

Term	Definition	Image
Absorbent products	Absorbent products soak up and/or contain urine or bowel leakage. Absorbent products may be washable or disposable. They may be called nappies or diapers.	
Catheter	A soft tube that is used to drain urine from the bladder. Used by some people who cannot empty their bladder independently or voluntarily. Depending on the type of catheter, other equipment, such as a leg bag, will be needed.	
Continence	The ability to voluntarily control emptying of the bladder and bowel in a socially acceptable place. Can be described as successfully going to the toilet.	
Personal hygiene	The ability to keep yourself clean to reduce health risks such as infections, friction or moisture related skin damage.	
Pressure wound	A pressure wound is a breakdown of the skin. It is usually over a bony area and is a common problem for people who have problems with feeling (sensation) or difficulty moving and changing position.	
Incontinence	When a person has difficulty or is unable to voluntarily control emptying of their bladder (urinary incontinence) or bowel (bowel incontinence).	
Self care	Self care means looking after oneself. This TAP module focuses on the self care activities a person carries out every day to look after their basic personal needs. For example: washing, going to the toilet, getting dressed, eating and drinking.	
Urethra	The urethra is part of our urinary system. Urine passes through the urethra from a person's bladder to outside of their body.	