

Create Open Health: **Voices for Change**

A project to initiate positive change for people affected by

bladder and bowel conditions

A focus

on under represented

groups

"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."

> Key learnings from people with

lived experience

What we did

83 participants

An inclusive and accessible approach

Expert feedback

More than 1 in 5

people in the UK are affected by bladder and bowel conditions



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 heard

Environmental

People told us they did not feel supported when outside of the home

Perception

People told us there are misperceptions about their condition that has a negative impact on them

Communication

People told us they experience negativity in the way they are spoken to (and that their conditions are spoken about), as well as difficulty speaking to others about their conditions

to change

Address the taboo surrounding bladder and bowel leakage

What needs

Increase conversations around bladder and bowel leakage

> Prioritisation for bladder and bowel provisions [by commissioners]

Increase access to public toilet facilities

Improve access to the right treatments / improve service pathways

Support the mental wellbeing of those affected

Mental health and anxiety

People told us their emotional and mental health is significantly impacted

Participation

People told us how their condition limits physical and social activity

Services

People told us they don't feel enough is being done for them individually



Bristol Health Partners



Recommendations are written in collaboration between the West of England Academic Health Science Network (AHSN) and the BABCON Health Integration Team (HIT). For further information, and to read the full report, visit the Create Open Health web page here.