



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.

Saddex afartii qof ee qaba dhibaatooyinka kontoroolka kaadiheysta ama mindhicirka waa la daaweyn karaa ama laga caawin karaa inay si wanaagsan u maareeyaan dhibkooda.

WAA MAXAY ALAABTA CESHADKA KAADIDA IYO SAXARADA?

Alaabta ceshadka kaadida iyo saxarada waxaa loo isticmaalaa in lagu maareeyo astaamaha kontoroolka xun ee kaadiheysta iyo mindhicirka. Waxaa laga yaabaa in loo isticmaalo wakhti gaaban si ay kaaga caawiso inta lagu daaweynayo ama wakhti dheer haddii aan la daaweyn Karin kontoroolka mindhicirka iyo kaadiheysta xun.

La talliyayaasha ceshadka kaadiheysta ayaa yaqaan alaabta kala duwan ee caawin karta inay maareeyso dhibaatooyinka kontoroolka mindhicirka ama kaadiheysta. Waxay kaa caawin karaan inaad doorato alaabta ku siineysa ilaalinta iyo kalsoonida nolol maalbeedkaaga.

Dhakhatarakaaga ama lataliyaha ceshadka kaadida iyo saxarada ayaa eegi kara waxyaalaha sababay dhibkaaga oo ku siin kara waxoogaa daaweyn ah. Haddii aadan waxba qaban oo aad isticmaasho uun suufyo ama waxyaalaha kale ee alaabta ceshadka kaadida iyo saxarada adoon iskudeyin wax daaweyn ah, dhibkaaga waxaa laga yaabaa inuu ka sii daro.

WAA MAXAY ALAABTA CESHADKA KAADIDA IYO SAXARADA EE LA HELAYAA?

Surwaalada iyo suufafka wax nuugaya

Surwaalada iyo suufafka waxay ku yimaadaan xajmiyo kala duwan iyo inta kaadi ah ee ay nuugi karaan. Suufafka qaarkood waxaa loogu talagalay in la isticmaalo wakhti oo kaliya, ka dibna la tuuro. Suufaf kale iyo surwaalo waa la dhaqi karaa oo la isticmaali karaa wakhtiyo badan. Waxaad heli kartaa surwaalo mesh/net khaasa leh oo ka ilaaliya suufafka inay siibtaan. suufafka qaarkood waxay leeyihiin suuman 'wax ku dhegaya' oo ku dhegaya surwaalka si ay suufka meesha ugu hayaan.

Go'yaasha sariirta ee wax nuuga iyo kuwa kuraasta lagu daboolo.

Alaabtan, duubka kore ee ugu xigga maqaarka wuxuu siidaynayaa kaadida, laakiinse wuu qalalnaanayaa marka duubka hoose uu kaadida nuugo, marka ay sida ugu wanaagsan ugu shaqeeyaan marka maqaarka ay xiriir toos ah la yeeshaan.

Penile sheaths / external catheters

penile sheaths waxay ka sameysan yihiin silicone badanaana waa kuwo isku dhega oo leh laymanka koolada nonlatex oo ku dhegta guska. Ka kale, galka dhammaadkiisa wuxuu ku xirmaa lugta boorsada halkaas oo kaadidu ku dareerto.





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.

Haddii ninku yahay mid dhaqdhaqaaqa, boorsada lugta ayaa la isticmaali karaa oo ku qarsoon dharkiisa dhexdiisa. Galka waxaa lagu xiri karaa boorso laba litir ah si ay habeenkii ugu da'do. Falcelinta maqaarka waxaa lagu arki karaa oo kaliya silikome cad isla markay dhacaan. Boorsooyinka ku xiran galka waa inay had iyo jeer lahaadaan tuubooyin balaaran si ay kaadidu ugu socoto boorsada oo aanay dib ugu laaban galka oo sababi kara inay noqoto mid debecsan. Boorsooyinka lagu xirto lugta waa in si adag loogu xiraa bowdada ama lugta hoose iyada oo la isticmaalayo xarig la yimid boorsada lana faaruqiya ka hor inta aanay cuslaan si looga saaro galka.

Alaabta kale ee kaa caawineysa musqusha

Tuunjiga sariirta iyo kuwa lagu kaadiyo (nooca ragga iyo dumarka) waxaa la isticmaali karaa haddii aad sariirta ku xiran tahay. kuraasta commode ka ah ee sariirta la agdhigo habeenkii ayaa ku caawin karta haddii aadan u socon karin musqusha. fadhiyada musqusha ee kor loo qaaday iyo kuraasta musqusha la kor dhigi karo ayaa sidoo kale ku caawin karta haddii aad dhib kala kulanto ku fadhiisiga musqulaha gaagaaban.

MAXAAD KA FEKERAYSAA OO KU SAABSAN MARKAAD DOORANEYSID ALAABTA CESHADKA KAADIDA IYO SAXADA?

Alaabada ugu fiican waa mida sida fiican u shaqeysa, waa mid aad ku qanacsan tahay oo kaa caawineysa inaad nolol caadi ah yeelato. Markaad dooraneysid alaabta ceshadka kaadida, waa inaad ka fekertaa.

