Family caregivers providing complex medical/nursing care

INCONTINENCE

Family caregivers are largely on their own in learning how to perform medical/nursing tasks they find difficult to perform, such as managing incontinence.

- **54%** manage incontinence multiple times a day.
- **37%** of caregivers say that it is hard to perform.
- Caregivers reported that managing incontinence is more difficult than:
  - Managing medications
  - Helping with assistive devices
  - Performing wound care

MANAGING INCONTINENCE WITH DISPOSABLE BRIEFS:

- **31%** say it is embarrassing for their family member. This varies by the sex of the caregiver.
  - 40% of men
  - Almost 25% of women
- **23%** say it is emotionally difficult for the caregiver.

ASSISTANCE:

- **75%** of family caregivers who manage incontinence tackle this task without help, and it’s the number one area they learn on their own.

More than 1 in 4 would appreciate having another person to help.

TRAINING:

- **76%** learned how to do it on their own.

More than 25% would have found this task easier to perform after more or better instruction.

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