

Speaker:

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Title:

Taking Control of Incontinence

Abstract:

Incontinence is an issue frequently brought to the attention of Help the Aged via helpline calls and letters from the public and at meetings with health professionals and older people.

Whether older people are facing difficulties in accessing their local continence service, the threatened closure of a local public toilet or restrictions on the number of incontinence pads given out by local healthcare providers, they report situations where their dignity is compromised and their quality of life diminished.

We wanted to find out more about how people cope with incontinence and what Help the Aged can do to make a difference. Help the Aged commissioned research from the Bristol Urological Institute on the perceptions and experiences of incontinence and its impact on behaviour, psychological and social health. Essentially an exploratory study, the research identified key areas of concern, the impact of incontinence on older people and recommendations for action. *Incontinence and Older People: is there a link to social isolation?* contains 20 interviews with people about how they deal with incontinence.

This research complements a second piece of work, a survey undertaken by Help the Aged in 2006. *Nowhere to Go: public toilet provision in the UK* collates almost 1,000 people's comments and experiences of using public toilets.