

Caring for your loved one with incontinence.

Caregiving can be challenging, but Member's Mark™ Total Protection is here to help! There's a lot you can do to make daily life easier and more comfortable for them and for you.



FAQs and tips to get started.

Q: *How do I begin the conversation with a loved one?*

A: First, reassure them that they're not alone. Incontinence is common and, with the right products, it's very manageable. Start them with a pad or male guard to help them feel more comfortable. Once they've gotten used to using these, you can switch to protective underwear or briefs as needed.

Q: *How do I care for someone with incontinence?*

A: Helping a loved one manage incontinence can be stressful. Start the conversation and get advice from their physician to find the best plan. And incontinence is much easier to manage with the right high-quality products.



Establish a new daily routine.

- It's helpful to use the bathroom every few hours to train the bladder.
- The routine may also include eating at the same time each day.
- You, your loved one and their physician should work together to coordinate a routine, medications and other activities.
- Make sure there's always an open line of communication about whatever help your loved one may need.

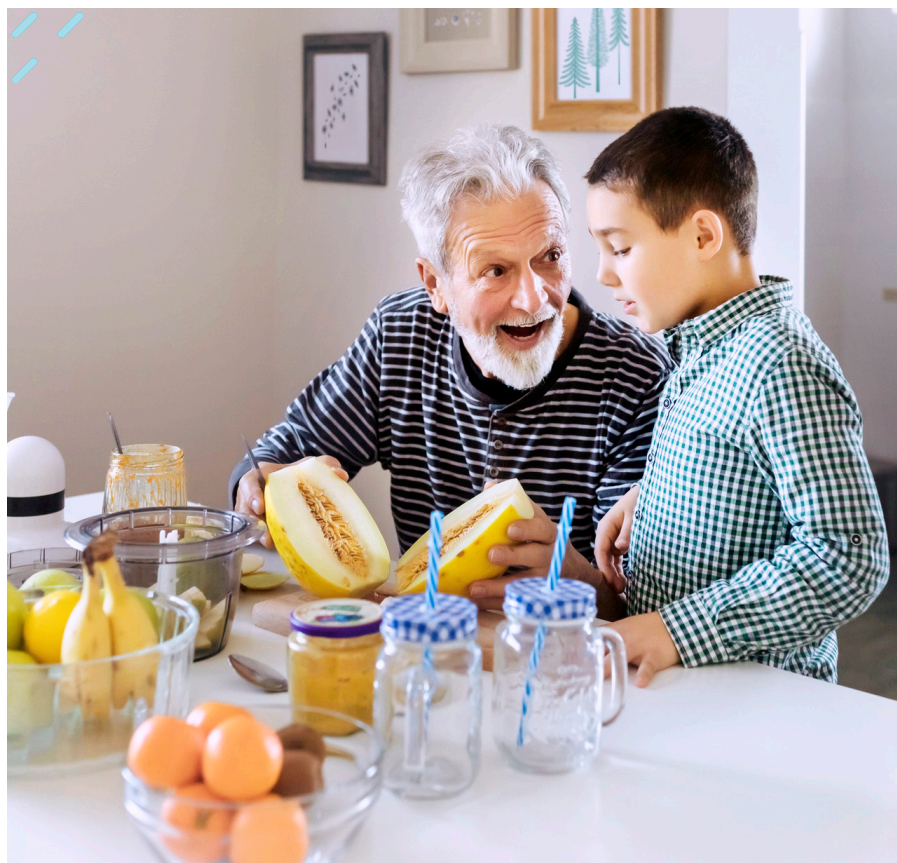


Maintain the health and hydration of skin.

- Cleanse skin properly with each leak. Adult washcloths can help!
- Use moisturizer throughout the day to keep skin hydrated.
- Check skin daily, even where clothes cover the skin, to minimize irritation.

Manage and maintain mobility.

- Work with your loved one to include daily physical activity.
- Exercise can improve their self-confidence, maintain their joint health and decrease fall risks.
- Consult their physician or other healthcare professional before starting any exercise program.



Good nutrition is important to keep them healthy.

- Doctors recommend a well-balanced diet, including a variety of vegetables, protein, fruits and whole grains. A food journal can help you both keep track their meals.
- Make sure they get plenty of calcium and vitamin D to maintain bone health. And of course, drink plenty of water!
- If they have diabetes, a healthy diet is extremely important.