



Caregiver & Doctor Discussion Guide & Helpful Resources

If you're a caregiver for someone with incontinence, you probably already know that talking about it with your loved one can be a real challenge. People with bladder and bowel issues are often uncomfortable or embarrassed by their condition and the loss of independence that comes with it.

But having a good discussion ahead of a doctor's appointment can be remarkably helpful. By talking about things ahead of time, you can be better prepared to address all of their health concerns and symptoms when you meet the physician, and breaking the ice together can make later conversations with a healthcare provider easier.

Use this sheet to talk to your loved one before your appointment or while you wait for the doctor to develop the most effective treatment plan possible.

1. *What symptoms is your loved one experiencing? What symptoms are most bothersome?*

2. *Does your loved one have difficulty making it to the bathroom on time?*

3. *Does your loved one need to urinate more than once every 2 hours or more than 8 times a day?*

4. *Does your loved one need to get up more than once a night to urinate?*

5. *Does your loved one wear a pad or other product to protect your clothes from leakage? Is that product effective?*

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6. *How has your loved one's symptoms changed over the last three months?*

7. *What medications/products does your loved one use to treat their symptoms?
What other medications is your loved one currently taking?*

8. *What does your loved one wish could be better with his or her current treatment plan?*

RESOURCES FOR YOU AS A CAREGIVER

National Association For Continence - www.NAFC.org

Check out the section specifically for Caregivers or the discussion boards.

National Caregivers Library - www.caregiverslibrary.org

Extensive repository for forms, checklists and articles to help Caregivers.

Today's Caregiver - www.caregiver.com

Leading provider of information, support and guidance for family and professional caregivers.

Medicare - www.Medicare.gov

Government site that offers some great resources for those caring for someone on Medicare.