

Talk About...

Bladder and bowel issues for adults and children

3rd edition

PRACTICAL SUGGESTIONS SO
YOU DON'T GET 'CAUGHT SHORT'

BBUK ARE NURSING TIMES
AWARD WINNERS

BEDWETTING ALARMS - AN
ESSENTIAL GUIDE

YOU CAN GET **FREE** URINALS

CONTINENCE & STOMA
PRODUCTS ON PRESCRIPTION –
YOU CAN CHOOSE A SUPPLIER



Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living

Bladder & Bowel UK are part of Disabled Living. Registered Charity No: 224742

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PSAHP08	Paediatric	08Ch	30cm	30
PSAHP10	Paediatric	10Ch	30cm	30
PSAHF08	Female	08Ch	18cm	30
PSAHF10	Female	10Ch	18cm	30
PSAHF12	Female	12Ch	18cm	30
PSAHF14	Female	14Ch	18cm	30
PSAHM10	Male	10Ch	40cm	30
PSAHM12	Male	12Ch	40cm	30
PSAHM14	Male	14Ch	40cm	30
PSAHM16	Male	16Ch	40cm	30



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Welcome to the 3rd Edition of: Talk About...



As 2020 draws to a close, we will all no doubt be reflecting over this unprecedented year of change in our daily lives and the challenges that we have all faced together.

We do hope that 2021 will bring us all a brighter outlook and, in the meantime, that you are able to enjoy Christmas, taking time out to relax and unwind. We would like to thank everyone who has continued to support us here at Bladder & Bowel UK.

In this December issue of Talk About, we hope you will find a variety of practical tips, advice and information on services a useful resources.

We are currently involved with a number of projects, including new product development and would ask you to consider giving your time offering your opinion and expertise which will benefit the wider community.

All the team here at BBUK would like to extend our warmest wishes to you, your families, and carers. Happy Christmas!

The BBUK team would love to hear from you

We welcome any feedback or ideas you may wish for us to include in future editions of our Talk About... newsletter or additional resources you might like to see online.

Like everyone else, we continue to monitor the pandemic situation daily, following government guidance and supporting the wider community who contact us here at BBUK for support with bladder and bowel issues.

Please feel free to forward this newsletter with anyone you feel may find it useful. They can ask to receive a copy direct to their own mailbox by sending an email to: bbuk@disabledliving.co.uk.

Karen Irwin

Specialist Nurse/Service Manager

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Congratulations to BBUK, Nursing Times Award Winners 2020!



BBUK are delighted to be the winner of the Continence Promotion and Care Category at the Nursing Times Awards in partnership with ERIC, The Children's Bowel and Bladder Charity. Davina Richardson, BBUK's Children's Continence Nurse, was the clinical lead on the project which was recognised for this prestigious award.

This year the team from Bladder & Bowel UK submitted two different projects for consideration at the Nursing Times Awards 2020. Work done with the group Positive About Down Syndrome, supporting toilet training for children during lockdown which was titled 'Empowering parents via social media.' This was entered into four categories: Children's Services, Continence Promotion and Care, Learning Disabilities Nursing and Promoting Patient Self-Management. To the delight of both organisations, the project was a finalist in all four awards. The second project, was entered into the Nursing Times Awards by Bladder & Bowel UK in conjunction with ERIC, The Children's Bowel and Bladder Charity. It was entered into two awards and was a finalist in the Children's Services category but was the winner of the 2020 Continence Promotion and Care award.

The project, 'Help at school – a partnership approach to providing guidance and practical support', was culminated in the publication of national guidance to assist educational establishments to understand bladder and bowel issues experienced by children and young people, so that they would understand how best to support affected learners. The guidance document includes information about how children

develop continence, how to promote bladder and bowel health, how to safeguard children's wellbeing, the role of care plans, sample intimate care policies and a sample care plan as well as legislation relevant to the different countries of the UK and a glossary of terms.

