

spina bifida

Passport to success

Tips on how to improve your organisational skills.

Most people with spina bifida have problems with organisation. Successful continence management requires very good organisation.

Good organisation is the foundation for good continence management

You know how you learn best.

Perhaps you prefer to take in information visually. If so, ask for diagrams or demonstrations with models if you have problems understanding written instructions.

If you prefer to hear in order to absorb information, use a voice recorder or a small tape cassette deck to record conversations and instructions. You can replay these later at your leisure to absorb information at your own pace.

When organising your health planner – there is a sample planner at the back of this manual – you might find it easier to transfer this to a wall chart. The planner is designed for you to record the telephone numbers of your doctors and nurses and other professionals you need to consult – a clear, easy to use ‘calendar’ for you to fill in with your various medical appointments.

Any method that improves your organisation is the one you should use!

- Be persistent and patient, and use reminders.
- Establish daily routines and stick to them.
- Do one step at a time. Break down tasks into smaller steps and master each one individually.
- The continence management planner at the back of this book will help you.