



Disability Services

Information Sheet

Continence: managing incontinence when travelling

What is Incontinence?

- ▶ Incontinence is the inability to properly control the passing of urine and/or faeces.
- ▶ Incontinence is a very common health problem affecting over 3.8 million Australians.
- ▶ Many incontinence problems can be improved, if not cured, with correct treatment.

Assessment

A thorough assessment by a trained health professional (doctor or continence nurse advisor) is required to establish the cause of the incontinence, and provide advice on appropriate treatment and management. Treatment depends on the cause and type of the incontinence, considerations of other health problems and social circumstances.

Travelling

Having a problem such as incontinence does not mean you have to stay at home. There are many services, continence products and types of toileting equipment available to help with incontinence management.

Here are some suggestions for managing incontinence while travelling:

The National Public Toilet Map

The National Public Toilet Map (www.toiletmap.gov.au), funded by the Australian Government, shows the location of more than 14,000 public and private public toilet facilities across Australia.

Useful information is provided about each toilet, such as location, opening hours, availability of baby change rooms, accessibility for people with disabilities and the details of other nearby toilets.

The 'Plan' feature allows users to enter details of a journey's starting point and destination. The Toilet Map will then provide details of the public toilets along that route. This feature is useful for trips around the corner, into town or interstate.



The National Public Toilet Map is available on any mobile phone with an internet browser. Go to m.toiletmap.gov.au on your phone.

The National Public Toilet Map is also available for Apple's iPhone.

If you do not have internet access, printed information may be requested from the **National Continence Helpline on 1800 33 00 66.**

Equipment

There are various types of equipment that can help manage incontinence when travelling:

- ▶ Urinals:
 - Folding urinals: for men or women, include a latex bag that folds away to fit into a plastic cylinder when not in use.
 - Disposable urinals: include a model with a funnel that allows women to urinate standing up, a male or female urinal funnel with a plastic bag (with or without powder that turns to gel on contact with urine), and a female urinal with a travel kit (potty and plastic bag).
- ▶ A portable chemical toilet may be useful for camping.
- ▶ Other equipment is available to help with toileting such as a folding over the toilet frame and a folding commode chair.

Absorbent pads and pants

Disposable pads may be preferable to washable pads while travelling.

A different style of pad or pant may be more appropriate (for example pull up pants rather than stretch pants and pad).

A higher capacity pad or pant may be needed for long trips.

All-in-one style pads may be useful for overnight because they have a large capacity.

While away from home, disposable bedding protection may be an alternative to washable bed pads. There are many disposable absorbent sheets and pads available in various sizes and absorbency levels.

Odour control products

There are specific odour control products for managing incontinence that may be useful for travelling.

Skin care products

Good skin care is essential for those with incontinence. The skin should be cleaned and dried regularly. There is a range of skin care products designed for people with incontinence.

While travelling, disposable moistened wipes may be useful for cleansing the skin.

The Continence Resource Centre at Independent Living Centre has an extensive continence product display and information on where these items may be purchased.

Contacting the Independent Living Centre

For further information or to make an appointment to visit the display please contact the Independent Living Centre. The Independent Living Centre offers free advice on equipment and techniques to help you with everyday tasks.

Independent Living Centre
11 Blacks Road
Gilles Plains SA 5086

Phone: 1300 885 886 (SA & NT callers only) or 8266 5260

Fax: 8266 5263

Email: ilcsa@dfc.sa.gov.au

Website: www.sa.gov.au/disability/ilc

Accessible off street parking is available.

Bus routes:

From the city T500/T501 or
207/208 to Stop 28 Sudholz Road

Timetable information: 8210 1000



