

No Falls November

Incontinence and falls

Strategies for health professionals

- One in 14 Australians over the age of 65 and one in 4 over the age of 85 experience severe incontinence – either bowel, urinary or both.
- Urinary incontinence is a risk factor for falls.

Reduce the risks

- Locate consumers at risk near the toilet.
- Complete continence assessments.
- Check post void residuals if you have access.
- Encourage reduction of caffeine and alcohol consumption – these can upset the bladder.
- Promote increased fruit and vegetable consumption – to prevent constipation.
- Develop a toileting program.
- Refer to a continence service.
- Make sure consumers know where the toilets are and encourage them not to rush.



Find out more



healthywa.wa.gov.au



stayonyourfeet.com.au



continence.org.au

For more information or enquires, contact healthpolicy@health.wa.gov.au