



# Annual Report 2008–09



Poor bladder and bowel control is a widespread health concern in our community. It affects the quality of life of around two million Australians across all age groups and cultures and from all walks of life.

Problems related to weak bladder or bowel are widespread, impacting on the quality of life of around 1 in 5 Australians. Incontinence affects men and women from all backgrounds and walks of life. It includes childhood bed-wetting and crosses all age groups through to aged care. The costs of incontinence to the community and the individual are significant – both socially and financially.



**The Continence Foundation of Australia is a not-for-profit organisation and the national peak body for incontinence.**

### **History of the Continence Foundation of Australia**

The Continence Foundation of Australia (CFA) is the peak body for continence promotion, management and advocacy. The organisation was founded in 1989 by an alliance of health professionals and corporate representatives who wanted to achieve better advocacy and services for people with incontinence.

The CFA has representation across Australia with a branch or resource centre located in each state and territory. Its National Office manages the National Continence Helpline, Continence Awareness Week, and education and awareness programs under the Australian Government's National Continence Management Strategy.

The Foundation publishes the *Australian and New Zealand Continence Journal* for health professional members and *Bridge* consumer newsletter for individual members.

The Foundation's Board of Directors is voluntary and is committed to building a strong organisation dedicated to 'promoting continence and managing incontinence'.

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## CONTINENCE FOUNDATION OF AUSTRALIA MISSION AND OBJECTIVES

Membership comprises:

- consumers with incontinence and their carers
- health professionals such as continence nurse advisors, continence physiotherapists, general nurses, GPs and specialists
- organisations with an interest in incontinence, and
- companies supplying continence-related products.

### Our vision

An Australian community free of the stigma and restrictions of incontinence.

### Our mission

To represent the interests of our membership and work with our stakeholders to improve the quality of life of all Australians affected by incontinence.

### Our objectives

- To raise community awareness of this major health condition
- To encourage people to seek professional help
- To de-stigmatise bladder and bowel issues as 'taboo' topics for the wider community
- To educate both the community and clinicians to improve their understanding of incontinence-related issues
- To promote the better management of incontinence in the home and all residential settings
- To encourage the development of accessible continence services and information centres
- To support the development of self-help groups
- To facilitate and/or fund continence-related research



## BOARD MEMBERS 2008–09

President	Michael Murray, MB, BS, MPH, FRACP
Vice-President	Nicholas Rieger, MB, MS, FRACS (resigned 6 November 2008)
Vice-President and Treasurer	Therese Tierney RN, CRRN (USA), Grad Dip Bus Mgt
Director	Hugh Carter
Director	Ian Tucker MB, BS, FRCOG, FRANZ, COG, CU (appointed 7 November 2008)
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Elected Ordinary Director	Kay Josephs, RN, CNC, CNA, Cert IV
Elected Ordinary Director	Glenice Wilson, RN BSc., Grad.Dip Continence., Grad Cert Mens' Health, MRCNA Churchill Fellow 1992
Chief Executive Officer/Secretary	Barry Cahill, BBus, MHA
Industry Advisor to the Board	Lesley Barton, RN, CNA
Solicitors	Brian Ward and Partners Level 11, 555 Lonsdale Street, Melbourne, Victoria
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Bankers	ANZ Bank, North Carlton, Victoria

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Margaret Tipper (NSW) (from Nov 08)  
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Dee Greenwood (VIC)  
Ian Tucker (SA) (until Nov 08)  
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Meri Lyons

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Wendy Bower  
Barry Cahill  
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Lil Johnstone

### Australian and New Zealand Contenance Journal Committee

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(Chair and Editor)  
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Jan Zander (NZCA)  
Assoc Prof Pauline Chiarelli  
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Dr Margaret Sherburn  
Assoc Prof Winsome St John  
Dr Vincent Tse  
Assoc Prof Mark Weatherall  
Assoc Prof Kate Moore  
Prof Beverley O'Connell  
Tessa Hardy (until Oct 08)  
Mary-Anne Harris (until Oct 08)  
Dr Helen O'Connell (until Oct 08)  
Jacinta Miller (Production Editor)

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Lesley Millar  
Phillip Herreen  
Denise Edgar (until Feb 09)  
Lisa Wragg  
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Sally Burgess (DoHA)  
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Frank Ritchie  
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Darryl Kelly  
Glenice Wilson  
Barry Cahill

### 17th National Conference on Incontinence 2008

#### Scientific Committee

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Barry Cahill  
Janet Chase  
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#### Organising Committee

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Tess Steel  
Shan Fleming (Conference Link)

#### Social Committee

Barry Cahill  
Shan Fleming (Conference Link)  
Tess Steel  
Alyson Sweeney

### 18th National Conference on Incontinence 2009

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Kym Horsell  
Annette Innes  
Leigh Pretty  
Ann Robinson  
Nick Rieger  
Fiona Roney  
Elvis Seman  
Di Semmler  
Ian Tucker

#### Organising Committee

Christopher Barry (Chair)  
Barry Cahill  
Shan Fleming (Conference Link)

#### Social Committee

Barry Cahill (Chair)  
Fiona Roney  
Di Semmler  
Shan Fleming (Conference Link)



## PRESIDENT'S REPORT

CFA President, Michael Murray

I am extremely pleased to present this annual report on what has been a very busy but productive year for the Foundation.

At our Annual General Meeting in Hobart in November 2008 with ninety eight members present both myself and Glen Wilson were reappointed to the Board. Dr Nick Rieger stood down from the Board after nine years of continuous service and in appreciation of his contribution was presented with a certificate for his extended service to the Foundation. Nick has been replaced on the Board by Dr Ian Tucker.

Highlights for this year have included:

- 17th National Conference on Incontinence in Hobart. Scholarships awarded under the NCMS supported ten health professionals to attend our Hobart event.
- Successful completion of the second year of management of the Continence Awareness and Support Project (CASP) funded by the Australian Government under the National Continence Management Strategy (NCMS). Programs supported by the project included a very successful 2008 Continence Awareness week.
- Continued development of the *Australian & New Zealand Continence Journal* (ANZCJ) and increased circulation of the *Bridge* consumer magazine.
- In partnership with the Benchmark Group the delivery and further development of our nationally accredited courses in continence management. A further development in education provided by the Foundation has been the accredited Certificate IV in Workplace Training and Assessment – Health. The new course developed with Benchmark was launched with the awarding of twenty scholarships to members to undertake the new certificate.
- Successful completion of the Continence Education in Remote Australia Project (CERAP) delivering an accredited continence education program targeting Aboriginal health workers across rural and remote Australia.

- As a partner organisation secured the right to host the IUGA Annual Meeting in Brisbane in 2012. IUGA 2012 will be held in conjunction with the Australian Gynaecology Endoscopy Society (AGES) and the Continence Foundation of Australia (CFA).
- Entered into MOU's for the first time with the Multiple Sclerosis Society of Queensland, Beyondblue and Royal District Nursing Service to improve working relationships and in support of joint initiatives.
- Successfully tendered for three contracts to develop and deliver courses in Chronic Disease Self Management and continence education for pharmacists and pharmacy staff in remote and regional areas.

In the May 2009 Federal Budget the Australian Government announced changes to the Continence Aids Assistance Scheme (CAAS) effective from 1 July 2010. Under the new Continence Aids Payment Scheme (CAPS) it is proposed that a direct payment be made to clients that will increase flexibility and choice about where and when they purchase their continence products. CAPS is expected to simplify the current system and allow clients to shop around to get the best value for money and to purchase the most appropriate products for their individual needs. The changes will allow clients to access the continence suppliers of their choice, including local pharmacy or retail outlets, using their payment. The move to the new scheme will require consultation and advice on implementation issues. As part of our advocacy role the Foundation will over the next year work with members and the Department of Health and Ageing to assist the transition from the existing CAAS scheme to the new CAPS system and to ensure that current CAAS clients are not disadvantaged.

The Board continues to receive support and input from our many sub-committees including the Consumer Advisory Committee. The committee continues to support activities of the Foundation including representation on the editorial panel for *Bridge*, project steering committees and external committees.

The Board is also appreciative of the contribution made by Lesley Barton in her role as Industry Advisor to the Board.

Managed by the Foundation and funded under the NCMS the National Continence Helpline during the year received over 22,000 inquiries, from people affected by incontinence, their carers and health professionals. This represented a significant increase from the previous year and clearly demonstrates the worth of this important program.

