Help for older people with toilet problems

Toilet problems can make people feel shame and stop them doing things they enjoy

Things that can cause toilet problems:
- Diabetes
- Being overweight
- Some medicines
- Smoking
- Too much grog
- Constipation
- Childbirth (women)
- Enlarged prostate (men)

Things that can help stop leaking:
- Talking to health worker or specialist
- Pelvic floor exercises—making the muscles strong can stop leaking problems
- Drinking enough water
- Eating lots of fruits and vegetables
- Practising waiting to go to the toilet—training the bladder
- Sometimes medicine or an operation can help

How do I stop leaking?

What can help if I still leak?

Things that can help when a person leaks:
- Pads and pants—these can be disposable or washable
- Mattress and chair protectors
- Urinals and commodes (chair toilets)
- Bedpans
- Drainage bags

More information is available in the Let’s Yarn About This booklet series produced by the Continence Foundation of Australia.

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