The team at Bladder & Bowel UK are delighted that their work and that of ERIC, The Children's Bowel and Bladder Charity, has been recognised by the Nursing Times Awards in this way. The project developed as a result of numerous calls to the charities helplines from families and school staff struggling to understand issues and arrange support for children and young people with bladder and bowel issues in nurseries, schools and colleges. Research has demonstrated what the teams at Bladder & Bowel UK and ERIC, The Children's Bowel and Bladder Charity, already knew: that those with bladder and bowel health issues often experience anxiety about bullying, social isolation and stigma, as well as about disclosing their condition to teachers. It is hoped that this work will help reduce the negative consequences of having a bladder or bowel problem for children and young people.

Out and About at Christmas



As the Christmas period is fast approaching and we start to make plans to visit relatives, for some people the first thing that comes to mind is access to toilets when out and about. Regardless of which Tier you are in, the Covid-19 restrictions will impact some people. The BBUK team continue to get high volumes of calls and in recent weeks there has been a noticeable increase in people who are concerned about venturing too far, as they are very aware some toilets remain closed. For some, this may be the first time they have ventured any distance since the first lock down in March. For others, they may be staying over with relatives or meeting family or friends outdoors for a walk in the countryside to ensure they abide by social distancing rules. The BBUK team have put together a series of articles and information we hope you will find useful.

How do we know which toilets are open?

There have been many media articles about toilet availability in the UK since the first lockdown was lifted in June this year. Once we were allowed to leave home for more than an hour a day, the closure of many public toilets, due to Covid-19, became a regular feature of newspaper and radio articles and a cause of concern for many of us. Although motorway service stations remained open throughout, journeys and trips away needed to be planned

more carefully. There were even pleas for us not to visit certain beauty spots, as toilets remained closed due to difficulties with keeping staff safe while cleaning and maintaining the required social distancing. Apps such as Lockdown Loo were launched, local councils and The Great British Toilet Map websites were widely consulted to find out where there would be facilities, if we needed to travel any distance, or spend any time away from home.

LockdownLoo



We know that not everyone is able to access all public toilets. Many people with mobility issues need raised toilet seats, grab rails and other adaptations. These are provided in disabled toilets. However, there are people who need hoists, and changing benches as well as more space than are available in most disabled toilets, to be able to access the community facilities that most of us take for granted. Changing Places launched their campaign to provide suitable toilets for those with more extensive care needs in 2006, aiming to have toilets that are accessible to those with the greatest physical needs, installed in all large public venues. As a result of a major overhaul to building regulations this year, Changing Places toilets will now have to be installed in all new large public buildings in England from 2021. It is hoped that this will make access to the community easier for many people across the UK



The team at BBUK are aware that, even before the pandemic, reduction in the number of public toilets nationally due to funding difficulties, has had a disproportionate impact on those with chronic bladder and bowel conditions. For this reason, we can provide a Just Can't Wait card to those affected by bladder or bowel conditions. While these cards do not guarantee toilet access, they are recognised by many retail and service organisations. They may make trips away from home easier for people who, due to medical reasons, have urgent need of a toilet. To apply for a card, which is the same size and shape as a credit card, please contact us by email.



The BBUK team provide information, advice, and support services.

Our helpline is open on 0161 214 4591 or you can email us at: bbuk@disabledliving.co.uk

Please note: We are closed from Wednesday 23rd December at 4.30pm and reopen on Monday 4th January 2021 at 9.00am.



Merry Christmas!



Female Urinals

For some people it may be convenient to use a urinal or bottle, especially at night or where there are no toilets. Often, people think these products are only available for men, however there are also many suitable women and children, some of which are unisex. These can be purchased from on-line retailers and some of the products are available on prescription. Over the next two pages you will see some examples, with many more highlighted on the BBUK website: <https://www.bbuk.org.uk/>



The Shewee

Don't Squat - Stand up and take control, and avoid the filthy festival portable loos, and grim public toilets! Ideal for traffic jams, festivals, women in the military and MUCH more! Have a wee whenever, and wherever you need to, without removing your clothing or underwear. Simply unzip and go! Use your extension pipe when wearing bulky clothing and keep it in your carry case. This model is available on prescription

Prescription Code: 343-0394

The Shewee flexi and the shewee extreme can be purchased online.