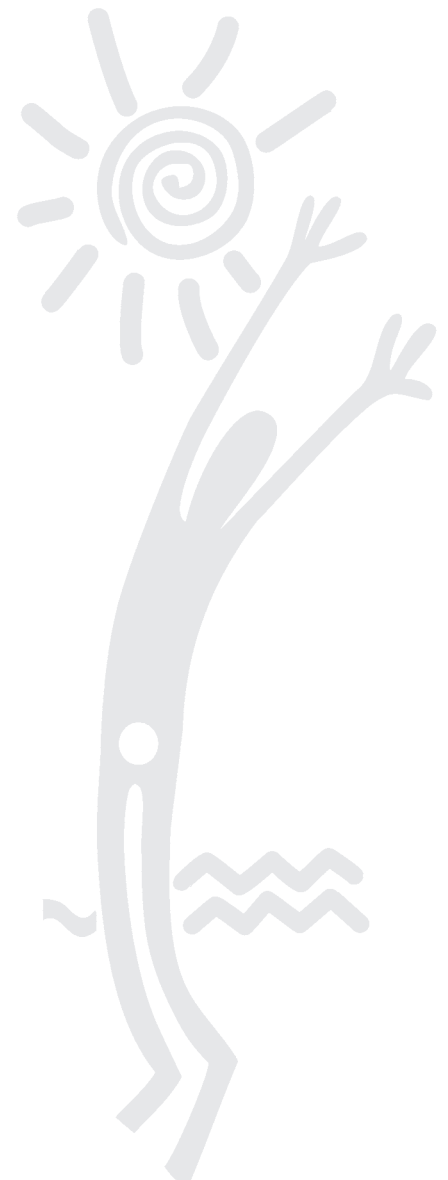
The Foundation continues to receive funding from the Department of Health and Ageing's Community Sector Support Scheme (CSSS) as the national peak body for continence. The funding agreement includes detailed performance measures. We have again met these measures for the year under review and I am pleased to report further funding has been approved for the 2009–10 year.

I wish to thank my fellow Directors, State Presidents, Resource Centre Managers, Sub-committee members, and all members and staff who have contributed to this year's outcomes. Our thanks also to our many corporate supporters who have assisted us with so many projects throughout the year.

I would particularly like to draw the attention of our members and friends to the great work of our CEO, Barry Cahill. As many are aware Barry has led the team at CFA National with dedication, resolve and humour and has been instrumental in its success and reinvigoration. Even at a time when Barry has been personally touched by the bushfires in Kinglake, Barry has been unstinting in his dedication to the team and our stakeholders. On behalf of us all I would like to sincerely thank him and his family.



Michael Murray  
June 2009



## CFA BOARD

### State Presidents' meetings

Regular meetings throughout the year have been held between the National President and the State Presidents. The meetings provide an important communication link between the Board and CFA State Branches. One face-to-face meeting of State Presidents and the Board is scheduled to be held during the National Conference. Thank you to all State Presidents for their support of the CFA and National Office.

### Paediatric Advisory Sub-Committee

The Paediatric Advisory Sub-committee (PASC) is a sub-committee of the Board. A multidisciplinary committee the membership represents professionals who participate in the care of children with incontinence problems, and consumers. The committee was established to provide specialist expertise on projects undertaken by CFA that have a paediatric focus.

The purpose of PASC is three-fold. Firstly to assist in determining priorities and directions of projects developed by CFA and funded under the National Continence Management Strategy, and to help identify opportunities for future projects.

Secondly to advise and assist in the development of education for health professionals with a view to improving effectiveness and availability of continence services to children Australia-wide.

And thirdly to assist in continence promotion by ensuring that resources for children/families developed by CFA are scientifically and medically accurate and appropriately written, and that awareness campaigns are effectively targeted, not only to reduce stigma and promote understanding in the general public of the issues surrounding the incontinent child, but also within the education system.

During the year the committee has supported a paediatric news column in the Australian & New Zealand Continence Journal providing regular updates from the International Children's Continence Society (ICCS) and local information.

### Industry Advisor to the Board

The appointment of an Industry Advisor to the Board has meant ongoing liaison at Board level with a representative from the continence products industry sector. This allows the Board and CFA management to benefit from informed corporate opinion nationally.

Lesley Barton of Sanicare continued in this role in 2008–09. Her broad industry experience plus her background as a continence nurse advisor has proved of real value to the Foundation.

### Consumer Advisory Committee

The Consumer Advisory Committee (CAC) has continued in its role as a sub-committee of the Board, dedicated to advising on strategies to enhance and promote consumer and community participation in the development, implementation and evaluation of products and services provided by the CFA.

Chaired by Hugh Carter, a CFA Director and consumer advocate based in Tasmania, the CAC is made up of individuals representing people with disability, carers, men with prostate conditions, mothers and women generally.

CAC members have been involved in many activities of the CFA, including editorial panels, project steering committees, Continence Awareness Week, national conference and external committees.



Rick Razey, Account Manager, Personal Care from, Kimberly-Clark Australia (left) presents CFA President, Michael Murray with a cheque towards the work of the foundation at the 17th National Conference on Incontinence, Hobart, Tasmania

### Contenance Awareness and Support Project

The Contenance Awareness and Support Project (CASP) is a key initiative of the Australian Government's *National Contenance Management Strategy*. CASP is managed by the CFA for the period of 1 February 2007 to 30 June 2010. The key objectives of the initiative are to:

- promote bladder and bowel health
- raise awareness of the diagnosis, treatment and management of incontinence
- facilitate access to a range of information and support services.

This is facilitated through:

- the operation of the National Contenance Helpline
- relationship building with continence related agencies and groups
- the coordination of education and training activities across Australia (with a specific emphasis on states and territories that do not have a continence resource centre or are located in rural or remote locations)
- the coordination of awareness raising activities such as Contenance Awareness Week.

CASP is one of the largest projects under Phase Three of the *National Contenance Management Strategy*, which is now in its 11th year.

Key activities from this years' CASP project include:

- the National Contenance Helpline administered 22,254 calls in 2008–09 compared to 19,171 in the previous year (this represents an increase of 16%)
- three *Every Body's Business* forums were held in Tasmania (Hobart), the Northern Territory (Darwin) and Western Australia (Albany)
- two regional health professional forums were held in Toowoomba and Townsville
- ten practice nurses were sponsored to undertake the Benchmark/CFA Graduate Certificate in Contenance Promotion and Management in New South Wales (Port Macquarie)

- the CFA website received 3,472,444 hits and 642,916 page views
- *Bridge* was downloaded from the CFA website 18,373 times (this is in addition to our annual distribution of 60,000)
- the 17th National Conference on Incontinence was attended by 538 delegates (an increase of 7.5% compared to 2007) of which 426 attended workshops
- 13,304 health services received the CAW 2008 poster and information kit.

### National Contenance Helpline

The National Contenance Helpline (NCHL) is a key activity under the CASP. Established in 1998, the NCHL is a free telephone advisory service staffed by a team of continence nurse advisors who provide confidential information and advice about the diagnosis, treatment and management of incontinence.

The key role of the NCHL is to facilitate access to continence services to ensure people are assessed, diagnosed, treated and managed by qualified continence health professionals.

The NCHL also provides callers with a wide range of free information resources, details about continence subsidy schemes and continence clinics (for referral by a health professional).

In 2008–09 the NCHL received 22,154 inquiries, from people affected by incontinence, their carers and health professionals. This represented a significant increase from the previous financial year.

### Every Body's Business education forums

*Every Body's Business* education forums are one of the key education and awareness raising activities conducted under CASP.

The forums are structured to target both health professionals and consumers in order to raise awareness about incontinence across chronic conditions.

In 2008–09 the CFA coordinated five *Every Body's Business* forums across Australia. These were held in:

- Tasmania (Hobart)
- The Northern Territory (Darwin)
- Western Australia (Albany)
- Queensland (Townsville/Toowoomba)
- New South Wales (Port Macquarie)

The CFA worked in partnership with a range of continence related agencies and groups in coordinating these forums. This enabled the establishment of long term relationships with organisations that represent people with or at risk of developing incontinence and health professionals involved in their diagnosis, treatment and management.

Examples of organisations the CFA has partnered with include Alzheimer's Australia, beyondblue, the Cancer Council, the Arthritis Foundation of Australia, the National Heart Foundation and Diabetes Australia.

## The National Continence Scholarship Program

The National Continence Scholarship Program is a key education and training initiative under CASP, which supports health professionals to up skill their knowledge and skills in the area of continence diagnosis, treatment and management by attending the CFA's National Conference on Incontinence. In 2008–09 a total of ten health professionals were supported to attend the 17th National Conference on Incontinence in Hobart, Tasmania. The winners included a combination of continence nurse advisors, continence and women's health physiotherapists, community nurses, residential aged care nurses and a general practitioner.

Congratulations to the 2008–09 scholarship winners:

- Pervaiz Anwar, General Practitioner
- Kay Bews-Bundle, continence nurse advisor
- Amanda Hawkins, continence nurse advisor
- Jennifer Hogan, registered nurse
- Eileen Lavis, continence and women's health physiotherapist
- Janet Leary, registered nurse
- Louise Linke, continence nurse advisor
- Sarah Lyons, continence and women's health physiotherapist



Former Deputy CEO Michael Janssen with some of the 2008 scholarship winners

- Heather Pierce, registered nurse
- Jane Rawlings, residential aged care nurse
- Karen Stone, residential aged care nurse

## Other activities and projects

### Continence Education in Remote Australia Project

The Continence Education in Remote Australia Project (CERAP) was an accredited continence education program that targeted Aboriginal health workers across rural and remote Australia.

