

# Autism & continence Resource list



## Downloadable information or booklets

### One step at a time

Booklet and tip sheets. It guides parents through the process of developing toileting skills and toilet training. There is now a charge for this resource.

<https://www.continence.org.au/one-step-at-a-time>



### NHS Greater Glasgow and Clyde

Their website has a wealth of downloadable resources related to toileting, including the original boy and girl toileting routines from the old website Visual Aids for Learning.

<http://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/visual-aids-for-learning-toilet-training-girl/>



### Derbyshire Healthcare NHS Foundation Trust

Their website has some great downloadable resources, including a bottom wiping routine.

<https://www.derbyshirehealthcareft.nhs.uk/services/childrens-complex-health-derby-and-southern-derbyshire/specialist-nursing/childrens-contenance>



## Support organisations

### ERIC

The UK's leading childhood continence charity. They provide information and support on childhood bedwetting, daytime wetting, constipation and soiling to children, young people, parents and professionals. They offer a confidential helpline and have an on-line shop where you can buy a wide array of continence products.



Web: [www.eric.org.uk](http://www.eric.org.uk)

Helpline: 0808 1699 949 (10am-2pm, Mon to Thurs)

### Bowel and Bladder UK (formerly PromoCon)

They provide a national service, including a confidential helpline, working as part of Disabled Living, Manchester to improve the life for all people with bladder or bowel problems by offering product information, advice and practical solutions to both professionals and the general public.

Web: [www.bbuk.org.uk](http://www.bbuk.org.uk)

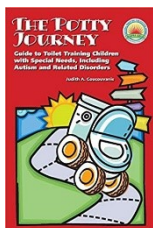
Helpline: 0161 214 4591 (9am-4.30pm, Mon to Fri)



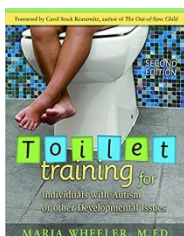
## Books



**Toilet Training and the Autism Spectrum**  
Eve Fleming & Lorraine MacAlister



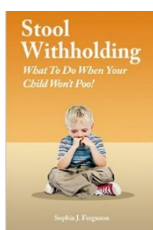
**The Potty Journey**  
Judith A. Coucouvanis



**Toilet training for individuals with autism or other developmental issues**  
Maria Wheeler



**Constipation, withholding and your child**  
Anthony Cohn



**Stool Withholding: What To Do When Your Child Won't Poop!**  
(Sophia J Ferguson)

**Taking care of myself - A Hygiene, Puberty and Personal Curriculum for Young People with Autism** (Mary Wrobel)

**The Ins and Outs of Poop** (Thomas Duhamel Maret)

**Building Bridges through Sensory Integration** (Paula Aquilla and Ellen Yack)

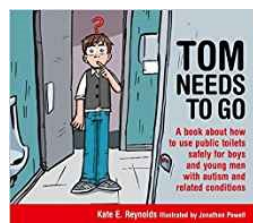
**Sensory and motor strategies** (Corinna Laurie)

## Books for children



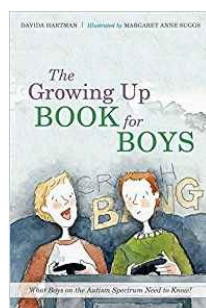
**Ellie needs to go – A book about how to use public toilets safely for girls and young women with autism and related conditions**

Kate Reynolds



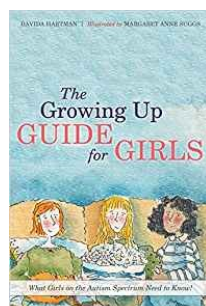
**Tom needs to go – A book about how to use public toilets safely for boys and young men with autism and related conditions**

Kate Reynolds



**The Growing Up Book for Boys: What Boys on the Autism Spectrum Need to Know!**

Davida Hartman



**The Growing Up Book for Girls: What Girls on the Autism Spectrum Need to Know!**

Davida Hartman

**Liam goes poo in the toilet** (Jane Whelen Banks)

**It hurts when I poop** (Howard J Bennett)

**I want my potty** (Tony Ross)

**Everyone poops** (Taro Gomi and Amanda Mayer Stinchecum)

**The gas we pass** (Shinto Cho)

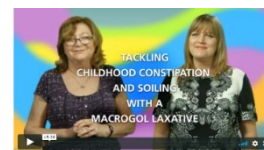
**See inside your body** (Katie Daynes and Colin King)

**The body book** (Claire Rayner)

**The flip flap body book** (Alastair Smith)

## Video clips

Tackling childhood constipation and soiling with a macrogol laxative – a video aimed at parents – really good to help understanding  
[www.thepoonurses.uk](http://www.thepoonurses.uk)



The Poo in You – a Canadian educational video explaining pooing and constipation  
[https://www.youtube.com/watch?v=SgBj7Mc\\_4sc](https://www.youtube.com/watch?v=SgBj7Mc_4sc)

