







REMEMBER, **PROMOTING** CONTINENCE IS EVERYBODY'S BUSINESS



Staying continent for as long as possible while living with dementia and other long term conditions is something that I want to do, but I might need your help to do this. It's the small changes that can really help.

Five key messages

-  Know me and what's important in my life and do what's best for me.
-  Know me and how I communicate.
-  What I need to stay continent and how you can help.
-  Create an environment that supports me to be independent and promotes continence.
-  Look for every opportunity to promote my continence – be creative.

www.careinspectorate.com

Follow us  @careinspect