The aim of the project was to raise awareness of the increased risk of incontinence in Aboriginal and Torres Strait Islander communities, and equip health workers with the knowledge and skills required to prevent, screen and manage incontinence in rural and remote settings.

CERAP was based on the CFA and Benchmark Group's Short Course and Certificate II Course, which was adapted to be culturally appropriate to the needs of Aboriginal and Torres Strait Islander health workers and communities.

The project was coordinated by continence nurse advisor Ailsa Sutherland who has extensive experience in continence care in remote and Indigenous settings. Ailsa, with great support from other remote continence nurses, delivered CERAP to 273 Aboriginal health workers (including students and other health workers) across Queensland, New South Wales, South Australia, Western Australia and the Northern Territory.

The outcomes of CERAP are scheduled to be presented at a range of national and international conferences.

CERAP was funded under the Australian Government's *National Rural Primary Health Projects Initiative*.

### **Chronic Disease Self-Management projects**

The CFA is pleased to announce that as an extension to our work in the area of education, the national office has been successful in securing two Chronic Disease Self-management/Lifestyle and Risk Modification grants.

The first grant is for the Chronic Disease Self-Management in Remote Australia project, which aims to up-skill 120 Aboriginal health workers to equip Aboriginal people with chronic disease self-management skills. This project will build on the success of the Continence Education in Remote Australia Project (CERAP).

The second grant is for the Chronic Disease Self-Management Nurse Advisor project, which aims to up-skill 125–150 community and primary health nurses with similar skills, building on the wide range of chronic disease education programs that are currently available in this area.

The focus of the education programs are on lifestyle factors that place people at risk of developing chronic diseases, which include: nutrition, smoking, alcohol and physical activity. These align with the broader educational goals of the CFA. Both projects will be undertaken in the 2009–10 year.

### **Pharmacy Remote Accredited Continence Education project**

The Pharmacy Remote Accredited Continence Education (PRACE) project is an initiative of the Pharmacy Guild of Australia under its *Small Projects Funding Scheme*.

The aim of the project is to provide accredited continence education to pharmacists and pharmacy assistants across rural and remote Australia,

PRACE is based on the CFA and Benchmark Group's Certificate II course, which will be tailored to the specific needs of pharmacists and pharmacy assistants.

The program will be delivered during the early part of 2009–10 by continence nurse advisor Ailsa Sutherland, who managed and delivered the CERAP.

### **Certificate IV in Workplace Training and Assessment – Health**

In a significant action to improve continence workforce sustainability and effectiveness, the CFA has developed, in conjunction with Benchmark Group, a Certificate IV in Workplace Training and Assessment – Health. In support of this development, the Board of the CFA made available 20 scholarships (at a total cost of \$20,000) for the Certificate IV course for health professionals working in the area of continence management and members of the CFA. The scholarships will assist continence nurse advisers, physiotherapists and other continence specialists to improve their training skills and obtain a formal training qualification. The scholarships were promoted to members in March and awarded in April 2009 with most state and territories represented. Congratulations to all successful scholarship applicants and thank you to all members for supporting the new course.

### **Continence Aids Payment Scheme (CAPS)**

In the May 2009 Federal Budget, changes were confirmed for the current Continence Aids Assistance Scheme (CAAS), effective from 1 July 2010. The new CAPS involves direct payments to clients with eligibility to CAAS to increase flexibility and choice about where and when they purchase continence products. Replacing CAAS, the new CAPS will operate from 1 July 2010.

The new scheme will be managed by Medicare and it is expected to simplify the current system and allow clients to shop around to get the best value for money and to purchase the most appropriate products for their individual needs. The changes will allow clients to access the continence suppliers of their choice, including local pharmacy or retail outlets, using their payment. The move to the new scheme will require consultation and advice on implementation issues. As part of our advocacy role over the next year the Foundation will work with members and the Department of Health and Ageing to assist the transition from the existing CAAS scheme to the new CAPS system and to ensure that current CAAS clients are not disadvantaged.

### **IUGA 2012**

Associate Professor, Christopher Maher, Chair of the Local Organising Committee, in conjunction with the Australian Gynaecology Endoscopy Society (AGES) and the Continence Foundation of Australia (CFA), are pleased to have successfully secured the right to host the IUGA Annual Meeting in Brisbane in 2012.

## CFA Website

The CFA website [www.continence.org.au](http://www.continence.org.au) is constantly being updated with news items and new ideas. Please let us know of any items of interest for our website. The CFA website received 3,472,444 hits and 642,916 page views over the 12 months under review.



## Kidsflix

Kidsflix is a fundraising initiative of the Continence Foundation of Australia. Kidsflix is a free movie day for children with a disability or special needs and their family/carer. The morning is packed with pre movie entertainment with clowns, face painters and celebrity appearances, as well as a free popcorn and drink for all attendees. Kidsflix Victoria is managed for the Continence Foundation of Australia by Arthritis South Australia and all proceeds from the initiative is used to support the theatre days, paediatric incontinence research, education and promotion.

In 2008–09 there were two Kidsflix events at Victoria Gardens in Richmond and Northland Shopping Centre. The Northland theatre day was extended to invite children from families affected by the Black Saturday Victorian Bushfires.

In August 2009 the CFA received a further donation of \$8,500 from The Marion & E.H. Flack Foundation. This donation will ensure the continued viability of the Kidsflix program. The donation will be reported in the 2009–10 annual accounts.

## World Continence Week 2009

An initiative of the International Continence Society's Continence Promotion Sub-committee, the first World Continence Week (WCW) to promote continence awareness globally was held 22–28 June 2009. The vision of WCW is to provide global contact points for those seeking information on continence and treatments, create a network of events and organisations that will be recognised worldwide, raise awareness of continence, and promote a multidisciplinary approach to treatment. The national office along with our state branches supported the promotion of WCW.

If countries like Australia were to align their continence awareness week planned promotion activities with WCW, this would greatly enhance global promotion of the issue of incontinence. This would involve changing our CAW week from the first week in August to the fourth week in June each year. A number of countries have indicated their desire to make this change to their annual calendars and feedback received from our membership indicates support for the change. Consideration is being given to aligning our CAW with WCW from 2011.



# AUSTRALIAN AND NEW ZEALAND CONTINENCE JOURNAL



Official journal of the Continence Foundation of Australia and the New Zealand Continence Association.

Since 1995 the *Australian and New Zealand Continence Journal* has promoted scholarship and the dissemination of information from practitioners in the disciplines of medicine, nursing, physiotherapy and other allied health practitioners who work to treat and manage incontinence and promote continence in the community. One of the stated aims of the Journal and the Journal Editorial Committee is to assist authors, particularly first time authors, in the preparation of papers for publication.

The Journal is produced under the auspice of the Continence Foundation of Australia (CFA) and the New Zealand Continence Association (NZCA). While the journal promotes scholarship in Australia and New Zealand, it receives inquiry and welcomes papers from practitioners in other regions.

The Journal is a specialist publication and is distributed to all CFA and NZCA members as a benefit of membership. The Journal is abstracted and listed on the Cumulative Index of Nursing and Allied Health Literature (CINAHL), InfoRMIT, Ebsco, and Australian Medical Index (AMI). A full index of the journal is available on the CFA website and is updated annually.

## Aims and scope

The aims and scope of the Journal are to provide a forum for dissemination of current research and practice in the diagnosis, treatment and management of incontinence, and promotion of continence to the wider community. The Journal also acts as a forum and exchange of information for all stakeholders.

The Journal is unique as it is the only journal that brings together medical specialties and health care professions that specialise in incontinence issues and continence health promotion.

## **Australian and New Zealand Continence Journal**

The Journal is a member of the World Association of Medical Editors (WAME) and follows the recommendations of the International Council of Medical Journal Editors (ICMJE). It is recommended that all authors review the ICMJE guidelines – *The Uniform Requirements for Manuscripts Submitted to Biomedical Journals* – before submitting papers.

Articles and original research papers are sought from people practising and researching the management and treatment of incontinence and continence health promotion.

A variety of topics are possible and include, but are not limited to: outcome studies, aged care, paediatrics, pregnancy and childbirth, novel drug therapies, reviews of devices either surgical or non-surgical, assessment articles, literature reviews of continence related topics, home and community care issues and successes, men's health, nursing management, physiotherapy management, support by other allied health disciplines (including occupational therapy and social workers), the psychological impact of living with incontinence, ethical issues, cultural issues and collaborative approaches to care.

Articles may be papers for peer review, clinical updates, case studies or evaluation of programmes.

To discuss topics, or for assistance in the preparation of papers and articles, contact the Production Editor, email: [jacmil@bigpond.com](mailto:jacmil@bigpond.com).



