



Dementia and incontinence

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How to support independence and dignity with optimized
continence care routines?



Essity is a Leading Global Hygiene and Health Company

Hygiene and health are essential to people's well-being. We at Essity are dedicated to improving well-being through leading hygiene and health solutions.

Welcome to



Essity Facts and Figures



Headquarters in Stockholm, Sweden.
Sales in approximately
150 countries



Approximately
48,000
Employees

Net Sales 2017 (SEKm)
109,265



Essity educated more than
2,500,000 women, men,
children and caregivers in hygiene
and health in 2017

Did you know that...

... Essity partners with the United Nations Foundation in support of Sustainable Development Goals to improve hygiene health and well-being worldwide

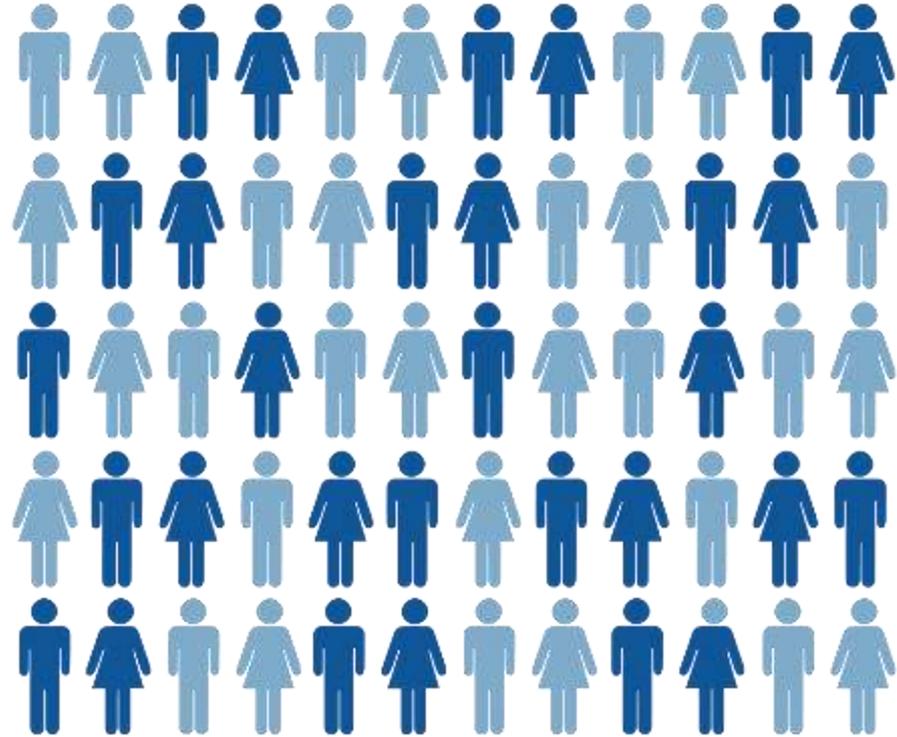


The Essentials Initiative

Initiative that aims to drive and support a global dialogue around hygiene, health and well-being to improve hygiene standards worldwide

Dementia and incontinence

- Approximately 4-8% of the world population experience some kind of incontinence sometime during their life time.
- Increased prevalence with age.
- > 60% of all care home residents have some level of dementia.
- Dementia can cause incontinence in different ways.
- Prevalence of incontinence increases as the dementia progresses





Examples of what could cause urine leakage

- Inability to feel or communicate the need to use the toilet.
- Refuse help because of embarrassment or not understanding your intention
- Inability to find, recognise or use the toilet.
- Problems with unbuttoning or unzipping clothes and lower them.
- Inappropriate incontinence products that might be difficult to handle.
- Problems with aiming for the toilet and cleaning themselves properly afterwards.
- **There is also a risk of falls related to incontinence and toilet visits**

Make it easy to reach the toilet in time and prevent risk of falls

Right toileting routines helps to prevent incontinence, maintain a healthy bowel and bladder and maintain well-being, dignity and QoL.

- Assistance to the toilet regularly and when necessary
- Easy access to toilet, identify if there is a need for e.g. a urinal or commode by the bed
- Well-marked toilet doors, toilet seat and light switch.
- Identify risks of falls and needs of toilet assistive devices such as grab bars, raised toilet chairs, alarms etc.
- Ensure proper foot wear, strong lights, glasses and hearing aids in place etc.
- Use clothes and incontinence products that are easy to handle



