

# Incontinence: The Family Caregiver Guide: Practical Advice to Make Your Life Easier



Are you a caregiver with an incontinent care recipient? Do you want practical, to the point, help? Do you want simple how-tos without the need to read a whole book to dig out the information? Then you came to the right place. This article by a registered nurse who works in home health and is certified in continence care gives concise, practical tips and information on dealing with incontinence. She discusses myths about incontinence, types of incontinence, and tips appropriate for each type, followed by an action plan. It is a quick read that will give you tools to make your life easier, and the life of the incontinent person more pleasant and dignified.

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