## Journal committee

At the Continenence Foundation of Australia Annual General Meeting 2008, in Hobart, the Australian and New Zealand Continenence Journal Editorial Committee welcomed its new committee members for 2008-2010. New members to the committee are Shona McKenzie representing nursing, Vincent Tse, urologist and Mark Weatherall, NZCA President, who both previously served as co-opted members. The committee farewelled Tessa Hardy, Mary-Anne Harris, and Helen O'Connell and expressed its appreciation for their assistance and support.

The past year has seen some changes at the Journal with the introduction of a regular nursing focussed column thanks to the support of the Australian Nurses for Continenence. A Paediatric News column is supported by the CFA Paediatric Subcommittee and provides regular updates from the International Children's Continenence Society and local information.

A new manuscript management system that is web-based, and aims to streamline the article submission process, has been implemented by Cambridge Publishing, Perth, the company that prints and distributes the journal. The editorial committee agreed to provide authors with two options to submit papers: either using the web-based system, or emailing direct to the production editor.

I am pleased to report that the submission rate of manuscripts has increased in the past 12 months and the papers provide a novel perspective on incontinence and have been of interest to the three main professional groups that comprise the readership of the journal.

This year I will step down as Editor after two terms leading the journal. The past four years have been very interesting and rewarding. Being involved with this multidisciplinary journal has certainly broadened my own appreciation of our field. I thank the

editorial committee, Barry and Jan, and Jacinta, our Production Editor, for their diligence and untiring support. There are particular challenges involved in producing a journal with appeal to such a wide range of professionals, but I think we have managed rather well over the last four years. I have no doubt that the current state of the Journal provides a solid basis for further development and growth in the future.

Hans Peter Dietz  
Editor

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### Submission of material

*The Australian and New Zealand Continenence Journal* welcomes papers for peer review pertaining to continence-related research, clinical innovations and other projects concerning continence management and treatment. Articles on regional and national news, health promotion, news of appropriate events and letters to the Editor are welcome. For information on how to submit papers and to submit other articles please contact Jacinta Miller via email jacmil@bigpond.com.

## BRIDGE CONSUMER MAGAZINE

*Bridge* is a quarterly consumer magazine written and managed by the *Bridge* Editor and overseen by the *Bridge* Editorial Committee. The Committee is comprised of representatives from various stakeholder groups.

*Bridge* is also a support resource for various awareness campaigns and ongoing strategies, particularly Continence Awareness Week. Choices of each quarter's theme reflect a top-of-mind social issue (e.g. men's health/prostate, carers, pelvic floor fitness) or align with a particular awareness strategy being undertaken by CFA.

The magazine's aim is to raise awareness in the wider community of bladder and bowel control issues – to educate people about improving their incontinence, to supply information to those at-risk (a preventative approach), and to prompt and empower them to seek professional help.

Distribution of its 15,000 hard copies is via a database of regular community outlets. The print-run is fully allocated each edition. There is also a large subscription database of people who have subscribed via CFA's website and prefer to receive the magazine electronically. *Bridge* was downloaded from the CFA website 18,373 times.

*Bridge* is funded by the Australian Government under the National Continence Management Strategy (NCMS).

Edition themes for this financial year were:

- Winter 2008: Life's Little Spills – highlighting the range of resources available.

- Summer 2008: Healthy waste management – a focus on bowel function.
- Autumn 2009: Ask the Experts – why and how to get professional help.
- Winter 2009: Carers (leading into Continence Awareness Week) with a focus on at-home carers.

*Bridge* raises awareness of incontinence among Australians with a bladder or bowel control problem, many of whom do not realise it is a health issue and that professional help is available. *Bridge* also aims to influence community attitudes around establishing good bladder and bowel habits early in life.

*Bridge*, reflecting the mission of the CFA, always carries these central underlying consumer messages for continence promotion:

- Talk about it! (de-stigmatise this 'taboo' issue)
- You're not alone! (many people are coping with incontinence)
- Something can be done (a pathway to improved quality of life)
- 'Small' problems deserve attention too! (prompts early intervention and prevention)
- Feel empowered (improved knowledge and emotional support aids help-seeking)

Thank you to all those health organisations, clinics, companies and individuals on our distributor database who receive regular supplies of *Bridge* to circulate into their local communities and to their clients.

Anne Ramus, Editor



## CONTINENCE AWARENESS WEEK 2008

This year's slogan was 'Life's little spills' with a focus on children and mothers. The National Breakfast and Launch was held at the Sydney Convention and Exhibition Centre in Darling Harbour on 31st July where new resources were launched, including:

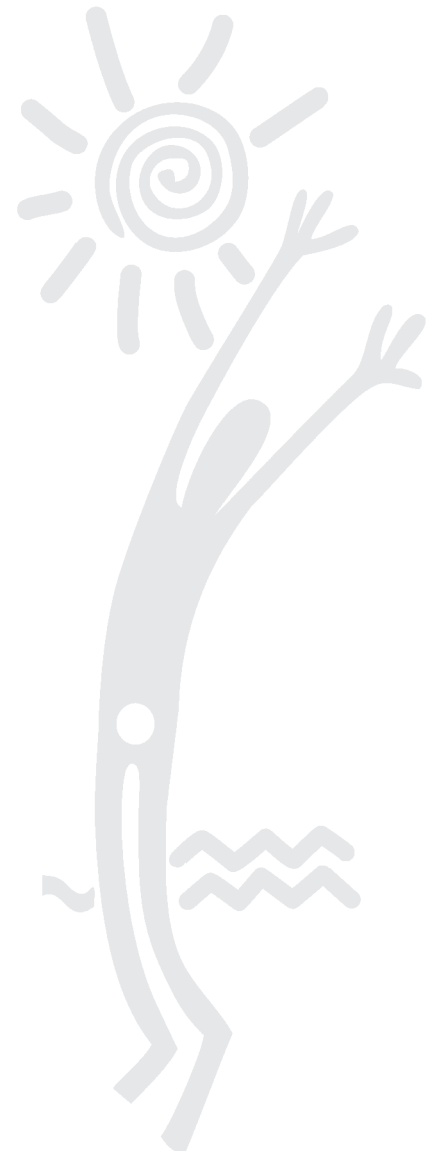
- *Sleepover* – an interactive children's colouring book on bed-wetting
- new brochures targeted at children on how their bladder and bowel works
- paediatric web page on the CFA website
- new pelvic floor flipchart.

Speakers at the Breakfast were Dr Jennifer Fereday of the Department of Nursing, Midwifery Research and Practice Development at the Children, Youth and Women's Health Service, South Australia, who spoke on *Discovering children and young people's experiences of managing continence problems at school* and Associate Professor Pauline Chiarelli, School of Health Science, University of Newcastle, who spoke on *Keeping mum about wet knickers – the evidence (continence after childbirth)*.

Promotional activities also occurred around the country, including two spots on the morning TV show 9am with David and Kim (Channel 10). The TV spots involved panels of health professionals, one speaking on mothers and incontinence, the other on children and incontinence. A significant number of calls to the National Continence Helpline from TV and other promotions.



Left to right: Jennifer Fereday (guest speaker), Kristy McKellar (CFA), Michael Murray (CFA President), Pauline Chiarelli (guest speaker), Melinda Bromley (DoHA), Barry Cahill (CFA CEO) and Catriona Bastian (CFA).



## INDUSTRY SUPPORT

The corporate sector is a significant and valued stakeholder of the CFA. When the CFA was originally established in the late 1980s, it was as a result of a close collaboration of health professionals and industry representatives.

Since that time, various companies and their staff who have been involved at CFA state and/or national level, in various ways:

- a presence at events, talking to both clinicians and consumers (and marketing the CFA and the Helpline in the process)
- including CFA and Helpline contact details on their printed materials, in press releases and similar
- liaising with the CFA in drafting and reviewing continence-related content used in sales and marketing information
- help in running CFA continence events such as community presentations and during Continence Awareness Week
- funding the printing of CFA resources
- sponsorship support to assist the Continence Carer of the Year Award; National Conference on Incontinence; or as an exhibitor at the Conference.

CFA also includes an industry representative on the Foundation's Board. Lesley represents the wider interests of industry members and advises the Board on industry-related matters.

The Incontinence Products Promotion Group (IPPG) in Victoria and the Continence Products Promotion Group (CPPG) in New South Wales work support's many of the CFA's state branches and resource centres in their metropolitan and regional continence promotion events.

The Continence Foundation of Australia gratefully acknowledges our 2008 Conference Sponsors.

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## CONTINENCE CARER OF THE YEAR AWARD 2008

The winner of the 2008 Continenence Carer of the Year Award is Mrs Esther Grogan from Queensland.

Esther has cared for her son Cyril since his discharge from hospital in 1974. She has accepted the challenge of being a full-time carer at a time when she was constantly advised to put her son 'away', at a time when there was no community support as we know it today and when 'respite' was not a recognised word in the health care industry. Cyril's complex medical condition means that he has no self initiated bladder or bowel control and he is dependant for all hygiene maintenance on his carer.

