

Continence

HARTMANN



Continence & the NDIS

Information Booklet

MoliCare[®]

Protection. Every day.



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What is the NDIS?

The National Disability Insurance Scheme (NDIS) is a federal scheme designed to support people with lifelong disability in areas such as independence, community participation, employment, life skills and wellbeing.

The NDIS provides choice and control to Participants of the scheme over how they receive and manage their support and live their lives.

Which HARTMANN products are covered by the NDIS?



HARTMANN's range of MoliCare absorbent products, MoliCare Skin and wound care are eligible for NDIS funding where deemed reasonable and necessary. They fall into the category of **'Assistive Technology, Assistive Products for Personal Care and Safety'** and are classed as Core funding in the NDIS price guide.





Am I eligible for continence products on the NDIS?

Firstly, you need to be an eligible participant for the NDIS. To access the scheme, you must be:

- Under 65 years of age, and
- An Australian citizen or permanent resident, and
- Have a significant and permanent disability, or
- A child over 7 years of age with developmental delays

You may need to provide the NDIS evidence of your disability and how it impacts your everyday life by your treating healthcare professional.

To find out if you are eligible for the Scheme, contact the **National Disability Insurance Agency (NDIA)** on **1800 800 110** between 8am – 5pm Monday to Friday.

If you are eligible for the NDIS, the NDIA will meet with you to decide what supports you need. A planner will put together an NDIS plan based on your needs, lifestyle and goals and funding will be allocated.

For continence products to be included in your plan, they must relate to your disability and be 'reasonable and necessary'.

'Reasonable and necessary' is an NDIS term that means anything funded by NDIS plans must be:

- Linked to the goals in your NDIS plan.
- Good value-for-money compared to other options.
- Able to help you participate in activities with friends and community, or help you find or keep a job.
- Most appropriately funded by NDIS and not include support provided by other government services like health, education, housing and public transport.
- Current good practice. It should not cause harm or put you or other people at risk.

Do I need a continence nurse assessment?

Continence needs should be reassessed at least every three years to ensure your continence management plan meets your current needs or more frequently if your needs change.

This is funded by the NDIS under '**Capacity Building, Improved Daily Living Skills**' and should be included in your plan, so ask for it in your meeting if you feel you need one. Assessments should be performed by an appropriately qualified healthcare professional such as a continence nurse.

The need for a continence nurse is based on which supports you'll need. NDIS divides Assistive Technology (AT), like continence products, into four levels of funding based on a complexity level classification ranging from 1 to 4 with 4 being the most complex. Categories 3-4 require a continence assessment. For category 2 an assessment is not required unless an initial and review assessment is required to choose the appropriate continence supports.

Category 1: Basic low cost and low risk ready-to-use items.

Category 2: Standard 'off the shelf items'. A continence nurse assessment may be needed to help initially select which product to use.

Category 3: Specialised, or modified 'off the shelf' items. These items require an assessment.

Category 4: Custom or uniquely configured items. These items require an assessment.

HARTMANN continence products will typically fall into category 1 or 2 depending on the needs of the user. (E.g. the selection and quantity of absorbing pads.)

The continence assessment ensures continence needs are managed effectively, practically, reliably and in a socially acceptable way.



How do I start or add continence to an NDIS plan?

It is important to prepare for your NDIS planning meeting by doing some ground work to assist the planner to better understand you, your life and your needs.

What do I need to do to prepare for my planning meeting?

Pre-planning helps you to think about what your life looks like now, what you would like it to look like and where your unmet needs are. There are many free pre-planning guides available online that can assist you (Search 'pre-planning booklet'). Visit molicare.com.au for guidance on how to prepare for your continence discussion.

When you have an approved NDIS plan, other disability funding you receive including CAPS ceases (with the exception of the Disability Support Pension), so it is important to make sure everything you need is captured for funding in your plan.

Thinking about your continence needs

Before your planning meeting, think about how incontinence affects your lifestyle. For example, how incontinence affects your ability to get out and about or your ability to work, and to live your life the way any person your age would do. Does it affect your relationships, your social life or sleeping?

It would be useful to think about the following questions and write down the answers to take to your planning meeting:

- Do you regularly experience leakage of urine or uncontrollable loss of stool or gas from the bowel?
- Do you need more continence support to confidently participate in social activities?
- Is the equipment you use to maintain continence adequate for your needs? Do you find it easy to use and maintain? Do you need to try something else?
- Have your continence needs changed since your last assessment?
- Do you have sensitive skin or experience rashes? Do you need to consider pH balanced skin care?