The Beambridge Saddle

The Beambridge Saddle is specifically designed for women to use in bed or in a sitting position in a chair or wheelchair. The curved shell contours to the body allowing the woman to pass fluid easily. This product is available on prescription.

Prescription Code: 6-26

You can also purchase online.



Male Urinals



Beambridge Flexi funnel

The Male Funnel serves a range of purposes and has been designed for use in bed and out of bed. The product is moulded from a soft grippy plastic, which is easy to hold in place and comfortable against skin. Additionally, for men with sufficient mobility and continence, the funnels can be used to help as a director when urinating into a toilet.

Available on prescription

Prescription Code: 6-FF1

Uribag Travel Urinal – Manfred Sauer

The UriBag Male Travel Urinal is a convenient solution for wheelchair users, men who are incontinent and those needing to urinate where there are no convenient facilities. The compact storage tube, efficient shape and Latex construction ensure the Uribag male urinal is lightweight and durable. The snap-lock seal does not leak, allowing it to be discreetly used, sealed, then stored for emptying and washing later. Available whenever needed, the UriBag can be carried in a pocket, bag or glove box and requires only minimal privacy for use. Suitable not only for those with a disability, but also as a practical solution for travelling or camping.

Prescription Code: URIBag

The Uribag can also be purchased from most online continence shops. The Uribag also has a lady's version, again is on prescription using the following code: URIBag F - Can also be purchased online.



Travel John

Discreet, portable and disposable urinal is ideal for situations when toilet facilities are limited. The Travel John will hold up to 795 mls, and turns the liquid into gel. Available from most online stores and amazon. There is also a similar product for females called the Travel Jane, again this is to be purchased online.

Children's Urinals



HappyPee

This fun HappyPee is a childrens portable urinal suitable for both boys and girls with a fun frog design to encourage the kids to use it. Description similar to the Uriwell but not as long in length. The HappyPee can also help during potty training as children love using it.

Available to purchase online.

Uriwell Unisex Travel Urinal

The unique design of the Uriwell Unisex Travel Urinal allows the device to be used by men, women and children. The hermetically sealed lid minimises odours and spilling. The size of a small can, the uriwell expand when necessary to provide a capacity of 750ml. Collapsed, it fits neatly into a handbag, bag or glove compartment. Easy to use, the uriwell bends easily in any direction so that it can be used in any position standing, lying or sitting with no spilling. Ideal for wheelchair users, those with incontinence and travelling.

Prescription Code: 80-3360934-134

This product can also be purchased from most online continence shops



Visiting Relatives at Christmas Time



Most people do not discuss their bladder and bowel habits with their families and friends whether this involves constipation and taking a long time in the bathroom, urinary or faecal incontinence or urinary urgency and frequency including getting up during the night. All of these symptoms may cause embarrassment to the individual who is experiencing them and they may decide because of this not to invite family members to spend time at their home or may turn down an invitation to stay with relatives.

Christmas is a special time and a time for families and friends to be together. Do not let your bladder or bowel dictate where or how you spend this Christmas! Some practical preparation and, if possible, some open communication will help you as individuals to spend time together and not allow your bladder and bowel to cause you to miss out or feel isolated:

- Ask for a bedroom that is closest to the toilet for convenience.
- If you have a bladder problem, especially at night, buy a urinal that you feel comfortable to use in the bedroom to save lots of trips to the bathroom to aid discretion.
- Ensure you have adequate protection in the form of continence pads, underwear and bed protection. It may be advisable to buy a more

absorbent pad to aid your confidence when other people are around.

