyn karaan. Daawooyinka waa inuu jeegareeyaa dhakhtar. Si uu u arko in qaarkood u baahan yihiin in la bedelo.
- Daawooyinka qaarkood ee kontoroolka dhibaatooyinka kaadiheysta iyo mindhicirka waxaa laga yaabaa inay sababaan dhibaatooyin sida afka oo ku qalala, mindhicirka oo ku fadhiista, dhiilitirnaanta oo xumaata iyo tamar yari. Dadka qaba ilowga, waxaa sidoo kale jira khatar ah waxaa laga yaabaa inay aad u sii wareeraan. Isticmaalkooda daawada waxaa loo baahan yahay in dhakhtarkoodu si taxadar leh u eego. U sheeg dhakhtarka wixii ku saabsan dhibaatooyinka lay daawooyinka sababaan.

RAADI CAAWIMO

Waxaa la helli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisaada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka bladderbowel.gov.au ama continence.org.au/other-languages

* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.