Esther cared for Cyril without the aid of a wheelchair or other assistive devices until about 1983 – when he got his first wheelchair. Their family assisted with lifting, transfers and negotiating stairs until this time. Esther's social interaction revolved around her home and family with limited ability to attend social activities outside the home. Being unable to attend family funerals was a hardship she accepted with some feeling of additional pain because in her Aboriginal culture these times are significant.

She has seen the development and provision of services to positively recognise, promote and aid the role of carers. These developments have included respite support services, carer's allowance, medical aids, devices, continence aids provision, and professional support to help carers better manage in the home.

Esther has sacrificed so much of her own life to providing a high level of personal care to support Cyril at home and after all this, she still feels that it has been a privilege to be the carer of her second child, as Esther herself says, "No day is a burden and I love what I do".

Our thanks to TENA for again sponsoring the 2008 Continenence Carer of the Year Award.



## 17TH NATIONAL CONFERENCE ON INCONTINENCE HOBART, TASMANIA

The CFA National Conference was a highlight on the continence education calendar with the conference being held at the Hotel Grand Chancellor, Hobart, Tasmania from 5–8 November, 2009.

This year's program reflected the diversity of incontinence management and continence promotion. The conference is a multi-disciplinary event for clinicians and companies. The CFA was particularly pleased to have the involvement of the International Children's Continence Society (ICCS). Associate Professor Tryggve Neveus, ICCS General Secretary, presented in the ICCS approved education day: *Nocturnal enuresis – current understanding and management* as well as giving the Robert Taylor Memorial Address: *Developing Competencies in Adolescent and Adult Enuresis*.

The conference was opened by The Hon. Justine Elliot MP, Minister for Ageing. The opening keynote address by Dr Bo Runeman was *Incontinence-related Skin Health: Skin Care of the Elderly Incontinent Person*. Dr Runeman has written several publications and has international patents/applications in the field of absorbent products, skin care and microbiology.

The venue for the conference was the 5-star Hotel Grand Chancellor, overlooking Constitution Dock in the heart of historic Hobart.

### Conference awards

As a part of the awards ceremony at the national conference the Jan Paterson Awards were presented.

#### Best paper

Helena Frawley

Abstract titled – *A Physiotherapy Exercise Program for Women Undergoing Gynaecological Surgery*

#### Best poster

Angela Khera

Poster title – *Readmission Rates and Reasons*

An honourable mention went to Kerrie Sevdas for her abstract titled *Improved Bowel Care in a Residential Aged Care Setting*.



Left to right: Susie Gibb, Denise Edgar, Tryggve Neveus and Janet Chase – presenters at the ICCS Nocturnal Enuresis workshop



## 19th National Conference on Incontinence

27–30 October 2010, Alice Springs Convention Centre



## REPORTS FROM CFA BRANCHES AND RESOURCE CENTRES

### ■ New South Wales

The Continence Foundation of Australia in NSW Inc continues to provide both a clinical service and be the state-wide resource centre for professionals and the public.

CFA NSW promoted the Continence Promotion Centre, National Continence Helpline and continence awareness at many venues including the Disability Expo at Ryde, AFFORD Carer Support Program at Penrith Council, Nepean Disability Expo at Penrith, GP Annual Hormone and Health Expo, CAREX 2008, Seniors Information Day at Richmond, Bloke's Day at Hawkesbury and Lane Cove Men's Shed.

CFA NSW also participated in various Continence Awareness 2008 activities.

Professional education sessions were provided to the Nepean Dementia Advisory Service Carers, the Dementia Support Group at Marsfield, Prostate Support Groups, Community Nurses at Hawkesbury Community Health Centre and families with children with nocturnal enuresis at Blue Care in Brisbane.

Clinical services continue at the Newington campus weekly with the referrals mainly being adults. The Outreach Program to the HACCC client group in the Hawkesbury, Blue Mountains and Nepean local government areas is continuing to grow in numbers. A clinic was commenced twice monthly at Hawkesbury Community Health Centre in February and a second one is planned to open in July at the Blackheath Family Medical Centre. Literature explaining the role of the Outreach Service and the Continence Promotion Centre has been mailed-out to the local general practitioners in the area and other relevant health professionals.

Consultancy continues to be an important role for the staff at CFA NSW. As in 2008, CFA NSW has been involved in the Greater Metropolitan Clinical Taskforce continence and urology working groups for nurses.

The Continence Technical Working Group has continued to meet in 2009 as part of EnableNSW to set guidelines for prescriptions for continence products across NSW.

With funding received from the Australian Chinese Charity Foundation, fact sheets are being written for parents and teachers who take children away on camps. This will continue into the second half of 2009 with different types of bed linen being trialled also.

Staffing at CFA NSW has changed this year with Nicole Di Noia resigning in June and Barbara Scales accepting the permanent position two days per week.

Denise Edgar has taken six months leave from February 2009 and I have been relieving her in the Continence Promotion Centre Manager position.

Marilyn Woodcock  
Manager – NSW Continence Resource Centre

### ■ Victoria

We have had a very productive year that has seen a few challenges along the way. Demand for community talks has continued to increase. It is noticeable that people are more willing to engage in the conversation around bladder and bowel control problems but are often at a loss to know where to seek help. Our relocation to Royal Talbot finally happened in July after several months of delay.

#### CAW 2008: Life's little spills

We developed two brochures for women: *Healthy bladder and bowel habits for women: Menopause and beyond* and *Healthy bladder and bowel habits for women: A guide for the childbearing years*. Both brochures have been very well received and are available as download from our website

Our Art Awards and Exhibition was held during CAW to launch a new resource kit: *Water for Wellbeing Promoting adequate fluid intake for the frail older person: a resource kit for HACCC and Residential Aged Care*. The art exhibition's theme was also *Water for Wellbeing*. We invited entries for the exhibition from HACCC and Residential Aged Care services. Over 70 pieces of artwork were received. The event was a great success.

## **CALD engagement**

We have continued our work with CALD communities. We have had a brochure *Healthy Bladder and Bowels Habits: A Guide to Better Control* translated into 10 community languages. The feedback from CALD groups has been very positive. These brochures are available from our website.

## **Water for Wellbeing Project**

The evaluation of the resource materials developed by the Water for Well Being Project has been completed. The findings were that the target audience was very positive about the kit. They found the resources highly effective in educating staff and older people on the importance of fluid intake. The full report is available from the Resource Centre. The resource kit is available from our website.

## **1 Step at a time**

This very popular toilet training resource is being revised for the 3rd edition. There is a very enthusiastic Advisory Group and we are very pleased that June Rogers from PromoCon in UK is part of the group. This is a joint project between CFA Victoria and PromoCon and the booklet will be available in both countries with local adaptations. The aim is to have the resource finalised by November 2009 – an ambitious timeline. The formats will be in printed version, a download from the web and possibly an online version.

## **Increased funding**

Finally, we have been successful in attracting additional recurrent funding from the Victorian Government Department of Human Services. This has enabled us to make the Health Promotion Officer an ongoing position.

Thanks to everyone who has assisted and supported us during 2008–09.

Dee Greenwood      Susan McCarthy  
President CFA VIC    VIC Branch Manager VCRC

## **■ Western Australia**

### **WA BRANCH REPORT**

It has been a fairly busy year in the west – in particular the changes in eligibility for the Continence Management Aids Scheme (CMAS). This Western Australian Subsidy Scheme, CMAS, now allows CAAS clients to access CMAS if they meet the eligibility criteria. This would now allow clients to access funding up to \$950 annually to purchase their products. We compliment the Western Australian Government on this initiative.

## **South West Regional study day, Bunbury – a CFA National and WA Branch joint project**

The focus of this study day was to provide information to health professionals living in the South West Region of WA on the management of incontinence and to discuss the latest treatment modalities and products.

Speakers were selected from the CFA WA State branch committee, and urologist and specialist health professionals from the regional area of Bunbury.

The study day was held in the conference room at the St John of God Hospital, Bunbury.

The number of delegates was 28 which included four physiotherapists, one occupational therapist, three enrolled nurses and 20 registered nurses. The delegates were from the Bunbury Regional Hospital, St John of God Hospital, and other private health practices with a large representation from the aged care industry. The trade industry was well represented with eight companies making the long trip south.

I would like to extend my appreciation to the CFA National Branch, trade company representatives and speakers for making this a successful event.

## **AGM, October 2008**

Glen Wilson resigned from the committee as Treasurer due to study commitments. We were extremely fortunate to have Karen Allingham return to the committee as Treasurer, and Sharron Hickey was elected to the committee. The WA State Branch would like to extend their appreciation to Glen for her tireless efforts and commitment and we wish her well with her studies.

## **Funding assistance**

The WA State Branch were delighted to be able to provide funding assistance to three members to attend the National Conference in Hobart in November 2008. In addition, we were able to provide funding for two of our members to attend overseas conferences in Cairo and Boston. The criteria for members who receiving funding is to write an article for publication in our newsletter, *Pipeline*, or to provide a presentation to members at an education evening. An education evening was held on Tuesday, 24 March 2009.

