



# 2019 Optimum Life<sup>®</sup>

## Continuing Education Series



## Understanding and Improving Urinary Incontinence

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Though many live with the condition of urinary incontinence, it is not a normal part of the aging process. This condition affects approximately 13 million men and women age 65 and older and amounts to healthcare costs of more than \$20 billion a year. Those with this condition are often affected globally, from cognitive and social well-being to an increase in the physical toll and the financial burden it can put on an individual and/or their family. Being able to understand the causes of this condition and how to make small changes to one's routine can help to increase overall quality of life.

Following this presentation the participant will be able to:

- Identify the causes of the different types of incontinence
- Understand the physiology related to micturition
- Discuss the various complications related to urinary incontinence
- Implement different ways to improve and/or manage incontinence

- The Optimum Life CE series is a pre-recorded webcast.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.