- Ensure you have plenty of skin wipes and disposable bags to aid your hygiene regime and discreet disposal of incontinence products.
- Speak to your GP prior to the Christmas period if you have any concerns regarding your bladder and bowels as medication may aid management of the issue.
- Do not reduce your fluid or dietary intake as this may make the problem worse. If you suffer with bladder urgency reduce the amount of caffeinated drinks you drink. Try decaffeinated tea or coffee, diluted cordials and fruit teas as this may help to alleviate some of the urgency.

For more than two decades BBUK have been providing advice and support to those with bladder and bowel health issues or additional toileting needs via the free downloadable information and the regular blogs featured on our website at www.bbuk.org.uk. There are relevant leaflets available for adults at <https://www.bbuk.org.uk/adults/adults-resources/> and for children at <https://www.bbuk.org.uk/children-young-people/children-resources/>.

We now offer a public electronic newsletter four times a year, which is full of interesting articles and information for people affected by bladder and bowel conditions. To receive your personal copy of the newsletter, email us at bbuk@disabledliving.co.uk and ask to be added to the mailing list.



Overcome bed and daytime wetting with the Rodger Wireless Alarms

- No trailing wires to trip on or get tangled up in
- Sensor pants send signal to receiver to sound alarm
- Rodger App – set goals and helps motivate your child
- Stickers and chart to motivate younger children
- Rodger App enables parents to send progress report to clinician
- Clinicians can monitor your child's progress remotely
- Buddy watch alerts set to remind your child to go to the toilet



For more information go to www.wakeupdry.co.uk

Enuresis (Bedwetting) Alarms



Bedwetting alarms were first used in the early part of the 20th century to let nurses know when children needed to be changed at night. When it was noticed that some of the children became dry, the alarms were developed into a treatment for bedwetting.

Alarms continue to be used as one of the first line treatments for bedwetting. Bedwetting is considered a medical problem from a child's fifth birthday, so long as they have been toilet trained during the day for at least six months.

Bedwetting is usually caused by a child not being able to reduce the amount of urine (wee) they produce overnight, so that the kidneys make more urine than the bladder can hold, and/or the bladder not holding urine as well as it should. All children who wet the bed are unable to wake to full bladder signals.

Children are more likely to wet the bed if they have constipation. This is because the full rectum (the bit of the bowel nearest the bottom) puts pressure on the bladder and reduces the amount of space it has available. Bedwetting is also more likely in children who are drinking a lot

before they go to bed, who are not drinking well during the day, who forget to go to the toilet just before they go to sleep, or who have snacks later in the evening that contain a lot of salt or protein. This is because salt and protein encourage the kidneys to make more urine.

Bedwetting alarms are not suitable for all children. An assessment will help identify which children are most likely to benefit from an alarm. They are most successful in children who are bothered by the wetting, and really want to get dry. They also tend to work better for children who have families that can support them. Traditionally alarms were only recommended for those aged 7 years old or more. However, they are an appropriate treatment for some children as young as five years old, as well as for some children with physical and/or learning disabilities.



There are two types of bedwetting alarm available. The body-worn alarm attaches to the pyjama top (usually on the shoulder) and has a sensor that should be placed on the outside of close-fitting underwear. The bed-mat alarm has a sound box that is placed near the bed and a sensor, shaped like a mat, that goes under the bottom sheet. Both alarms work by making a noise when the sensor gets wet. This is designed to wake the child, although most children need a parent or carer to wake them as the alarm sounds. As the child improves they should learn to wake quickly to the alarm, be able to finish passing urine into the toilet, wet patches should get smaller and the period of time between falling asleep and wetting should get longer.

The alarm requires commitment, as it needs the child to be prepared to wake up when it sounds, get up, try to use the toilet and then get changed. However, for the right children the alarm can be a permanent solution to the bedwetting. Improvements are usually apparent in the first three to four weeks, with most children becoming totally dry within 2 – 4 months. If none of the progress described above is seen in the first month of using the alarm, it may not be the right treatment at that time. Therefore, the child's healthcare professional should be asked for advice and support.