Goals

All NDIS Participants need to include short-term and long-term goals in their plan. Short-term goals could include things like wanting to get out in the community more, make new friends and participate in new hobbies. Long-term goals might include things that will take a number of years to achieve, such as moving out of home and living independently or getting a job.

The supports in an NDIS plan must link to the goals in the plan, so broader goals are better. For example, 'getting a job' as a goal would require an appropriate level of continence support to ensure you could keep that job comfortably and confidently.

Write down some ideas for your goals here. As there is no limit to the number of goals you can set download our full size goals template by scanning the QR code below.

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How do I start or add continence to an NDIS plan?

(continued)

What do I need to take to my meeting?

Take along any diagnoses, assessments and your continence plan (if you have them) to your planning meeting. Your service provider/s will also be able to provide you with a list of supports you currently receive.

We also recommend you take a 12 month statement of account for your continence products and equipment to your meeting. However, this will not be sufficient if your continence needs have increased.

It is recommended that you obtain written clinical justification from a healthcare professional on your condition and the type and volume of continence products required daily. If your continence needs have increased, request a quote from your provider for what you expect to use over the next 12 months.

At the very least, before you attend your meeting you should have an idea of:

- how well your current continence plan is working
- how many products you use per day and which types
- other equipment you might need.

At your meeting, your planner will let you know of any further information they require to support your funding needs, such as additional assessments.

Receiving your plan

Once the planner has all the information they need you will receive your plan via the **NDIS myplace portal**. Review your plan carefully to make sure all your needs are met. Once accepted your plan is reviewed annually.

Using the budget calculator below, it's possible to estimate a 12 month supply of your continence needs.

Simple Budget Calculator

Refer to pages 15–21 for information on **Choosing the right continence product** or visit molicare.com.au for an interactive guide and to obtain a quote.

Product Choice:

Cost per pack:

 A

Number of pieces per pack:

 B

Number of pieces used in a day:

 C

Now calculate:

Price per piece: (A ÷ B)

 D

Price per day (C × D)

 E

Monthly continence spend (E × 30 days)

 F

Minimum total cost per year (E × 365 days)

 G

While skincare products are not covered by the NDIS you may wish to include these as part of your budget planning:

Skincare products

 H

Total cost per year (G + H)

 I

Get the complete budget planner by scanning this QR code.



Choosing the right product is as simple as

1, 2, 3:

- 1 **Style:** Various styles suit different levels of mobility
- 2 **Size:** Correct size will ensure maximum comfort and leakage protection
- 3 **Absorbency:** Giving the level of protection needed

Style



Full mobility:

All styles ranges. Selection is based on personal preference.



Restricted mobility / with cognition

difficulties: **MoliCare Premium Mobile** or **MoliCare Premium Lady Pants** or **Men Pants** are ideal as they look and feel like normal underwear.

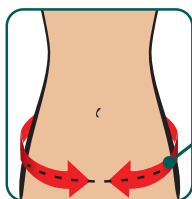


Assisted, inactive or limited mobility:

MoliCare Premium Elastic all-in-one for ease of use.

Size

Measure waist at the largest width between the waist and hips. Select the product size based on the size guide printed on the product packaging. Leakage may occur if the product is too large or too small.



Take measurement at largest width

Note: Sizing should not be confused with absorbency and can vary from style to style.

Absorbency

Giving the right level of protection - choose an absorbency that will keep the urine away from the surface of the skin:

Look for the drop rating on pack

More drops = More absorbency



MoliCare

Continance Range Absorbency and Drop System

HARTMANN uses a “drop” rating system for absorbency – a higher number provides more protection.



Light Incontinence for drips & dribbles



MoliCare Premium
lady pads

1 2 3 4 5



MoliCare Premium
MEN PAD

2 3 4 5



MoliCare Premium
lady pants

5



MoliCare Premium
MEN PANTS

5



MoliCare Pad

2 3 4



*MoliCare Premium
MEN PAD 3 drops - no pH 5.5 value.

Moderate Incontinence

for more than a dribble but not complete loss of control



MoliCare Premium Form

4



MoliCare Premium Form

5



MoliCare Premium Mobile

5



MoliCare Premium Mobile

6



MoliCare Premium Elastic

6



MoliCare Form FOR MEN

6



Less Absorbent



More Absorbent

Heavy Incontinence complete bladder loss



MoliCare Premium
Form

6



MoliCare Premium
Form

7



MoliCare Premium Elastic

7



MoliCare Premium Mobile

8



MoliCare Premium
Elastic

8



MoliCare Slip Maxi

9

Severe Incontinence

complete bladder loss of a very severe nature



MoliCare Premium
Form

9



MoliCare Premium
Elastic

9



MoliCare Premium
Elastic

10



MoliCare Premium
Mobile

10

Clean

Limits chemical stress of frequent washing – thorough but mild cleansing.



