

MEDIA RELEASE
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Improving Continence Care for Seniors in the Community

St. Joseph's Healthcare Hamilton is pleased to announce the expansion of its successful Continence Program to six additional locations across the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN). This expansion is made possible by funding through the new LHIN "Aging at Home" strategy.

Dr. Jennifer Skelly, Director of the Continence Program, St. Joseph's Healthcare in partnership with Hamilton Health Sciences, Joseph Brant Memorial Hospital, Burlington, Hotel Dieu Shaver Health and Rehabilitation Centre, St. Catharines, Norfolk General Hospital, Simcoe and the HNHB Community Care Access Centre is opening 6 new clinics across the region. This will make it easier for seniors to access bladder and bowel care closer to home. Dr. Skelly notes, "For 16 years now I've had seniors, who had the means to travel, come to my clinic from all over the region to get help for their incontinence. These new clinics will mean more seniors have better access to help and they only have to go as far as their community hospital."

The six new clinics will be located at the following sites: in Hamilton at Chedoke Hospital and St. Peter's Hospital; in Burlington at Joseph Brant Memorial Hospital; in St. Catharines at Hotel Dieu Shaver Health and Rehabilitation Centre; in Simcoe at Norfolk General Hospital and in Brantford at St. Joseph's Lifecare Centre.

The clinics, under the direction of Dr. Skelly, will be staffed by nurse continence advisors (NCA), who are registered nurses holding an advanced certificate related to continence care from McMaster University and are experienced in managing bladder and bowel concerns. Men and women over the age of 60 are eligible to attend these **free** clinics. "Bladder and bowel problems are not something seniors have to live with," Dr. Skelly shares. "It is not a normal part of getting older. These problems can be managed and often cured without the need for surgery or medication. We believe in providing **quality bladder and bowel care for quality living.**"

Seniors who would benefit from the Continence Care Clinics may be experiencing some of the following problems: going to the bathroom often; worrying about falling when rushing to the bathroom; leaking urine when laughing, coughing, sneezing or doing activities; having frequent bladder infections; waking up often at night to urinate; having strong need to urinate right away; experiencing problems with constipation and or bowel control. Seniors can make their own appointment in the clinics by calling 905-573-4821 or they can have their family doctors make a referral by faxing the Clinics' central intake at 905-560-1574.

For more information:

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