



5 TIPS TO HELP CARE FOR RESIDENTS WITH **DIABETES AND INCONTINENCE**

When it comes to diabetes, some residents have to manage incontinence as well as managing their blood sugar levels. Residents with diabetes are up to **70%*** more likely to develop urinary incontinence than those without. So, we put together a quick guide to help caregivers who are caring for residents with diabetes and incontinence.

How you can help your residents

- **Avoid tea, coffee and sweet caffeinated drinks** that can irritate the bladder.
- Suggest **pelvic floor exercises** to strengthen the pelvic floor muscles.
- Excess weight can put pressure on the bladder and cause urinary incontinence, so recommend **regular exercise**.
- Allow plenty of **time for emptying the bladder** – also make sure the resident is sitting, relaxed, leaning forward with elbows on knees and feet supported on a small stool.
- **Discuss wearing an incontinence pad** for reassurance until a management plan is in place.

Read more about the link between diabetes and incontinence

[Read more →](#)

*Hall, 2018