

"This is a condition which doesn't get talked about nearly enough, but so many people are affected. It's perceived as an older person or female issue when in reality, it can affect anyone. Anxiety is always present, the biggest impact is the psychological one."

More than **1 in 5** people in the UK are affected by bladder and bowel conditions

Create Open Health: Voices for Change

A project to initiate positive change for people affected by **bladder and bowel conditions**

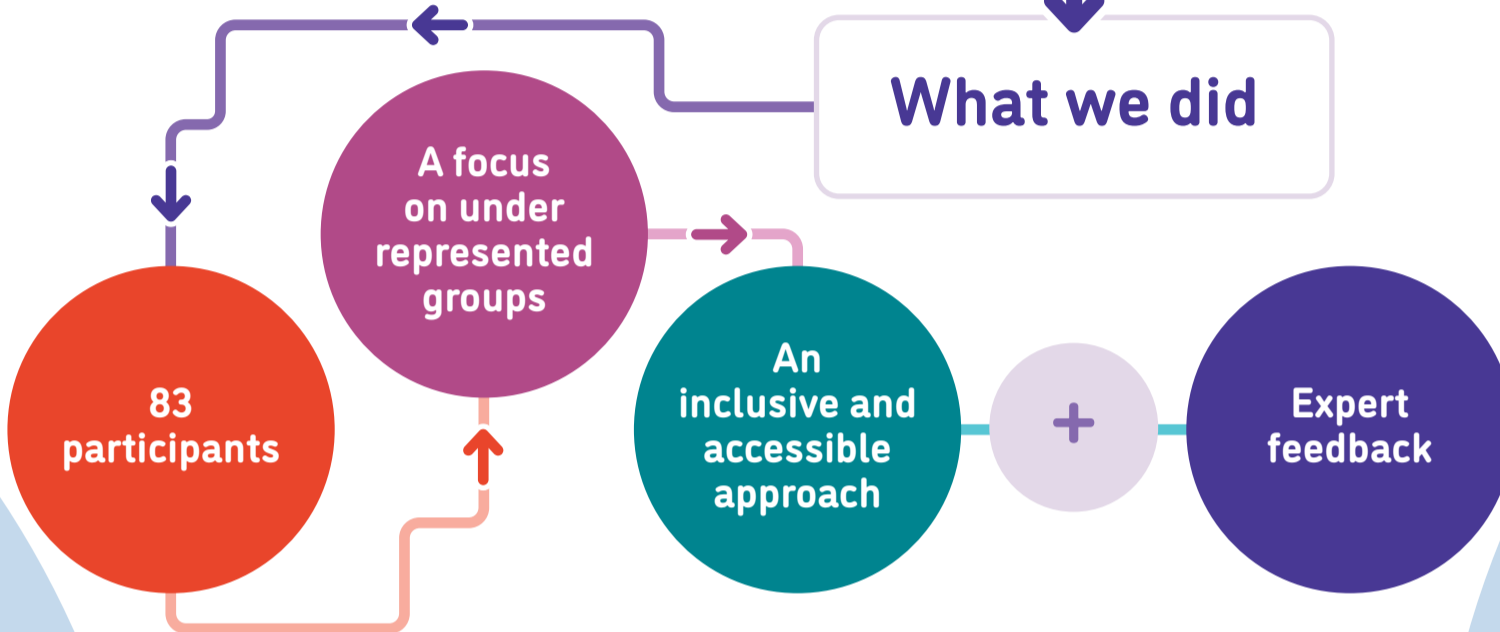
Key learnings from people with lived experience



While bladder and bowel leakage can affect anyone at any age, we know that there are a number of groups who are disproportionately affected. We also wanted to ensure a focus on engaging with often under-represented groups, such as:

- People living with, or caring for people with, learning disabilities
- People living with, or caring for people with, dementia
- Postnatal women
- People from ethnic minority backgrounds

What we did



What we heard

What needs to change



1. Address the taboo surrounding bladder and bowel leakage
2. Increase conversations around bladder and bowel leakage
3. Prioritisation for bladder and bowel provisions [by commissioners]
4. Increase access to public toilet facilities
5. Improve access to the right treatments / improve service pathways
6. Support the mental wellbeing of those affected