



# Health

Hunter New England  
Local Health District

# The Cost of Incontinence



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HNELHD – Tablelands Sector



# Objectives



- Brain changes related to toileting
- Improving the toileting experience for people living with dementia
- Assessment
- Management
- Continence aids
- Continence Funding Schemes



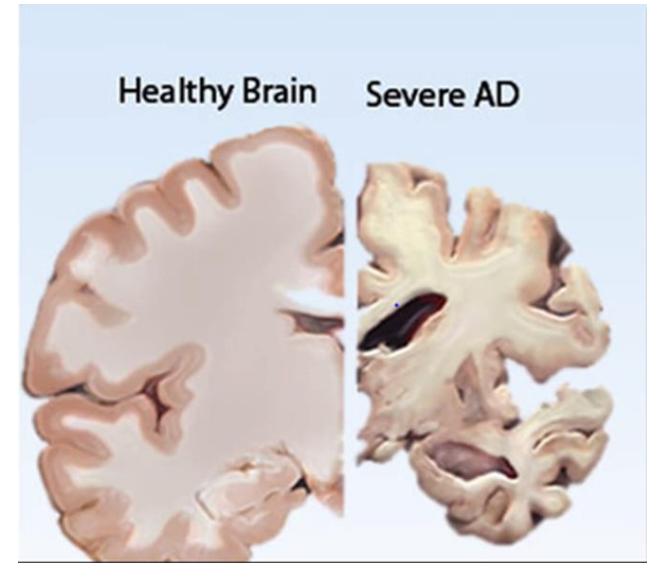
# 21 Steps in the Toileting Process



# Brain Changes in Dementia and Toileting



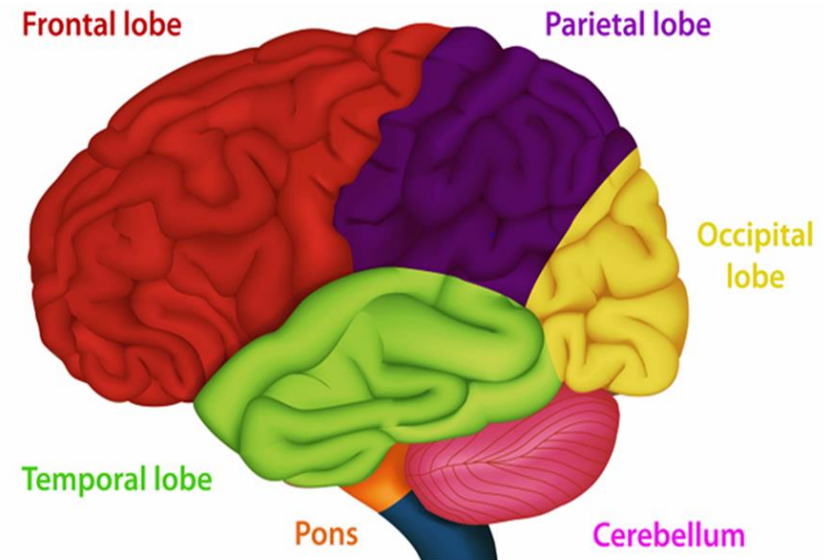
- Depression
- Personality changes
- Apathy
- Withdrawal
- Not enjoying everyday tasks progresses to not being able to complete everyday tasks
- Toileting incidents



# Brain Changes in Dementia and Toileting



- Pons – affects voiding
- Frontal lobe – micturition
- Temporal lobe processing language, recognizing objects - ie. toilet
- Different lobes affected, affect steps in toileting





## **Parietal Lobe Changes**

- May not recognize the way to the toilet
- May not recognize the toilet
- Difficulty with floor surface changes



## Frontal Lobe Changes

- May not initiate voiding
- May not be able to plan voiding
- May be easily distracted – may stand while voiding / defaecating
- Disinhibition



# Improving the Toileting Experience



- Time
- Commitment
- Dignity
- Resources
- Case management





# Assessment



- Medical history
- Medications
- Mobility
- Fluid intake
- Bowels
- What toileting steps/skills are missing?
- Toileting cues

# Management



- Resolve constipation
- Drink adequate fluids
- Focus on maintaining mobility
- Good toilet habits
- Environment



Knees higher than hips  
Lean forward and put elbows on knees



# Managing Difficult Toileting Behaviour



- Changing an incontinence aid of a resistive person
- Not wanting to sit for toileting completion
- Urinating somewhere other than the toilet



# Strategies to Improve the Toileting Process



- Toilet doors need to stand out from surrounding walls
- Sign with a picture of a toilet on door
- Coloured water in toilet; coloured toilet seat
- Welcoming environment
- Bridge the floor surfaces
- Night light, sensor mats, call bells
- Access equipment
- Easy to manage clothing