Interoception: The New Topic in Autism (Kelly Mahler)  
<https://www.youtube.com/watch?v=A0zbCiakjaA>



## Good Practice Guidelines

NICE Guidelines on Constipation in children and young people -  
<http://guidance.nice.org.uk/CG99/NICEGuidance/pdf/English>

NICE Guidelines on Nocturnal Enuresis, The management of bedwetting in children and young people -  
<http://guidance.nice.org.uk/CG111/NICEGuidance/pdf/English>

Managing continence issues at nursery, school and college - Guidance for school leaders, proprietors, governors, staff and practitioners (2019) – <https://www.eric.org.uk/managing-continence-issues-at-nursery-school-and-college>

Supporting pupils at school with medical conditions; statutory guidance for governing bodies of maintained schools and proprietors of academies in England (April 2014) -  
<https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>

The Equality Act 2010 - <https://www.gov.uk/guidance/equality-act-2010-guidance>

DOH exemplar on Continence issues for a child with learning disabilities -  
<https://www.gov.uk/government/publications/national-service-framework-for-children-young-people-and-maternity-services-continence-issues-for-a-child-with-learning-difficulties>

Template Individual Healthcare Plan for pupils with continence conditions -  
<https://www.eric.org.uk/healthy-bladders-and-bowels-at-school>

## Useful resource list

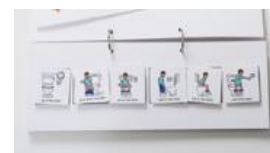
### **ERIC – [www.eric.org.uk](http://www.eric.org.uk)**

They sell a variety of continence related products including bedding/mattress protection, Specialist bedding (duvets, mattresses and pillows), Bedside or bed mat alarm, Mini or body-worn alarm, Swimwear, Absorbent pants or Vibrating watches.



### **Toilet Time – [www.eric.org.uk](http://www.eric.org.uk) or [www.sensetoys.com](http://www.sensetoys.com)**

A 10-page laminated wipe-clean flip book containing velcro-backed pictures of children toilet training. These provide a visual sequence for the stages of toileting. Also sell the symbols individually.



### **Squatty Potty – [www.squattypotty.co.uk](http://www.squattypotty.co.uk)**

Fits around the bottom of a toilet and enables you to sit in a squatting position.



### **Portable bidet – [amazon](http://amazon) or [www.fledglings.org.uk](http://www.fledglings.org.uk)**

A strong plastic bowel which fits onto most toilet bowls, under the seat, to create a bidet. Can be useful to lay a nappy on if trying to teach children to poo without their nappy.



### **Portable urinals – [amazon](http://amazon) or [www.fledglings.org.uk](http://www.fledglings.org.uk)**

Can be used by girls or boys, sealed lid minimises odours and spilling, the size of a can, it expands when necessary with a capacity of 750ml.



### **Droplet – [www.droplet-hydration.com](http://www.droplet-hydration.com) or [amazon](http://amazon)**

A cup and a mug that reminds you to drink. You can use the pre-recorded messages or record your own, and set the frequency of the reminders.



### **Special Kids Company - [www.specialkids.company](http://www.specialkids.company)**

Garments range from Vests and T-shirts with alternative fastenings to all-in-one suits that cannot easily be removed by the wearer.

### **Brolly Sheets – [www.brollysheets.co.uk](http://www.brollysheets.co.uk)**

An easy-to-use waterproof mattress protector designed to get you back to sleep quickly, in five fantastic colours they are designed to fit over the bottom sheet so are easily changed without having to pull off all the bedding.

### **Fledglings – [www.fledglings.org.uk](http://www.fledglings.org.uk) or 01799 541807**

A national charity that finds and sells products that improves the lives of disabled children and their families. If you are stuck for a solution to a problem, contact them and they may be able to help locate a solution.

## Practical support

### Accessible toilets – RADAR key

The National Key Scheme offers disabled people independent access to almost 9,000 locked public toilets around the country. Costs £4.50 from Disability Rights UK or R.A.D.A.R. Key Company. Keys can be purchased by to people who require use of the toilet facilities due to their disability or health condition.

[www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key](http://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key)  
[www.radarkey.org](http://www.radarkey.org)



### Changing Places website & App

Has a list of toilets that are different to standard disabled toilets with extra features and more space to meet these needs. [www.changing-places.org](http://www.changing-places.org)

### 'Just can't wait' card

Available from the Bladder & Bowel Community, this is a small card, designed to fit easily into your purse, wallet or pocket. The toilet card clearly states that the card holder has a medical condition which requires the urgent need of a toilet. Although the card does not guarantee you access to a toilet, most places you visit will be willing to help you.

[www.bladderandbowel.org](http://www.bladderandbowel.org)



## NAS Training and Consultancy

For more information about our range of courses and conferences, please visit [www.autism.org.uk/training](http://www.autism.org.uk/training)