## ***Pipeline* newsletter**

The WA State Branch has continued to maintain communication with its members through the quarterly publication of the *Pipeline* newsletter. Although we have reduced costs by using email, there are still quite a few members (particularly in regional areas) who receive their copies via mail. We find this method of communication valuable and extremely beneficial. In addition to *Pipeline*, we encourage members to visit the National Continence web page for updated information.

## **Education forum, *Everybody's business* Albany, 19 June 2009**

Following the success of previous regional study days held in Northam and Bunbury, the WA State Branch, in partnership with the National office, arranged an education forum for Albany community and professional groups. The project was an extension of the *Everybody's business* forum held in Queensland and the Northern Territory and was funded under the NCMS.

The planning of this event began in January 2009 and consisted of a monthly teleconference attended by representatives from CFA National office, WA State President, WA CAS and regional Albany colleagues. The event was held on Friday, 19 June 2009. The maximum temperature only reached 10°C, and our venue lacked adequate heating – so we were all rugged up in our snow ski gear.

Approximately 80 professional delegates, ranging from nursing to allied health, attended the professional forum and 50 attended the community forum. A total of 10 trade companies participated in addition to the community health groups. The overall comment from delegates was extremely positive.

I would like to acknowledge the following people for their efforts in making this event successful: Catriona Bastian from National Office, Marco Hake and Claudia Brittan from Albany, the WA State Branch committee, and speakers and trade representatives. I look forward to our next event to be held in Kalgoorlie in 2010.

### **2009 World Continence week – Bunbury Project**

The WA State Branch was able to assist Kaye Pedretti, continence advisor at the Bunbury Regional Hospital, to obtain funding from the CFA National Office towards the development of a community seminar *Women's Health – a woman's prerogative*, a free community seminar for women with a focus on managing incontinence. This event was held on Tuesday, 30 June 2009 at Edith Cowan University, Bunbury campus, promoting World Continence Week an initiative of the International Continence Society.

Darryl Kelly  
CFA, WA State President

## **CONTINENCE ADVISORY SERVICE OF WA**

### **Waterworks Week 15–21 March**

Waterworks Week is a health promotion initiative of the Continence Advisory Service that aims to encourage people to improve their health by choosing water as their drink of choice. The Continence Advisory Service launched Waterworks Week in April 2008. The second annual Waterworks Week ran from 15–21 March 2009 and was a great success. Activities of Waterworks week 2009 included:

#### **Waterworks Week Challenge and promotional materials**

The Continence Advisory Service developed A4 and A3 size Waterworks Week promotional posters and A4 Fluid Tracker sheets that were distributed alongside other continence resources to healthcare professionals, residential care facilities and community groups. People were encouraged to record how much they drank each day on the Fluid Tracker sheets.

#### **Water and Wellbeing Kit**

The Continence Advisory Service produced a Water and Wellbeing Kit adapted from the Victorian Continence Resource Centre kit. An A3 size poster has also been developed. The Kit was launched by Dr Janet Woollard MLA for Alfred Cove on 17 March at the opening of the Water Works III Art Award and Exhibition.

The Water and Wellbeing Kit was developed to assist Home and Community Care providers and Residential Aged Care facilities to promote the benefits of adequate fluid intake for frail older people and to develop hydration practice that is evidence based.

#### **Water Works III Art Award and Exhibition**

The Water Works III art award and exhibition was showcased at the Atwell Gallery, Alfred Cove from 17–29 March 2009. Artists were encouraged to explore 'celebrating water in health and culture' as the theme of their art works. The Water Works III art award and exhibition, structured to include an open and youth category, attracted 58 entries from both professionals and hobby artists. 55 high quality diverse media entries were submitted. The art work was judged on Monday 16 March by Irene Osborne an artist, curator and art consultant.

To give due recognition to winners of the Art Award, a ceremony was held at the Atwell Gallery on Tuesday 17th March between 6.30 pm and 8.30 pm. The ceremony was officially opened by Dr Janet Woollard, MLA for Alfred Cove. It was attended by sponsors, artists and their families, Atwell Gallery staff and Continence Advisory staff and board members.

The Award winners on the night were:

- First Prize – Open Category  
Ros Charron for *Aqua*
- Highly Commended – Open Category  
Charlotte Anne O’Shea for *Rain Earths Lifeblood*
- Commended – Open Category  
Kerrie Sims for *Precious*
- Youth Encouragement Award  
Natasha Adamson for *Ebb and Flow*
- Highly Commended – Youth Category  
Tessa McOnie for *Immersed*
- The People’s Choice Award went to  
Suzanne Logue for *Evening on the Coast*.  
This was awarded on completion of the exhibition.

Special thanks to the Continence Foundation of Australia for their donation of \$2,000 towards the running of the Art Award and Exhibition.

### **Simply Busting? Education Program 2008 Mundaring and Yangebup**

The Continence Advisory Service team traveled far and wide to wind up 2008 with *Simply Busting?* education sessions in Mundaring on the 9 October and Yangebup on the 13 November.

Thanks to a Seed Funding Grant from the Shire of Mundaring, 28 people came along to ‘The Hub of The Hills’ community centre to increase their knowledge of bladder and bowel health. Evaluation showed that 90.8% of attendees found the information presented to be ‘very useful’ or ‘extremely useful.’ Shire Councillor Jenny Johnson described the day as “well presented fun and informative” and she hopes it will become a regular event.

In November, the City of Cockburn Community Grant supported a *Simply Busting?* session at the Yangebup Community Centre, attracting 25 participants. More than 70% planned to make lifestyle changes in regards to their bladder and bowel health such as increasing water intake and not going to the toilet ‘just in case’. Many planned to seek help as a result

### **Simply Busting? Education Programs 2009 Joondalup, Town of Vincent and Albany**

The Continence Advisory Service was fortunate to obtain funding from the City of Joondalup, Town of Vincent and Continence Foundation of Australia to hold its popular *Simply Busting?* community education program.

Simply Busting was held in Connolly on 18 February 2009 thanks to the support of the City of Joondalup. Deputy Mayor Tom McLean welcomed 43 people to the Connolly Community Centre. The Deputy

Mayor spoke of the difficulties a family member had experienced with incontinence and of the limited help that had been available. Deputy Mayor McLean urged people to take advantage of the help that was now available to improve their quality of life.

Thanks to a Community and Welfare Grant from the Town of Vincent, a *Simply Busting?* session was held at the Royal Park Hall on May 28, 2009. The session was opened by Mayor Nick Catania who was impressed with the information presented and the range of incontinence products on display to assist those with continence problems. The session attracted 24 participants.

The Continence Advisory Service received support from the Continence Foundation of Australia that enabled us to hold a *Simply Busting?* session in Albany on June 19, 2009. The community education session was held alongside the *Everybody’s Business* Health Professional Seminar. 25 people braved the day’s bad weather to attend the session.

### **Lifting the Lid Education Program Melville 2009**

The Continence Advisory Service received a Seniors Assistance Fund from the City of Melville to hold a *Lifting the Lid* education program in Melville. The session was held on 15 June at the Melville Civic Centre and opened by Councillor Harvey Everett. The booked out session attracted over 100 participants. More than 83% planned to make lifestyle changes in regards to their bladder and bowel health such as pelvic floor exercises, maintaining an adequate fluid intake and not going to the toilet just in case.

## **■ South Australia**

### **SA BRANCH REPORT**

The South Australian branch of the CFA continues to grow in strength as we host the ASM later in the year. A strong recruitment drive is underway and the committee feels positive about the outlook for promotion in SA. Meetings have been held in country areas on a rotating basis and last year saw the contribution to the Darwin round of everybody’s business, a meeting for all health professionals involved in pelvic health care. Finances seem to be steady but we also need continuing support from younger generations.

Dr Christopher Barry  
President – SA State President

## SA RESOURCE CENTRE REPORT

The SA Continence Resource Centre activities have remained steady over the last year. We continue to provide many continence education and awareness sessions to students, carers, health professionals and community groups in both metropolitan and rural areas of the state. These have included talks to CALD groups, prostate cancer support groups, regional community groups and to parents of a local kindergarten. We have also attended expos and conferences throughout the year to promote the services of the Continence Resource Centre and the Continence Foundation of Australia.

### Continence Awareness Week: 3–9 August 2008

Highlights included:

- The Continence Foundation of Australia booth in Rundle Mall on Wednesday 6 August 2008, which was well attended by the public.
- A continence information day for rural health professionals in Port Lincoln, Friday 8 August. Feedback was very positive from the health professionals who attended.

### Other events

- 3rd Biennial Conference of the Australian Association of Maternal, Child and Family Nurses, at the Adelaide Convention Centre, 2–4 April 2009. The CFA booth at the conference was well attended by delegates and the pelvic floor and childhood bedwetting resources were well received.
- 13th Alzheimer's Australia National Conference, Adelaide Convention Centre 3–5 June 2009. The CFA booth was well attended by delegates and resources were popular.
- Health Ed Seminar Women's and Children's Update and Education Day for GPs, Adelaide 16 May 2009. Over 200 GP's attended this event. The CFA booth was well attended by many GPs who were very interested in the resources available.