Alarms are also helpful for toilet training some children with additional needs, particularly those who do not seem to know when they have done a wee.

The body worn alarm sound box can be attached to a child's clothes on their back (so they do not pull it off), with the sensor on their underwear. When the child starts to pass urine, the sensor will make a noise. This noise alerts the parent or carer, who should then say the child's name, the word 'wee', or something similar and then 'toilet' before taking their child straight to the toilet. This helps the child to associate the bladder sensations with going to the toilet.



Alarms are usually available to borrow from the local children's bladder and bowel service, if there is one in your area. Your child's health visitor or school nurse may also be able to provide more information about them or how to borrow one. Some parents chose to buy their own alarms; they are available online.

For more information about treatments for bedwetting visit the children's bladder section of the Bladder & Bowel UK website at:

<https://www.bbuk.org.uk/bladder-resources/>

For more information about using an alarm to support toilet training there is a leaflet available at: **<https://www.bbuk.org.uk/wp-content/uploads/2019/04/Using-a-wetting-alarm-for-toilet-training.pdf>**

To access all the information leaflets for children's bladder and bowel issues visit: **<https://www.bbuk.org.uk/children-young-people/children-resources/>**

Davina Richardson
Children's Specialist Nurse

BBUK Receives National Lottery Funding for Helpline



When the Covid 19 pandemic hit in March 2020, the subsequent national lockdown and ongoing restrictions have resulted in a reduction of over 80% of the charity's regular income despite a significant increase in people contacting our services.

Disabled Living, the charity of which Bladder and Bowel UK is a service, has been awarded £95,696 from the National Lottery's Coronavirus Community Support Fund to contribute to the running costs of all the Disabled Living helpline, information and support services. Debra Evans, Chief Executive explains the importance of Disabled Living's services being recognised:

"As healthcare professionals have been deployed to other clinical areas to care for patients with Covid 19, this has led to longer waiting lists for community services. When you can't wait for 3 months, 6 months or even a year

in some cases, this is where Disabled Living's team of occupational therapists, nurses, continence specialist physiotherapists, moving and handling advisors, trusted assessors and knowledgeable information co-ordinators really can help you, by offering clinical advice and practical solutions to what may seem like unmanageable problems. We have a fabulous team at Disabled Living and they look forward to helping in any way they can."

Debra Evans
Chief Executive at Disabled Living

Obtaining Continence and Stoma Prescription Supplies



Continence and stoma appliances are usually provided to patients by a prescription written by their GP or a nurse prescriber. Pharmacists may regularly dispense the appliances as part of their business. It is important not to over-order continence and stoma products, as this can lead to unnecessary waste. It is, however, imperative that patients and their carers are made aware that they have a choice, about where their prescriptions may be dispensed and which dispenser to use, e.g., their local pharmacy or a dispensing appliance contractor (often referred to as a DAC).

The team at Bladder & Bowel UK, receive a large number of helpline enquiries, from patients, family members and carers, requesting information on how to obtain their prescription products.

What is a Dispensing Appliance Contractor (DAC)?

A DAC is a company that works under a licence, to provide a prescription service to patients. You can choose to nominate a DAC, for the discrete delivery of your continence and stoma products directly to your home, rather than collect the

products from your nominated pharmacy.

What are the intended benefits for patients?

These services aim to support the NHS by offering a prompt, easy to use home delivery service and even offer the option of delivering products if you are abroad. The DAC will have a good understanding of the wide range of continence and stoma products that are available.

Other benefits

Some DAC's also have specialist nurses working for them and offer additional services, for example

home visits, advice and a review of products if there are any issues.

They also help you to manage stock levels at home to ensure you have the right quantity and that there is minimum wastage.