1. Dhibkaaga korontoroolka kaadida ama mindhicirka ee shakhsi ahaantaada.

Doorashadaada alaabta waxay ku xirnaan doontaa baahidaada kontorool ee wakhti kasta. Dooro suuf qaban kara inta kaadi ah ee aad dhigi doonto u bedelna sida ugu dhakhsaha badan ee suurto galka ah markuu qoyo. Tan ayaa adiga kuu fiican kuuna raqiisan intii aad u deyn lahayd suuf balaadhan meeshiisa saacado badan. Xirnaanta suufaf qoyan oo kaadi leh ama saharada mindhicirka waxay ku keeni kartaa cuncunka maqaarka ama infekshanka kaadiheysta. Sidoo kale, wixii ur ah waa la yareyn karaa haddii loo bedelo suufka sida ugu dhakhsaha badan ee suurto galka ah markuu qoyo ama la maroojiyo maqaarkana la biyo raaciyo oo la qalajiyo ka hor intaan suuf cusub la isticmaalin. Dooro suuf aan lahayn dabool balaastig ah oo midabo leh oo ka muuqan kara dharka midabka khafiifka ah leh ama sameynaya sanqad markaad dhaqaaqdo.

2. Hanaan nololeedkaaga

Baahida shakhsiyeed ee looga baahan yahay shaqo, guri iyo nolol bushadeedkaaga waa inay sidoo kale ay hagtaa doorashadaada alaabta. La taliyayaasha ceshadka kaadida ayaa kugu caawin kara tallo ku saabsan alaabta shakhsiyeed ee la isticmaalayo markaad ciyaarto ciyaaraha ama aad safarto fogaan dheer.





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. Dhaqdhaqaaqaaga

Alaabta inta ugu badan micnaheedu waxaa weeye inaad u baahan tahay inaad ka fakarto waxyaalaha ku saabsan caadada iyo awoodaha si aad u doorato alaabta u gu fiican dhibkaaga. Waxyaalahan sida ugu sahlan ee aad ku tegi kartid musqusha ama sida ugu sahlan ee aad ku heli kartid suufka bedelaada ayaa kaa caawin karta tusaha doorashada alaabta saxda ee aad u baahan tahay. Waxaa jira alaabo noocyo badan, mid baana adiga kuu fiicanaya.

4. Keenida alaabada

Alaabta ceshadka kaadida qaarkeed waxaa laga iibsan karaa farmasiyada iyo dukaamada waaweyn, iyadoo kuwa kale si sahal ah looga iibsan karo meelaha ku takhasusay alaabta caafimaadka. Waxaa laga yaabaa inaad u baahato caawimaad khabiirnimo si aad u doorato mida saxda ah ee aad u baahan tahay. La xiriiir **Khadka taleefanka Qaranka ee Ceshadka Kaadida (wicitaanka bilaashka ah 1800 33 00 66)** oo ku siinaya tallo ama kula xiriirinaya la talliyaha goobtaada ee ceshadka kaadida.

5. Tuurida

Alaabta badanaa aadka loogu tuuro waxaa loo tuuri karaa sida qashinka caadiga ah ee guriga. Alaabta ceshadka kaadida waa inaan WELIGEED musqusha lagu tuurin si loo biyo raaciyo.

6. Awaamiirta dhaqitaanka

Alaabta dib loo isticmaali karo waa inuu kuu sheegaa galkeedu sida loo dhaqayo markaad iibsato. Ha iibsan alaabta dib loo isticmaali karo haddii aadan heysan qasaalad iyo qalajiye, ama xarkaha dharka lagu wadho oo ay sahlan tahay inaad gaadho. Marka loo eego siday u nuugayaan oo ay qaataan wakhti ka dheer inay ku qalalan goyaasha iyo kastuumayaasha, weydiiso kambiyoone aad marka koowaad isku daydo.

YAA WAX KA BIXIYA ALAABTA CESHADKA KAADIDA?

Alaabta ceshadka kaadida waxay noqon kartaa mid kharash badan xaaladaha badidooda waxaad u baahan doontaa inaad adigu bixiso nafsad ahaantaada.

Haddii aad qabto ceshad la'aanta kaadida iyo saxarada oo joogta ah oo darran, oo aad fuliso shuruudaha kale ee xaq u yeelashada, Qorshaha Lacagta Caawimaada Ceshadka qaranka ayaa kaa caawin karta adiga inaad fuliso qaar ka mid ah kharashaadka alaabta ceshadka kaadida.

Wasaaradda Arimaha Dadka dalka u soo dagaalamay sidoo kale ayaa maamula Barnaamijka Qalabka Dhaqancelinta oo laga yaabo inaad isticmaasho haddii aad heysato Gold Card ama aad xaq u leedahay White Card ka.





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 or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

Sidoo kale, dawladaha territory-ga iyo gobolka qaarkood waxay bixiyaan adeegyo lagu taagero dadka ay saameysay ceshad la'aanta kaadida iyo saxaradu, oo ay ku jiraan siinta alaabta ceshad la'aanta. Adeegyadan way kala duwan yihiin gobolada, waxaana laga yaabaa inay ku jiraan qiimeynta macaamiisha, taageerada iyo waxbarashada.

Xaaladaha badidooda waxaad u baahan doontaa inaad ka doonato caawimaada aqoonyahanada caafimaadka sida dhakhtarkaaga ama kalkaalisada ceshadka kaadida si aad u isticmaasho adeegyadan.

Haddii aad la xiriiro National Continence Helpline waxaad caawimo adeegyada ceshad la'aanta ku saabsan taas oo aad heli karto.

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 Kalkaalisada 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.