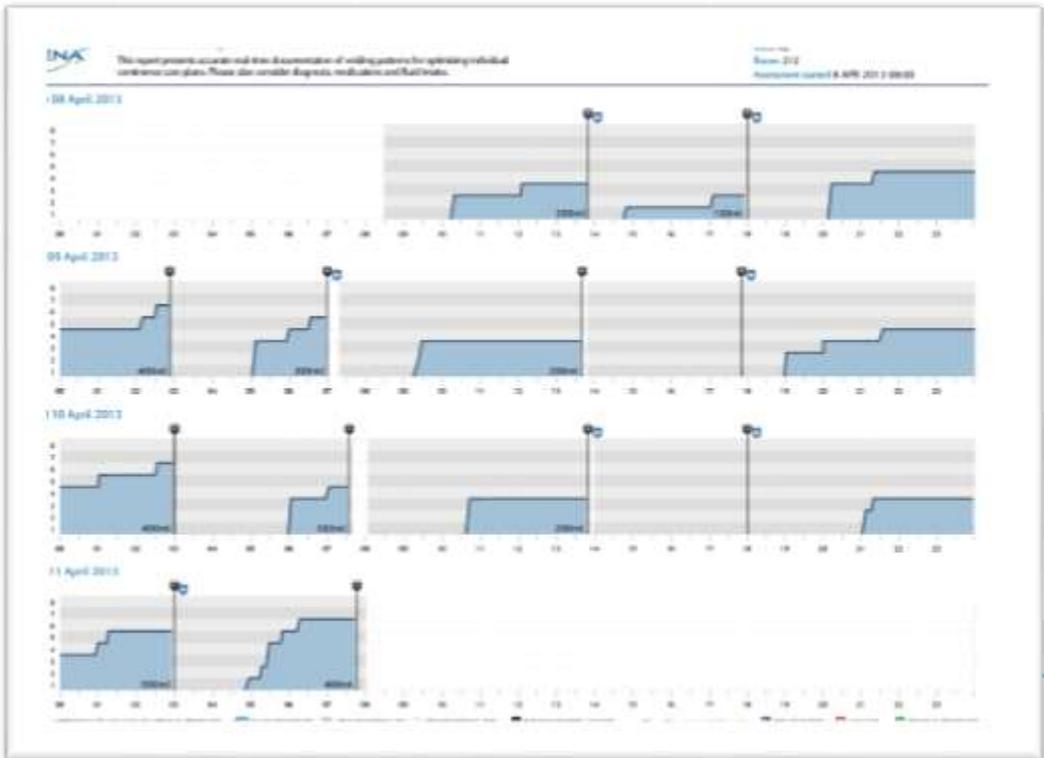
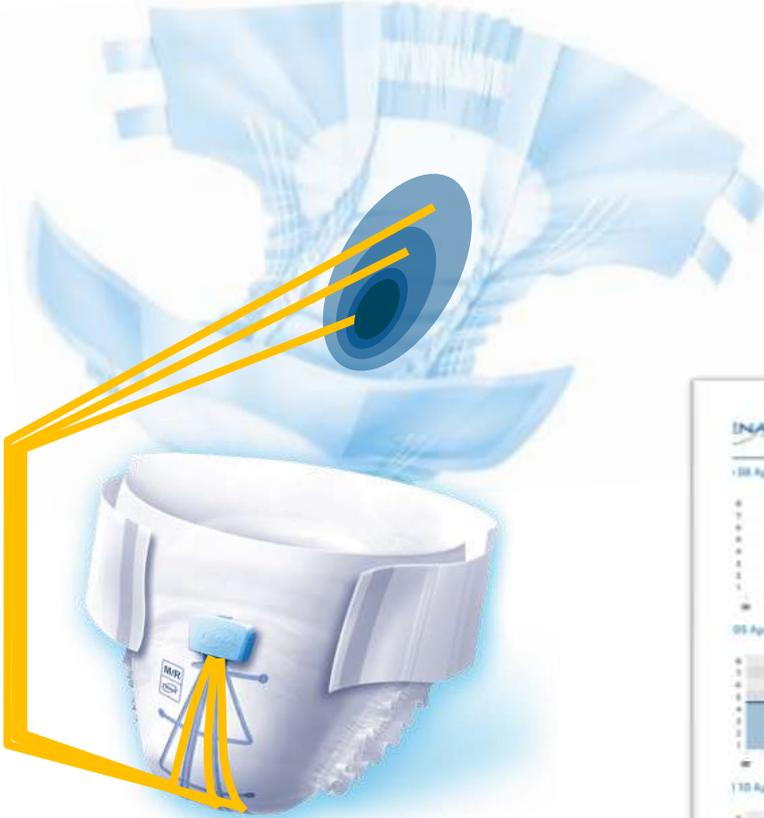
Each person is unique with their own life story, habits, personality and preferences.

Do an assessment and then make a continence care plan with toileting routines and right aids



TENA Identifi™

Supports evidence-based continence assessments for improved individualized care



Incontinence products



- Continence care products should fit the individual's needs and situation.
- Pants are a good way of facilitating own toileting and maintaining independence.

Maintain skin health with routines and skin friendly products

- Avoid dry skin and itching by moisturising the skin daily with lotion.
- Avoid harsh soaps in the perineal area.
- Instead use No-rinse products like wash creams that are used to gently clean, restore and protect even the most delicate and fragile skin. Ideal for frequent cleansing.



Maintain good hygiene and independence and facilitate care routines

A TENA Wet wash glove is easy to handle and facilitates independence enabling the person to wash him- or herself as much as they can.



A Shower cap is a convenient solution for when someone refuses to wash their hair, or when caring for a person in bed.



They might not remember
what you said or did...

...but they will remember
how you made them feel.