# Continence Aids



- Washable products that resemble normal underwear
- Easy to use
- Develop tolerance for product



# Urinal “Bottles” and Commode Chairs



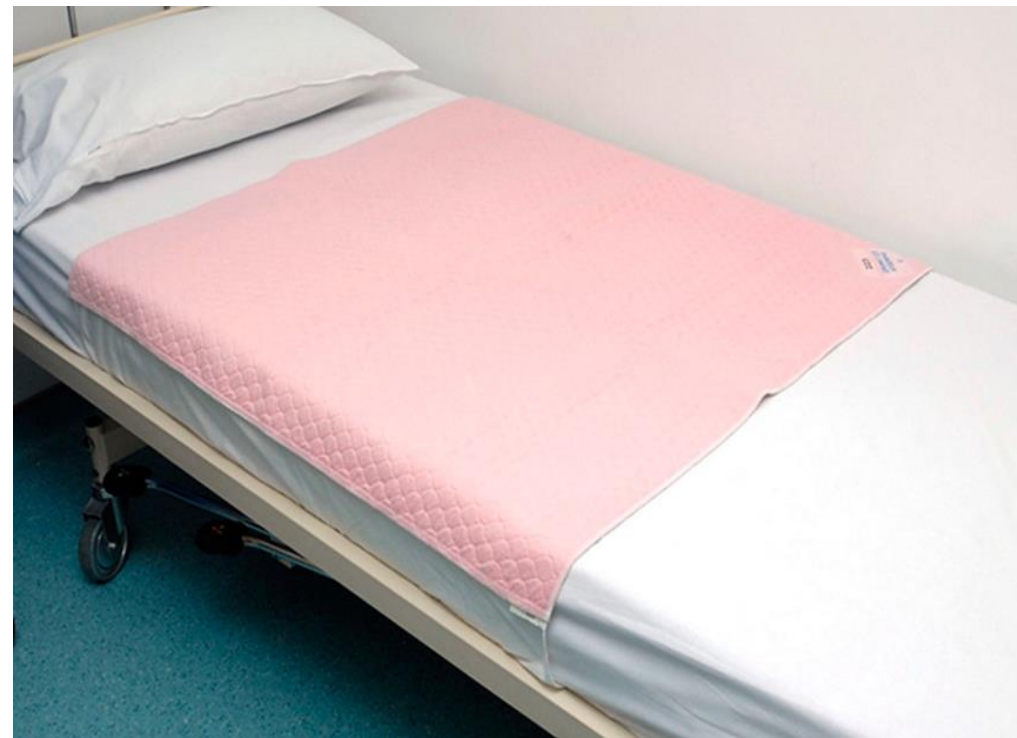
- Designed to assist people with toileting: aim to prevent incontinence
- Assess ease of grasping and holding the urinal in place
- May be useful at night to prevent falls associated with rushing to the toilet



# Chair and Bed Pads



Available as washable or disposable



# Continence Aids Funding Schemes



- Continence Aids Payment Scheme (CAPS)
- EnableNSW – NSW Health
- DVA – RAP
- NDIS
- Age Care Package
- Lifetime Care





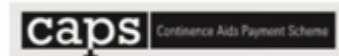
# Continence Aids Payment Scheme (CAPS)



- Yearly recurring payment of \$635.10 (CPI index)
- Federal government funding through Medicare

## **Eligibility**

- Permanent moderate – severe incontinence
- Have eligible neurological condition or if have PCC - other bladder / bowel condition
- 5 years or older
- An Australian citizen





## Eligibility

- Have a long term health condition – bladder / bowel incontinence
- Australian citizen
- Not eligible for NDIS
- Means tested
- **Ineligible**
- Living in RACF
- Completed an ACAT assessment (consider special circumstances)
- Receiving an aged care package

# National Disability Insurance Scheme (NDIS)



- Continence Products are funded under the **CORE category** in **Section 1.03 Consumables**
- You have the ability to build in continence requirements for your participants based on their individual needs and requirements

This will include a range of products like :

- Indwelling Catheters
- Leg bag & Overnight bags
- Intermittent Catheters
- Anal Irrigation
- Anal Plugs
- Skin Care
- Sheaths/Uri domes/Condom Catheters
- Absorbent products





- The Lifetime Care and Support Scheme pays for treatment, rehabilitation and care for people severely injured in a MVA in NSW
- Access continence products related to injury

## **Eligibility**

- Age-based criteria
- MVA-based criteria (legislation)
- Type and severity of injury criteria (guidelines)



- Australian government funding
- Department of Veterans' Affairs

## Eligibility

- Veterans and their dependents - gold card and white card (in special circumstances)



Australian Government  
Department of Veterans' Affairs



Health  
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# Thank You



KEEP  
CALM

AND

THANK YOU FOR  
WATCHING AND LISTENING



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AND  
CARE ON



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