



A+ Senior Care
We Are Here To Serve You

Newsletter

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SPECIAL POINTS OF INTEREST:

- Fifty percent of the senior population suffer from some form of incontinence; the other half are continent, but with great effort.
- Scheduled toileting retrains a senior's bladder and can effectively reduce UI.
- The earlier UI is treated and controlled, the better your loved one's quality of life will flourish!

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Urinary Incontinence

Simply put, Urinary Incontinence (UI) is the loss of bladder control. Severity ranges from occasionally leaking urine to having such a sudden urge to urinate that you don't get to a bathroom in time. Because many seniors don't know who to talk to when UI becomes an embarrassing way of life, they don't tell anyone. Sadly, they suffer in silence with their big secret. Valerie Fulton, a nurse practitioner with Bridan Healthcare, says, "Fifty percent of the senior population suffer from some form of incontinence; the other half are continent, but with great effort."

An overactive bladder may lead to more serious issues like pressure ulcers and skin breakdown, caused by constant wetness. According to Nurse Fulton, "Incontinence is not part of the normal aging process - no [cognitive] adult should be in a diaper." When UI is brought out into the open and discussed with a health-care provider, proper diagnosis and treatment can help prevent Long-Term Care placement.

Before contemplating medication or surgery, your first line



of defense for a loved one dealing with UI should be behavior modification. If feasible, a liquid consumption and bathroom usage diary can offer the doctor diagnostic insight. Nurse Fulton suggests avoiding caffeinated (coffee, tea, colas and chocolate), acidic, and spicy foods because they increase the bladder spasms that lead to UI.

Scheduled toileting retrains a senior's bladder and can effectively reduce UI. An ideal schedule requires bathroom visits every three hours, overlapping with meals and liquid intake. Some seniors may need to start with shorter intervals and then gradually build up to longer blocks of time.

For those who struggle with stress incontinence when they sneeze, laugh or lift something,

pelvic floor exercises (Kegels) can improve sphincter control after 6-8 weeks, if done properly and consistently. Because the exercise should be a rectal squeeze and not a vaginal squeeze, women should pay particular attention to how this feels.

Independent seniors shouldn't have to avoid social occasions outside the home and worry about where that next bathroom rest stop is when traveling. The earlier UI is treated and controlled, the better your loved one's quality of life will flourish!

For information on Home Healthcare services and help with incontinence, contact Karlyn Williams at A+ Senior Care, 609-450-1719. Valerie Fulton can be reached at 609-410-7942 & bridanhc.com.

Resources:

- www.seniormag.com
- www.parentgiving.com
- www.mayoclinic.com



(3IQ) Assessment Tool

The 3 Incontinence Questions

The 3IQ is a patient questionnaire that helps your doctor distinguish urgency incontinence from stress incontinence. It should take no more than a couple of minutes. Complete the quiz and bring it to your next appointment.

1. During the last 3 months, have you leaked urine (even a small amount)?
 Yes No (if NO ,the 3IQ test is complete)

2. During the last 3 months, did you leak urine (check all that apply):
 When you were performing some physical activity, such as coughing, sneezing, lifting, or exercising?
 When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
 Without physical activity and without sense of urgency?

3. During the last 3 months, did you leak urine most often (check only one):
 When you were performing some physical activity, such as coughing, sneezing, lifting, or exercising?
 When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
 Without physical activity and without a sense of urgency?
 About equally as often with physical activity as with a sense of urgency?

Reference: Pfizer Inc.

*Nurse Fulton,
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 not part of the
 normal aging
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All A+ Senior Care in-home Caregivers provide the following services

- Meal Planning and Preparation
- Sensory Stimulating Games
- Appointment Reminders
- Participate in Crafts and Games
- Plan Visits, Outings & Trips
- Medication Reminders
- Light Housekeeping
- Laundry
- Iron Clothes
- Wash Dishes
- Take Out Trash
- Change Linens & Make Bed
- Pick Up Prescriptions
- Organize/Clean Closets
- General Shopping
- Escort to Appointments
- Bathing
- Dressing
- Bathroom assistance
- Mobility assistance