Rosalie Donhardt

CFA SA – Independent Living Centre

## ■ Queensland

The CFA Queensland branch has had a busy year once again with meetings held bi-monthly.

The AGM was held on 27 April 2009. The elected executive consists of President, Professor Judith Goh; Vice president, Dr Hannah Krause; Secretary, Ms Jacinta Crickmore; Treasurer, Dr Peta Higgs and committee members: Ms Sue Croft, Ms Mary Bennie, Ms Audrey Burgin and Ms Kay Josephs.

The Continence Professional Development Interest Group held informative sessions for health professionals on a quarterly basis with guest speakers presenting topics such as pelvic rehabilitation, best practice catheter care, insertion of catheters and painful bladder syndrome.

A successful Trivia Night was held in October of 2008 to raise funds for the Mercy Ships. Professor Judith Goh and Dr Hannah Krause are both involved in this worthwhile organisation. \$4,000 was raised on the night. Jacinta Crickmore kindly organised the event with the help from committee members.

CFA National *Everyone's Business* forums were held in Townsville in March and Toowoomba in June.

Presenters were of high caliber and both of the events were well supported with mainly health professionals attending.

Many activities were planned and implemented during Continence Awareness week including:

- Blue Care Brisbane Region Continence Advisory Service delivering the two day Continence Promotion Course to 20 health professionals
- a *Dry-Up* program was presented to carers who support people with continence problems by the Redlands Health Service
- a presentation was given to Commonwealth Carelink on *Good Bowel and Bladder Habits*
- a presentation was delivered on continence awareness to Indigenous respite clients. The local ABC FM Coast radio station conducted an interview with Dr Peta Higgs on continence awareness, promotion and preventative measures to highlight the importance of continence issues in all age groups.
- continence manuals were reviewed in a number of health services and resources distributed to consumers, health professionals and the general public throughout the week.
- A new Continence Foundation of Australia (Qld) banner was displayed in the main street of Fortitude Valley for the week.

CFA Queensland branch has been involved in various continence displays at conferences and seminars to promote continence awareness. The Prostate Cancer Conference, Carers Conference and the Women's and Children's Health Education forum for GP's were successful events. Local members staffed the display stands for these events.

During the year Professor Judith Goh and Dr Hannah Krause volunteered to give their specialist services to work in health services in countries in Africa. Hannah worked in Benin in March, and also worked with Judith at the Addis Ababa Fistula Hospital in May and September. Judith also worked at a hospital in the Democratic Republic of Congo with women who suffered with prolapse and fistula problems.

Scholarships to the CFA 18th National Conference on Incontinence in Adelaide were awarded to two health professionals for registration to the conference.

Overall the year has been a very successful and rewarding one with Queensland members participating in numerous continence events throughout the year within their own organisations. Membership continues to grow and communication links with the National body have been strong.

Kay Josephs (Committee Member)



## FINANCIAL STATEMENTS

### Continence Foundation of Australia Limited Statement of Financial Performance for the year ending 30 June 2009

	Note	2009 \$	2008 \$
<b>Revenue</b>			
Conference and Seminars		503,896	485,802
Interest		111,360	129,402
Membership Fees		91,250	84,163
Programs		1,937,181	1,605,501
Peak Body Status Funding		157,850	154,750
Other		56,251	144,277
<b>Total CFA Operating Revenue</b>		<b>2,857,788</b>	<b>2,603,895</b>
Kidsflix – Fundraising		160,896	144,161
<b>Total Revenue</b>		<b>3,018,684</b>	<b>2,748,056</b>
<b>Expenditure</b>			
Conference and Seminars		319,769	307,683
Depreciation		37,451	13,797
Programs		1,940,910	1,605,501
Salaries and Oncost		99,818	194,197
Other		101,339	–
<b>Total CFA Operating Expenditure</b>		<b>2,499,287</b>	<b>2,121,178</b>
Kidsflix – Fundraising		138,885	120,212
<b>Total Expenditure</b>		<b>2,638,172</b>	<b>2,241,390</b>
<b>Operating Profit / (Loss)</b>	2	<b>380,512</b>	<b>506,666</b>
Retained Earnings at Beginning of the Financial Year		1,511,761	1,005,095
Total Available for Appropriation		1,892,273	1,511,761
Transfer to Reserves	3	–	–
<b>Retained Earnings at the end of the Financial Year</b>		<b>1,892,273</b>	<b>1,511,761</b>

The accompanying notes form part of these financial statements.

**Continence Foundation of Australia Limited**  
**Statement of Financial Position as at 30 June 2009**

	Note	2009 \$	2008 \$
<b>Assets</b>			
<b>Current Assets</b>			
Bank	4	2,574,685	2,120,246
Kidsflix - SA Bank	4	25,140	34,111
Receivable	5	124,780	23,157
Investments	6	3,173	3,029
Prepayments		123,814	71,244
<b>Total Current Assets</b>		<b>2,851,612</b>	<b>2,251,787</b>
<b>Non Current Assets</b>			
Property, Plant and Equipment	7	89,059	147,009
Security Deposit		4,804	4,804
<b>Total Non Current Assets</b>		<b>93,863</b>	<b>151,813</b>
<b>Total Assets</b>		<b>2,945,475</b>	<b>2,403,600</b>
<b>Liabilities</b>			
<b>Current Liabilities</b>			
Accounts Payable	8	260,702	224,766
Kidsflix – SA		901	8,126
Provisions	9	115,560	116,223
Fund Held: Conference		173,255	141,384
Income Received in Advance		230,996	145,113
<b>Total Current Liabilities</b>		<b>781,414</b>	<b>635,612</b>
<b>Non Current Liabilities</b>			
Provisions	10	102,888	87,327
<b>Total Non Current Liabilities</b>		<b>102,888</b>	<b>87,327</b>
<b>Total Liabilities</b>		<b>884,302</b>	<b>722,939</b>
<b>Net Assets</b>		<b>2,061,173</b>	<b>1,680,661</b>
<b>Equity</b>			
Reserves	3	168,900	168,900
Retained Earnings		1,892,273	1,511,761
<b>Total Equity</b>		<b>2,061,173</b>	<b>1,680,661</b>

The accompanying notes form part of these financial statements.

**Continence Foundation of Australia Limited**  
**Statement of Cash Flows for the year ending 30 June 2009**

	Note	2009 \$	2008 \$
<b>Cash Flow from Operating Activities</b>			
Receipts From:			
Customers		2,808,014	2,640,160
Interest		111,360	129,402
Payment to consultants, suppliers and employees		(2,496,791)	(2,064,948)
<b>Net Cash Flow from Operating Activities</b>	11	<b>422,583</b>	<b>704,614</b>
<b>Cash Flow from Investing Activities</b>			
Purchase of Property, Plant and Equipment		(30,437)	(129,691)
Proceeds from sale & trade in of Motor Vehicle		53,322	15,000
(Purchase) Redemption of Investments		-	-
<b>Net Cash Inflow (Outflow) from Investing Activities</b>		<b>22,885</b>	<b>(114,692)</b>
<b>Cash Flow from Financing Activities</b>			
Net Increase (Decrease) in Financing Activities		-	-
<b>Net Increase (Decrease) in Cash Held</b>		<b>445,468</b>	<b>589,923</b>
Cash at Beginning of Financial Year		2,154,357	1,564,434
<b>Cash at End of Financial Year</b>	4	<b>2,599,825</b>	<b>2,154,357</b>

The accompanying notes form part of these financial statements.

**Continence Foundation of Australia Limited**  
**Notes to and forming part of the Financial Statements**  
**for the year ending 30 June 2009**

## **1. Statement of Significant Accounting Policies**

### **Corporate Information**

The financial report is for Continence Foundation of Australia Ltd as an individual entity incorporated and domiciled in Australia. Continence Foundation of Australia Ltd is a company limited by guarantee.

### **Summary of accounting policies**

#### **(a) Basis of Preparation**

The financial report is a general-purpose financial report that has been prepared in accordance with applicable Accounting Standards, including Australian Accounting Interpretations, other authoritative pronouncements of the Australian Accounting Standards Board and the *Corporations Act 2001*. The financial report has been prepared on an accrual basis and is based on historical costs. It does not take into account changing money values or, except where stated current valuation of non-current assets. Cost is based on fair values of the consideration given in exchange for assets. The accounting policies have been consistently applied, unless otherwise stated.

As per last year, the amount of the depreciated replacement cost of plant and equipment is not expected to exceed the recoverable amount of the assets.

#### **(b) Statement of compliance**

The financial report complies with Australian Accounting Standards which include Australian equivalents to International Financial Reporting Standards (AIFRS). A statement of compliance with International Financial Reporting Standards cannot be made due to the company applying the not-for-profit sector specific requirements contained in the AIFRS.