You can choose to nominate a DAC for delivery of your products, rather than having to arrange collection from your local Pharmacy. The benefit is that the product you order will be delivered discreetly to your door. Most DACs also provide supplementary items, such as disposal bags, wipes, hand gels and so on.

How do I access these services?

Your health care professional will be able to offer further advice. After you have placed your order with the DAC, they will request a prescription directly from your GP, on your behalf.

DACs can only deliver products that are prescription items and have been prescribed by your GP or nurse prescriber.

Stock levels

When using a DAC, it is important to order responsibly. Most stoma and continence products have a recommended shelf-life, and some may be affected by changes in temperature.

It is important to consider waste reduction and cost to the NHS. It is advised to avoid ordering in bulk, as you may end up with too many products, items that have gone past their end date, or products that you no longer use.

DACs do keep a good stock of most stoma and continence items and are able to deliver within a few days once your GP or Nurse prescriber has signed the prescription.

What if I change my mind about using the service?

It is important to know, that you are not obliged to use or stay with any DAC. You can change if you so wish or go to your nominated pharmacy. If you wish to change DAC, just let your prescription coordinator know, they will ensure your prescriptions are sent to the DAC or local pharmacy of your choice.

Useful links

Prescriptions in Scotland, Wales and Northern Ireland are free of charge.

Click here for up-to-date information on prescription charges and exemptions:

<https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/who-can-get-free-prescriptions/>



The BBUK team provide information, advice, and support services.

Our helpline is open on 0161 214 4591 or you can email us at: bbuk@disabledliving.co.uk

Visit the Continence & Stoma Products Section on the Supplier Directory



There is a section on the Disabled Living Supplier Directory dedicated to continence and stoma products. In addition there are a wide range of categories providing information about companies and organisations that provide equipment, products and services to support disabled children, adults and older people.

You'll find the Supplier Directory on our website homepage:
www.bbuk.org.uk

Click here to go straight to the Continence & Stoma section of the Supplier Directory

Working in Partnership with LUCID



Bladder & Bowel UK work in many different ways to try to improve care and quality of life for people of all ages who have issues with bladder and/or bowel health or continence. As part of this we regularly in work with companies and academic organisations who are undertaking research and/or developing new products, or systems to support treatment and interventions.

The team are delighted to be working in partnership with Lucid, an integrated, imaginative team of professional researchers, product designers, engineers, manufacturing and compliance specialists to develop products for adults and children with bladder and bowel problems. With grants from Innovate UK we are working on two projects to explore how we may be able to support children with enuresis and adults with dementia who have recently started to experience continence issues.

We believe that it is always important to know what those who use products and services think, when designing new solutions. Therefore, if you are interested in being involved in the two Innovate UK projects, or in any surveys or trials of future products please do contact us at bbuk@disabledliving.co.uk.

We will treat any information you provide in the strictest confidence and you would be welcome to refuse any requests for support.



‘Dear Future...’ – Letters for Down Syndrome Awareness Month



In order to address some of the outdated misconceptions about children with Down syndrome a series of ‘Dear Future...’ letters have been written. These are aimed at a whole range of potential future individuals, including parents and grandparents as well as professionals such as teachers, nurseries and healthcare professionals, who may be involved in the care of a child with Down syndrome. The letters aim to raise awareness and improve understanding of Down syndrome, highlighting that although there may be some challenges that these will be overridden by the positives. The key factor being to always see the child as an individual and focus on their ability and recognising what they can achieve rather than just seeing their ‘disability’.

Dear Future Health Visitor and Children’s
Continence Nurse,

You have booked a number of home visits for today and I am number three of the children on your list. I understand you are new in post and have not had a child with Down syndrome on your caseload before, so you are not sure what I can achieve or what advice to give my mummy.

