

Your Health Matters

INCONTINENCE AND FALLS

Up to 50 percent of all falls in the home are due to poor bladder control, also known as incontinence. There are many reasons for bladder incontinence which can increase your risk of falling.

Urge Incontinence

- People with urge incontinence tend to rush to the toilet to avoid leaking urine.
- Rushing increases your risk of falling.

Mobility Issues

- A decrease in mobility or balance can place you at risk when rushing to get to the toilet.



Medication

- Medication used to treat incontinence can cause a sudden drop in blood pressure when you rise from lying down or sitting. You may experience light headedness and fainting.

Night Time

- Walking due to the urgent need to go to the toilet means you are often rushing out of bed before fully waking.
- Getting up more than twice a night can result in poor sleep which can increase your risk of falling.

Slippery Surfaces

- Leaking urine onto the bathroom floor makes it wet and slippery.
- Walking on a wet and slippery floor increases your risk of falling.

Available in multiple formats

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Tips:

- Plan to go to the bathroom every two hours while you are awake to avoid rushing.
- Sit upright a few minutes before going to the bathroom to allow your blood pressure and circulation to adjust.
- Keep the pathway to the toilet clear of clutter.
- Wear an incontinence pad.
- Use a urinal or commode.
- Remain seated when using the toilet.
- Eliminate having caffeinated drinks such as coffee, tea and certain sodas, in the early afternoon.
- Get help from your health care provider to assess and treat your incontinence.

