

Carers information



Many carers are helping a person with incontinence. It is not always easy and many carers feel overwhelmed about having to cope with a person's incontinence. These feelings are normal and here are a few tips to help you understand how to deal with this situation.

Professional advise and funding

- Seek advice from a doctor or healthcare professional
- Check in your region if there is a reimbursement or financial help to support you with expenses and apply for the funding (ask doctor, health and social services, insurance company)

Incontinent products selection and application

- Get especially designed absorbent [products for incontinence](#); such as pads, slips (briefs), pant (protective underwear) or flex (belted briefs). You can get them in the pharmacy, supermarket and internet shop.
- A wide variety of incontinence products is available on the market. The following videos only aim to provide carers with general instructions on how to apply correctly different types of incontinence products. By no means do they aim to promote a specific product brand:

<https://www.youtube.com/watch?v=1eZ2eFZe2hw>

<https://www.youtube.com/watch?v=KdG500BNSeA>

<https://www.youtube.com/watch?v=-DrrGcJcX3U>

Skin care and hygiene routines

- Frequent cleansing with water and soap can disrupt the skins integrity. Pay attention to the washing routine and skin care of the person with incontinence. Due to dry or too humid environment skin is a subject to increased irritations, injury and infection. Special moisturizing [skin care products](#) can help you to avoid such risks and protect sensitive older skin.

Products Selection and Application



A wide range of incontinence products will help to find the best possible solution to manage any type of incontinence. Very important is it to find the right product to tackle the individual challenges faced by your relative, as well as to keep his or her dignity and easy use of the toileting routine.

Usage situations

-Identify level of mobility and independence



Mobile

If a person has no trouble of getting about (mobile, semi-mobile) use a **pad** or **pant** (protective underwear), easy to put on like regular underwear

<https://www.youtube.com/watch?v=KdG500BNSeA>



Dependent

If a person cannot hold his own weight in standing position or is bedridden use a **pad, slip(brief) or flex**

<https://www.youtube.com/watch?v=1eZ2eFZe2hw>

<https://www.youtube.com/watch?v=-DrrGcJCX3U>

Absorption capacity indication

Incontinence product brands have different approaches to expressing the absorbency capacity on pack. Advise from a doctor or a healthcare professional on relevant product type and needed product capacity will help to find the right solution. Often the absorption capacity is expressed on pack by different number of drops.



Sizes

Like in clothes incontinence products are available in different sizes: extra small (XS), small (S), medium (M), large (L), extra large (XL). Variety of sizes depends on product type and availability in the area you live. To get the best suitable product in terms of sizing, please ask a doctor or a healthcare professional.

Skin Care



Incontinent individuals are more vulnerable to skin irritation, infection and incontinence associated dermatitis. Skin breakdown as a result of incontinence can have a considerable impact on an individual's physical and psychological wellbeing.

Each skin care occasion should aim to...

- Cleanse fragile skin gently
- Restore the moisture/lipid balance of the skin
- Protect sensitive skin against future damage

Maintaining an 'ideal' moisture level keeps the skin smooth and supple, ensuring it is able to protect itself from injury and infection. Use regularly **moisturizing skin care product** as well as a cream with **Zinc**. Products containing zinc oxide have been shown to be most effective for the protection of most vulnerable and irritated skin from further damage.

Avoid products containing alcohol, they can further irritate the skin.

These days, **'3 in 1'** skin hygiene products are available. They are specifically designed to clean and deodorize skin and do not need rinsing with water, avoiding excessive dryness and irritation. **'3 in 1'** products are ideal for incontinence care as well for full body cleansing.