You’re probably nervous as to what to expect of me, how my mummy will be and worried about not saying the wrong thing. Don’t worry – you’re not the first and won’t be the last!! When you arrive at my house you are indeed a little anxious about what you are going to say to my

mummy and knock on the door with trepidation, not knowing what to expect.

My mummy opens the door and invites you in. She is happy to see you and is keen to introduce you to me, her beautiful clever boy. She goes off to make you a cup of tea while you take a seat and have a quick look at me, while I play in the corner of the room. What you see is a child who is not yet talking and not really walking, so immediately your thoughts are that I have learning, and physical disabilities, so am going to struggle to learn new skills. That is what you see.

What you don't see is what my mummy sees – a child who is keen and eager to learn. Who maybe sometimes struggles and takes a little longer to learn new skills but is enthusiastic about life and loves to engage with adults. You have already labelled me in your head as having 'special needs' and therefore limited me by making assumptions and decisions as to what I will and won't be able to achieve or do.

You have come to carry out a routine assessment and have pages of questions that need to be asked and boxes that need to be ticked, so I know you are keen to get started. You go through the pages and ask the standard questions. As I had not been saying a lot of words you see that I had been referred to the speech and language therapist. However, even though I don't say a lot, I understand everything my family say to me and I love looking at books and pointing to different pictures. I already have great empathy for people, and I know if anyone is happy or sad. Mummy asks me to show you my favourite book and you are surprised when I pick it up and show it to you.

"That's clever" you say, and I give you a big smile and then you smile back. You start to relax.

I was late sitting and am just starting to walk so you check with mummy that I'm seeing the physiotherapist. What you haven't seen is my determination to succeed and how I keep practicing my walking by holding on to the furniture. However, you watch as I try to stand up and give you the book – it takes several attempts, but I eventually succeed. 'He is a determined little fellow' you say to mummy with some surprise. "Oh, he knows what he wants" says mummy "and works hard to try and get it".

You tick some more boxes on the form. The assessment is nearly complete, and you get ready to leave.

Then Mummy asks you about potty training, and I can see you're quite shocked – because you clearly think that I am "not ready" and you tell my mummy that. It is not on your checklist list and you had presumed that potty training would be something that would be tackled 'later'. After all, I can see you've assumed that a child who can't talk or walk can't possibly be ready to be toilet trained.



What you don't know is that many children with Down syndrome, can be toilet trained at the same age as their typically developing peers. Toilet training involves a lot of skills, which can be broken into simple steps. It can take me some time to learn new skills, but with lots of practice I can usually manage to achieve them. However, unless people give me the opportunity to learn new skills how can I achieve anything? Lots of children (especially boys!) can struggle with potty training and will need some help, so helping me will be no different than any other child who is not yet reliably clean and dry.

Mummy is keen for me to be toilet trained for when I start school. She tells you that I already sit on the potty after meals and now mostly do all my poos there (and the occasional wee!) and have very few 'dirty' nappies. I can see you're surprised – Gosh, you think – this regular potty sitting is something you don't even suggest to parents of 'typically developing' children.

This makes you think that gradually introducing regular potty sitting is perhaps something you should be advising all parents to do. Mummy points out to you that I have been referred on to other professionals for help with walking and talking so wonders if there is anyone who can help with toilet training. This gets you thinking that perhaps you can give mummy the same advice that you give to other mummies about potty training. Something that you didn't even think about before now. You tell mummy that you will also speak with the children's continence nurse, who can provide some extra advice and information, as necessary.

At the end of the visit you come to realise that I am not really unlike any child on your caseload.

After all, all children are individuals with differing needs and abilities. As you leave through the front door and say goodbye, you now don't see a 'special needs' child, you now see me!

The third little boy on your list who needs you to have high expectations.

There is a closed potty training Facebook group for parents of and professionals working with children with Down syndrome in the UK aged 5 and under. If you are looking for further advice and support this Down Syndrome Awareness Month, please visit:

<https://www.facebook.com/groups/219984462212935>

**June Rogers MBE
Children's Specialist Nurse**

Toilet Training Resources



View our range of toilet training resources for children here:

<https://www.bbuk.org.uk/toilet-training-resources/>

Kidz to Adultz Magazine Issue 10 - Out Now!