Cleansing foam



Moist skin care tissues



Impregnated wash glove

Protect

Counteracts the effects of urine on the skin.



Barrier Cream



Skin Protection Foam

Care

Meets the need for extra moisture.



Body Lotion

Skin care awareness

It's important to pay special attention to your skin when incontinent to keep skin in a comfortable and healthy condition.

Your skin's natural pH during incontinence

Healthy skin has a slightly acidic pH value of 4.5 to 5.5. Exposure to incontinence episodes increases the skin's pH which impairs the skin's protective barrier. This leads to Incontinence Associated Dermatitis.

Incontinence Associated Dermatitis

Is an inflammation of the skin due to chronic incontinence and may be accompanied by redness, blistering, erosion and secondary infection.

42.5% of people with incontinence develop skin complications.¹

Not all continence pads are the same. Select a product that has been medically tested such as the HARTMANN range of continence products.

Looking after your skin

- Clean and care for your skin after each episode
- Do not rub skin while cleaning
- Keep the skin dry and clean
- Use continence skin care products such as MoliCare Skin – designed specifically for use with continence products to clean, care and protect your skin.

Maintaining for your skin's pH balance with MoliCare

MoliCare Absorbent Products contain Curly Fibre, an innovation that reduces the pH of urine to levels compatible with your skin. This helps reduce the risk of Incontinence Associated Dermatitis.

Caring for your skin with MoliCare Skin range of products

MoliCare Skin comes in a range of products designed to clean, protect and care for skin exposed to continence episodes. MoliCare Skin provides a flexible range to suit any continence skincare routine.

1. Prevalence of incontinence and associated skin injury in the acute care inpatient.
<https://www.ncbi.nlm.nih.gov/pubmed/17505245>, Accessed Aug2018

How can I use my NDIS funding to pay for continence products?

There are a number of ways you can manage your NDIS funding, which determine how you select and pay for continence products.

Your plan can be managed by:

- Yourself (with support from a friend/ family member if you'd like) – this is called Self-managed
- The NDIA – this is called Agency Managed
- A registered Plan Manager – this is called Plan Managed
- A combination of the above

Self-managed supports:

Self-managed supports can be purchased from NDIS registered and non-registered providers so local or online stores are suitable.

The Participant pays the invoice and claims reimbursement from the NDIA.

Agency Managed supports:

Agency managed supports must always be purchased through NDIS registered providers.

For supports that do not require a quote (under \$1,000 and **not** marked 'quotable' in the Participant's plan) –

- The Participant or Plan Manager will talk to registered providers to find the best price for products and create a service booking for the proposed support in their myplace portal (the provider can also do this if the Participant wishes).
- This will be immediately checked by the **myplace portal** against benchmark pricing. If a pricing error is received then a lower price must be sought.

For quotable supports (marked 'quotable' in the Participant's plan) –

- A quote request is sent to a registered provider through the Provider Portal myplace.
- The Participant or Plan Manager selects the best value quote and approves it, upon which a service booking is issued.
- The agreed reasonable and necessary funding that will be provided is indicated on the service booking.

Plan Managed supports:

A Plan Manager is able to purchase from both registered and non-registered providers on behalf of the Participant, which means local or online stores are suitable.

- For non-NDIS registered providers – the Plan Manager will negotiate the best price, pay the invoice and claim against the Participant's plan
- For NDIS registered providers – see Agency Managed

Combination of support management:

Participants may choose to Self-Manage or Plan Manage a portion of their NDIS plan such as their continence funding. This offers flexibility in purchasing continence products and equipment such as from online stores with lower cost products and convenient shipping options.

It is important to note that the NDIS will not fund items that are not related to your disability or anything that is more appropriately funded by another government service system. The NDIA says they are not responsible for the "diagnosis and clinical treatment of health conditions, including ongoing or chronic health conditions".

For further information contact the National Disability Insurance Agency (NDIA) on 1800 800 110 between 8am – 5pm Monday to Friday.



Where can I get product samples?

Along with following our guide, we recommend sampling to find the right fit for you.

MoliCare samples can be accessed via your pharmacy, mobility shop, local distributor or [molicare.com.au](https://www.molicare.com.au)

More Information

Talk to your health provider or local stockist to help guide you to find the right product, provide pricing quotations and broad product information.

For further NDIS information

National Disability Insurance Scheme:

www.ndis.gov.au

Contenance Foundation of Australia:

www.contenance.org.au/pages/ndis-participant-.html

The Growing Space:

www.facebook.com/TheGrowingSpaceAustralia

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by scanning this QR code.



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for health**