

Dependable & Meticulous

CAREGIVING

for Patients of Recurrent

URINARY TRACT INFECTIONS



Chronic health conditions, suppressed immune systems, structural abnormalities in the urinary tract, or bathroom habits may increase a patient's risk of getting a UTI. Many individuals that develop a UTI with develop yet another. Some may even suffer from recurrent UTI's - multiple infections that occur within a short period of time.

Since 2009, Presidio Home Care Aides have been providing specialized care to patients with histories of recurrent UTI's. Our Home Care Aides are thoroughly trained to assist with hydration reminders, exercise, toileting, and meal planning in a way that promotes urinary tract health.

Thoroughly Trained

In the course of the 150 hours of documented, state accredited training every one of our Home Care Aides has received, each has been equipped with a foundation of knowledge to understand the urinary tract, how to actively promote urinary tract health, and how to manage bladder issues that may arise.

Observant & Vigilant

The role of a Home Care Aide is not only to help your loved one live a lifestyle that promotes urinary tract health, but to be observant. Our Aides are on the lookout for symptoms of UTIs and related complications.



OUR APPROACH

Drinking Water



Water helps to flush out bacteria and waste products, lightening the load for your kidneys. Most individuals should drink about six to eight glasses of water a day. Our Home Care Aides can provide timely hydration reminders to ensure your loved one's water intake is sufficient.

Exercising



Exercise can help to strengthen bladder muscles, improve symptoms of current bladder issues and prevent urine leakage. It also helps to relieve constipation, which can put pressure on the bladder. Our Home Care Aides are here to motivate, assist, and even participate in exercise routines with your loved one.

Developing Healthy Bathroom Habits



Using the bathroom often and taking the time to completely empty the bladder are important habits for maintaining urinary tract health. Fully emptying the bladder rids it from bacteria that may trigger an infection. Our Home Care Aides can provide support during toileting in a sensitive manner.

Meal Planning



Stroke survivors may experience mood changes and loss of interest in activities. Our Aides can be there to listen and support your loved one emotionally. Depression is common and can interfere with treatment and recovery. Our Home Care Aides can watch out for signs of depres-

