



Our Vision: Milwaukee County will be a national leader in the prevention of falls in the adult population through community education, collaboration, and innovation



Milwaukee County Falls Prevention Coalition Resource Series ***Incontinence and Falls Prevention***

Background

- Over half of older adults have bladder or bowel leakage, referred to as incontinence.
- While incontinence is more common as adults age it is not a normal part of aging and can be prevented and improved through diet changes and exercise.
- Incontinence can lead to social isolation, depression, and falls.
- Medications used to treat incontinence can increase the risk of falls.

Practical Tips

- Maintain good fluid intake – at least 6-8 cups per day.
- Limit caffeine and citrus fruits as these can increase bladder irritation and sense of urgency.
- Avoid artificial sweeteners, carbonated beverages, chocolate, spicy foods, and dairy.
- Urgency at night can increase fall risk – ensure that pathways to the bathroom are clear of clutter and are properly lighted.
- Strengthening the pelvic floor muscles can reduce bladder contractions and help control the urge to urinate. Talk to your doctor about a referral to a pelvic floor therapist to learn how to do these exercises correctly.
- Talk with your physician or pharmacist before starting a new medication, including those over the counter, to address incontinence.

Resources

[Toileting and Fall Prevention](#) – Resource from National Association for Continence

[Mind Over Matter](#) – Evidence-based health promotion program for women

[Simon Foundation](#) – Resources and online support group for incontinence

[13 Tips to Keep Your Bladder Healthy](#) – Strategies from National Institute on Aging

[Tat](#) - App with pelvic floor exercises and advice regarding incontinence

[Urology Care Foundation](#) - Resources on living health, exercise, and treatment options.