

A Guide to Managing Continence Care at Home



Practical, dignity first strategies for supporting a loved one with continence needs at home.

Understanding Continence Care

Continence care is more than managing accidents. It is about protecting skin, sleep, dignity and the emotional wellbeing of both the person and their carer. Around 1 in 4 Australians live with some form of incontinence, and a significant portion are cared for at home by family members, partners or informal carers.

With the right approach, home care can be safe, sustainable and deeply respectful of the person receiving it. The most successful home routines share three qualities: consistency, a focus on skin integrity, and honest communication between the person, their family and any visiting clinicians.



Types of Incontinence, A Quick Reference

Type	What It Means	Common Contributors
Stress	Leakage with coughing, laughing or movement	Weakened pelvic floor, post surgery
Urge	Sudden, strong need with little warning	Overactive bladder, neurological conditions
Overflow	Frequent dribbling; bladder never empties fully	Prostate issues, nerve damage
Functional	Physical or cognitive barriers to reaching the toilet	Mobility loss, dementia, Parkinson's
Mixed / Total	A combination, often in advanced care	Multiple contributing conditions

Building a Sustainable Home Routine

- **Timed toileting:** Offer regular bathroom visits (every 2 to 3 hours) rather than waiting for signals.
- **Skin first mindset:** Prolonged moisture is the leading driver of Incontinence Associated Dermatitis (IAD) and pressure injuries. Clean, dry skin is the goal.
- **Hydration matters:** Reducing fluids often worsens continence, as concentrated urine irritates the bladder.
- **Manual handling awareness:** Log rolls and lifting are the top causes of carer injury, so plan two person transfers where needed.
- **Night time planning:** Accidents and skin breakdown peak overnight, so a robust night routine protects everyone.

When to Seek Professional Help

- Sudden change in continence pattern
- Signs of UTI (burning, fever, confusion)
- Persistent redness, broken skin or odour
- Carer feeling exhausted or unsafe

Who Can Support You

- GP or continence nurse advisor
- Occupational Therapist for equipment
- Home Care Package or NDIS coordinator
- **National Continence Helpline:** 1800 33 00 66

WeissenBlu Educational Note: For people who are fully bed bound, automated in bed hygiene systems such as the CareBidet® are increasingly used in Australian home care to reduce log rolls, protect skin and preserve dignity. Learn more at [weissenblu.com.au](https://www.weissenblu.com.au).