

What is the Vermont Continenence Project?

The Vermont Continenence Project promotes positive, person-centered, science-driven toileting & continence supports for Vermont's children and youth.

We help improve incontinence care and toilet teaching regardless of disability or health status.

The Vermont Continenence Project receives funding support from the Vermont Child Health Improvement Program (VCHIP), through the University of Vermont Medical Center, as well as the UVM Center on Disability & Community Inclusion (CDCI).

HOW IT WORKS:

We work with the team of the referred child or youth to make a plan and carry it out.

We do not work directly with the referred person, only with the adults supporting them.

We provide consultation and training both in-person and virtually

We also provide video and research resources, as well as quarterly online discussion groups.

CONSULTING:

- Consults on toileting and continence-related skills for any Vermonter under 22 years old.
- Workshops and trainings statewide to empower professionals and families who are supporting continence and toileting-related skills.

TRAINING:

We can offer trainings to anyone interested in learning more about continence, including:

- Better Toilet Training: Getting Started and Overcoming Challenges
- How to Communicate for Toilet Success
- other child or team related topics



Vermont Continenence Project

Chayah Lichtig (she/her)
Project Director &
Occupational Therapy Consultant
chayah.lichtig@uvm.edu

Kelli Borgman (she/her)
Dietitian Consultant
kelli.borgman@uvm.edu

Kelly Savitri (she/her)
Nurse Consultant
kelli.borgman@uvm.edu

Our consultation and training is free of charge.

continenceproject@uvm.edu
Phone: 1-800-770-6103, x209
208 Colchester Ave, Mann Hall
Burlington VT 05405

go.uvm.edu/continence