We have introduced you to all of Disabled Living's services.

We also publish the Kidz to Adultz Magazine which is full of interesting articles to support children and young adults with disabilities and additional needs.

We would like to hear from you if you have an article we can publish to support children and young adults with bladder and bowel problems.

Web: www.kidzexhibitions.co.uk

Tel: 0161 214 4592

Email: info@disabledliving.co.uk

[CLICK HERE TO READ ISSUE 10](#)

It's Showtime!

Save the date for our future events...



SOUTH

**Tuesday 18th
May 2021**

Farnborough International
Exhibition & Conference
Centre, Farnborough

WALES & WEST

NEW VENUE!

**Friday 25th June
2021**

The International
Convention Centre
(ICC), Newport

SCOTLAND

**WE'RE BACK! (held
every 3 years)**

**Thursday 9th
September 2021**
Royal Highland Centre,
Edinburgh

NORTH

NEW VENUE!

TBC 2021

MIDDLE

NEW DATE!

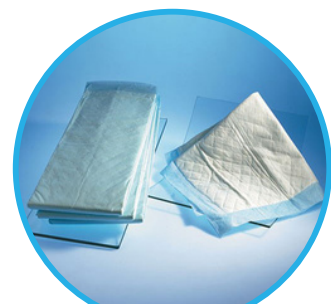
**Thursday 17th
March 2022**
Ricoh Arena,
Coventry

Shop Online with Bladder & Bowel UK Equipment and Products to Make Life Easier



**OVER 250,000
ITEMS IN STOCK!**

Speak to continence specialists
for free impartial help
and advice on:
0161 214 4591



Offering you choice from a wide range of manufacturers including mobility aids, daily living products, and continence suppliers together with telecare and telehealth equipment.

www.bbuk.org.uk/online-shop
Tel: 0161 214 4591

Loo of the Month - Public Restroom in Steampunk Style



Photo taken by Jantsarik - Shutterstock

Connect with BBUK on Social Media

Bladder & Bowel UK are active on Facebook, Twitter, and LinkedIn. If you have anything that you wish for us to share, please just get in touch, or tag us in your posts.

Please follow us, like and connect with us!



Disabled LIVING

THIS IS WHO WE ARE AND WHAT WE DO....

DISABLED LIVING

A charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled children, adults, older people, carers and the professionals who support them. We have a range of services which you can access via our helpline, through the website or at our Kidz to Adultz exhibitions.

www.disabledliving.co.uk

EQUIPZ

The team comprises occupational therapists, trusted assessors, moving and handling specialists, physiotherapists, nurses and continence specialists. We respond to enquiries via our helpline and website. Some people opt to visit the Disabled Living Centre based in Manchester for a free equipment assessment.

Helpline: 0161 214 4590

BLADDER & BOWEL UK

The team provide information and advice for children, young people and adults with bladder and bowel problems. We provide a confidential helpline managed by a team of specialist nurses and knowledgeable information staff. In addition, the website offers a wide range of downloadable free resources.

Helpline: 0161 214 4591

www.bbuk.org.uk

KIDZ TO ADULTZ EXHIBITIONS

We organise the largest FREE UK exhibitions totally dedicated to disabled children, young adults, their families, carers and the professionals who support them, with over 100 exhibitors at each event. We currently deliver 5 events nationally in Coventry, Farnborough, Newport, Edinburgh and Manchester.

www.kidzexhibitions.co.uk

TRAINING

We run a comprehensive training programme for professionals and carers. Most of our courses are accredited by Open Awards and others provide CPD opportunities. Our training courses can be 'tailor made' to suit your organisations requirements and can be delivered throughout the UK.

www.disabledliving.co.uk/training

