

The Vermont Continenence Project

Supporting Parents and Teams in Promoting Toileting Success



Project Activities

- Provide **technical assistance** (team support and consultation) to individuals, schools, agencies, teams, and families to develop and implement toileting programs.
- Provide parent and professional **workshops and trainings** statewide to support toilet learning
- Collect and share **resources and evidence** about continence and toilet-learning. Materials are relevant for parents/caregivers, educators and school teams, child care providers, health care and mental health providers, and students/individuals with or without disabilities.
- Remain current in **best practice** around teaching toileting skills to individuals experiencing incontinence

CENTER ON DISABILITY
AND COMMUNITY INCLUSION



Our Vision

Continence is a basic need that affects a person's health, self-esteem, dignity, and quality of life. Mastery of toileting skills promotes inclusion at home, school, and in the community. We believe that current and accessible resources, information, and support should be available to each individual, parent/caregiver, and team who have identified toilet-learning as a priority goal and life skill.

Our Mission

The Continenence Project's mission is to make a difference in the lives of individuals by supporting those who are working towards increased independence in toileting. Using a framework of Self-Determination for each person, the Continenence Project provides consultation, training, and resources to help remove the barriers to full inclusion created by chronic incontinence. Our mission is to promote the health and well-being of all children and young adults through collaboration and resource-sharing.



Benefits of Continenence Development for Children & Youth

- ❖ Health risks decreased
- ❖ Dignity & perception of competence
- ❖ Increased self-esteem
- ❖ Ease of inclusion in school, home, and community
- ❖ Decreased need for costly continence supplies
- ❖ Decreased labor for caregivers
- ❖ Social acceptance



Developing Toilet-Learning Plans

Successful toileting plans are based on a model of **Self-Determination**, which respects the dignity, voice, and choice-making of the child/student. Current, evidence-based best practices are essential, and team decisions are driven by relevant data.

Keys to Implementation

- A collaborative **multi-disciplinary team**, with clearly identified roles and responsibilities
- Address **medical considerations** first
- Respectful and **age-appropriate language and supports**
- Information provided to the student in **multiple formats**
- **Ongoing collaboration** around goal-setting, supports, data collection, and implementation



Contact the VT Continenence Project:

<https://www.uvm.edu/cess/cdci/continence>

