

## Contact Information

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## Combatting The High Cost of Incontinence

Many may not be aware of the high cost that comes with incontinence. According to GoodRX, an older adult can spend anywhere between \$50 - \$200 a month on incontinence supplies.

Unfortunately, most of these supplies are not covered by insurance. When insurance does cover the cost, the supplies are often a brand or style that is not preferred by the consumer. This means that most people who experience incontinence issues end up covering the cost of supplies out of pocket. With many on a fixed income, this means that supplies can come at the cost of other important items such as food, medication, and transportation. People who experience issues with incontinence often rely on supplies to feel comfortable engaging in their community and this continued engagement has great benefit for physical, mental, and emotional health.

The Brookline Senior Center Equipment Loan Fund (E.L.F.) program accepts and redistributes donations of smaller, gently used durable medical equipment such as canes, walkers, shower chairs/benches, commodes, bed rails, and incontinence supplies such as chux, depends, and booster pads. This program is available to Brookline and its surrounding communities. E.L.F. was fortunate to receive a small sum from the S.W.A.N. Society as a pilot program to help offset the cost of these supplies for some members of our community and help the Brookline Senior Center provide a much-needed resource to the community.

If you are in need of incontinence supplies or interested in donating and wish to learn about what items we accept, please contact the E.L.F. Program directly at 617-730-2755 or visit our Wish List at <https://tinyurl.com/2s4kbffr>.

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