

# Elderly Incontinence Management

This guide provides a structured approach to managing incontinence in the elderly, focusing on the appropriate use of products, maintaining skin integrity, and strategies to handle incontinence accidents.

## Step 1: **Assessment**

Conduct a thorough assessment to understand the type and severity of incontinence, as well as the individual's preferences and abilities.

## Step 2: **Product Selection**

Choose appropriate incontinence products such as diapers, pull-ups, or pads, taking into account the individual's size, level of mobility, and the severity of their incontinence.

## Step 3: **Skin Care**

Implement a skincare routine to prevent irritation and breakdown, which includes gentle cleansing after accidents, application of moisture barrier creams, and regular skin inspections.

## Step 4: **Accident Management**

Have a plan for quickly and discretely handling accidents to maintain dignity, such as having a change of clothes ready and knowing the location of restrooms when outside.

## Step 5: **Scheduled Toileting**

Consider setting up a toileting schedule to reduce the risk of accidents, encouraging the use of the restroom at regular intervals.

## Step 6: **Environmental Adjustment**

Modify the living environment to reduce the risk of accidents and ease the cleaning process, like placing waterproof mattress covers or having a commode nearby.

# **General Notes**

## **Dignity**

Throughout the management process, it's crucial to preserve the individual's dignity and involve them in decision-making to the extent possible.

## **Professional Advice**

Consult healthcare professionals for personalized advice, especially for selecting products and creating a toileting schedule.

## **Continual Review**

Regularly review and adjust the management plan to meet the changing needs of the individual.