

YOUR HEALTH CARE PROFESSIONAL

During a Continence Home Visit, the client together with their caregiver will be assessed by a Nurse Continence Advisor who is a registered nurse with advanced education and training in continence care.

HOW TO PREPARE FOR YOUR HOME VISIT

- Please have any pets removed to a secure room.
- Let us know if any other people will be at home during the visit.
- Please note, staff are not permitted to accept food/drinks.
- Let us know if the client is feeling feverish, had shakes or chills in the last 24 hours or is experiencing vomiting and/or diarrhea.
- If you or someone in the home smokes, please refrain from smoking during visit.
- If there are any cultural or faith traditions that should be respected during the visit, please let us know.

WHAT YOU WILL NEED FOR THE HOME VISIT

Please have available:

- A clean sample of any incontinent product that you may be using.
- A list of prescriptions and over the counter medications you are taking

SENIORS' HEALTH SERVICES

Phone: 416-521-4090 OR
toll free 1-888-271-2742

**Trillium Health Centre
West Toronto Site**
150 Sherway Drive
Toronto, Ontario M9C 1A5

Mississauga Site
100 Queensway West
Mississauga, Ontario L5B 1B8

Fax: 416-521-4116

Regional Continence Home Visits

Information for Clients



SHOULD YOU OR YOUR FAMILY MEMBER BE REFERRED FOR CONTINENCE HOME VISIT(S)?

This service is appropriate for adults 65 years of age and older who:

1. Are experiencing:
 - Urinary incontinence
 - Fecal incontinence
 - Constipation
 - Urinary frequency day or night
 - Have problems with bowel control
 - Frequent urinary tract infections
 - Difficulties learning how to use or care for a urinary catheter
2. Find it challenging to access a Continence Clinic
3. Are moderately to severely frail
4. Are interested or have caregiver(s) who are interested and able to work on simple continence management strategies
5. Live within the Mississauga Halton area

WHAT WILL THE CONTINENCE HOME VISIT BE LIKE?

Your first visit will last about 1 hour and 15 minutes. Follow up visits, if required, will be about 30 minutes. Clients and/or caregiver(s) will be asked for information about client's bladder and/or bowel problem.

An ultrasound test to measure urine volumes and/or physical exam may be required. These will be done at the time of the visit.

Client/Caregiver education is a key part of this program. During the visit(s), the nurse will talk to you/your caregiver about treatment options which may include:

- Learning about the causes of your problem
- Changing eating and/or drinking habits
- Improving bowel or bladder emptying
- Promoted voiding
- Incontinence product use
- Looking at factors related to your risk of falls

HEALTH BENEFITS

Improving your bladder and bowel control can improve your quality of life. Many people believe that the only treatment options are medication or surgery. Conservative treatment can improve your ability to be continent and enhance your overall well-being!

HOW TO BOOK A CONTINENCE HOME VISIT?

Please talk to your Mississauga Halton Community Care Access Centre Case manager about making a referral for a Continence Home Visit. A doctor's referral is not required.

This is a FREE service offered by the Mississauga Halton Local Health Integration Network.

For more information about this service or other Seniors' Health Services call: 416-521-4090 or toll free 1-888-271-2742.