

Voiding Programmes

Voiding Programme	Procedure	Target Group
Bladder training	Training to increase between-void intervals and bladder capacity using urge suppression, distraction and pre-set, increasing-interval voiding times.	Cognitively intact, physically able
Prompted voiding	Active intervention with 3 stages at fixed time points <ul style="list-style-type: none"> i) older person is asked if they wish to use toilet ii) Assistance to use toilet provided iii) Positive reinforcement /social approval for appropriate use of toilet given 	Cognitively impaired, physically impaired
Habit training/retraining	Individualised toileting schedule developed from patient/client's natural voiding pattern to pre-empt incontinence episodes.	Cognitively impaired
Timed voiding	Regular fixed-interval toilet use e.g. 3 hourly	Cognitively impaired