Incontinence

One or more sections on this page provide access to easy-read information - look out for this logo.

If you have problems with incontinence, you are not alone. Many people experience the same sort of problems. Urinary incontinence (passing water unintentionally) and bowel incontinence (difficulty in controlling bowel movements) affect around one in ten people in the UK at some point in their lives. These conditions are more common in older people, but they can happen at any age.

Incontinence can be embarrassing, uncomfortable and upsetting. You may be worried that smells or stains will show you up in front of others, or that you won't be able to find a toilet when you need one urgently. You might find that your skin becomes irritated or that you get a rash from soiled underwear.

If you're constantly worrying about having 'accidents' it can make it difficult to go confidently about your day-to-day life. But there are plenty of ways to manage your incontinence so that you lead a normal, active life.

- Find out what's causing the problem
- Get expert advice
- Help with bladder incontinence
- Help with bowel incontinence
- Buying pads and equipment
- Incontinence and mobility problems
- Incontinence laundry or waste collection services
- Access to toilets when you're out and about
- Other information and advice