#### **(c) Significant accounting judgements, estimates and assumptions**

Accounting policies are selected and applied in a manner which ensures that the resultant financial information satisfies the concepts of relevance and reliability, thereby ensuring the substance of the underlying transaction and other events is reported.

In the application of AIFRS management is required to make judgements, estimates and assumptions that affect the application of policies and reported amount of assets, liabilities, income and expenses. The estimate and associated assumptions are based on historical experience and other various factors that are believed to be reasonable under the circumstances, the results of which form the basis of making the judgements. Actual results may differ from these statements.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised if the revision affects only that period or in the period of the revision and future periods if the revision affects both current and future periods.

#### ***Significant accounting judgements***

The company has entered into leases of premises and office equipment as disclosed in Note 15(d). Management has determined that all of the risks and rewards of ownership of these premises and equipment remain with the lessor and has therefore classified the leases as operating leases.

#### ***Significant accounting estimates and assumptions***

The key estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of certain assets and liabilities within the next annual reporting period are:

#### ***Provisions for employee benefits***

Provisions for employee benefits payable after 12 months from the reporting date are based on future wage and salary levels, experience of employee departures and periods of service, as discussed in Note 1(k). The amount of these provisions would change should any of these factors change in the next 12 months.

#### **(d) Revenue recognition**

Revenue is recognised when the company is legally entitled to the income and the amount can be quantified with reasonable accuracy. Revenues are recognised net of the amounts of goods and services tax (GST) payable to the Australian taxation Office.

##### ***Revenue from fundraising***

Donations

Donations and fundraising are recognised when received, however exception has been made this year, as disclosed in Note 2 (b).

##### ***Membership Subscription***

Subscription revenue is recognised when received except where receipt relates to future period as disclosed in Note 12.

##### ***Program Revenue***

Program Revenue which represents project grants is recognised only when costs relating to goods and services specified under the conditions of the funding contract are incurred. Unutilised amount is carried forward as deferred income as stated in Note 1 (j).

##### ***Investment Income***

Investment income comprises interest. Interest income is recognised as it accrues, taking into account the effective yield on the financial asset.

##### ***Asset sales***

The gain or loss on disposal of all non-current assets is determined as the difference between the carrying amount of the asset at the time of the disposal and the net proceeds on disposal.

#### **(e) Expenditure**

All expenditure is accounted for on an accruals basis except where disclosed in Note 2 (c), and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to a particular category they have been allocated to activities on a basis consistent with use of the resources. Premises overheads have been allocated on a floor area basis and other overheads have been allocated on the basis of the head count.

Fundraising costs are those incurred in seeking voluntary contributions by donation and do not include costs of disseminating information relating to the activities carried on by the company. Fundraising activities are disclosed in Note 2 (b).

#### **(f) Cash and cash equivalents**

Cash and cash equivalents in the balance sheet comprise cash at bank and in hand and short-term deposits with an original maturity of three months or less. For the purposes of the cash flow statement, cash and cash equivalents consist of cash and cash equivalents as defined above, net of any outstanding bank overdrafts.

#### **(g) Trade and other receivables**

Trade receivables, are recognised and carried at original invoice amount. Normal terms of settlement vary from seven to 90 days. The notional amount of the receivable is deemed to reflect fair value.

An allowance for doubtful debts is made when there is objective evidence that the company will not be able to collect the debts. Bad debts are written off when identified.

#### **(h) Property, plant and equipment**

##### ***Bases of measurement of carrying amount***

Plant and equipment is stated at cost less accumulated depreciation and any accumulated impairment losses.

Any property, plant and equipment donated to the company are recognised at fair value at the date the company obtains control of the assets.

### *Depreciation*

Items of property, plant and equipment (other than land) are depreciated over their useful lives to the company commencing from the time the asset is held ready for use. Depreciation is calculated on a straight line basis over the expected useful economic lives of the assets as follows:

	2009 %pa	2008 %pa
Project and office equipment	20.0	20.0
Computer equipment	33.3	33.3
Motor vehicles	20.0	20.0

### *Impairment*

The carrying values of plant and equipment are reviewed for impairment at each reporting date, with recoverable amount being estimated when events or changes in circumstances indicate that the carrying value may be impaired.

The recoverable amount of plant and equipment is the higher of fair value less costs to sell and value in use. Depreciated replacement cost is used to determine value in use. Depreciated replacement cost is the current replacement cost of an item of plant and equipment less, where applicable, accumulated depreciation to date, calculated on the basis of such cost.

Impairment exists when the carrying value of an asset exceeds its estimated recoverable amount. The asset is then written down to its recoverable amount.

For plant and equipment, impairment losses are recognised in the income statement.

### *De-recognition and disposal*

An item of property, plant and equipment is derecognised upon disposal; when the item is no longer used in the operations of the company; or when it has no sale value. Any gain or loss arising on de-recognition of the asset (calculated as the difference between the net disposal proceeds and the carrying amount of the asset) is included in profit or loss in the year the asset is derecognised.

Any part of the asset revaluation reserve attributable to the asset disposed of or derecognised is transferred to general funds at the date of disposal.

### **(i) Trade creditors and other payables**

Trade payables and other payables represent liabilities for goods and services provided to the company prior to the end of the financial year that are unpaid. These amounts are usually settled in 30 days. The notional amount of the creditors and payables is deemed to reflect fair value.

### **(j) Deferred income**

The liability for deferred income is the unutilised amounts of grants received on the condition that specified services are delivered or conditions are fulfilled. The services are usually provided or the conditions usually fulfilled within 12 months of receipt of the grant. Where the amount received is in respect of services to be provided over a period that exceeds 12 months after the reporting date or the conditions will only be satisfied more than 12 months after the reporting date, the liability is discounted.

### **(k) Employee benefits**

Employee benefits comprise wages and salaries, annual and long service leave, and contributions to superannuation plans.

Liabilities for wages and salaries expected to be settled within 12 months of balance date are recognised in other payables in respect of employees' services up to the reporting date. Liabilities for annual leave in respect of employees' services up to the reporting date which are expected to be settled within 12 months of balance date are recognised in the provision for annual leave. Both liabilities are measured at the amounts expected to be paid when the liabilities are settled.

The liability for long service leave is recognised in the provision for employee benefits and measured as the present value of expected future payments to be made in respect of services provided by employees up to the reporting date. Consideration is given to anticipated future wage and salary levels, experience of employee departures, and periods of service. Expected future payments are discounted using market yield at the reporting date on national government bonds with terms to maturity and currencies that match, as closely as possible, the estimated future cash outflows.

The company pays contributions to certain defined contribution superannuation plans. Contributions are recognised in the income statement when they are due. The company has no obligation to pay further contributions to these plans if the plans do not hold sufficient assets to pay all employee benefits relating to employee service in current and prior periods.

### **(l) Leased assets and liabilities**

#### *Operating leases*

Operating lease payments are recognised as an expense in the income statement on a straight-line basis over the lease term.

### **(m) Taxation**

#### *Income Tax*

The company is a charitable institution for the purpose of Australian taxation legislation and is therefore exempt from income tax. This exemption has been confirmed by the Australian Taxation Office. The company holds deductible gift recipient status.

#### *Goods and services tax (GST)*

Revenues, expenses and assets are recognised net of the amount of GST except where the amount of GST incurred is not recoverable from the Australia Taxation Office, in which case it is recognised as part of the cost of acquisition of an asset or as part of an item of expense.

Receivables and payables are recognised inclusive of GST.

The net amount of GST recoverable from or payable to the Australian Taxation Office is included as part of receivables or payables.

Cash flows are included in the statement of cash flows on a gross basis. The GST component of cash flows arising from investing and financing activities which is recoverable from or payable to the Australian Taxation Office is classified as operating cash flows.

## **2. Operating Profit for the Year**

- (a) The operating profit for the year is \$380,512. The net surplus comes from the Foundation's normal administrative operations, Kidsflix Fundraising activities as per Note 2 (b) and the Annual National Continence Conference.
- (b) Under an agreement entered into between the CFA and Arthritis South Australia (ASA), ASA undertake fundraising for the CFA via telemarketing. The fundraising supports Kidsflix activities in Victoria involving sponsoring theatre events for children with a disability. The fundraising activities under the agreement are subject to statutory audit by ASA's auditors, PKF Australia Ltd. An audit report on the telemarketing fundraising activities conducted for the CFA covering the period 1 July 2008 to 30 June 2009 has been provided. The audit provides an opinion as to whether the reporting requirements for Kidsflix are consistent with the agreement entered into between the CFA and ASA to raise funds for the CFA. Revenue and expenditure for Kidsflix are recognised when received and paid as stated in Note 1. Fundraising activities this year has resulted in a surplus of \$22,146 for the twelve months to 30 June 2009.
- (c) As stated in Note 1, expenditure is accounted for on an accrual basis except where cost was fully funded and provided for under the Continence Awareness & Support Program contract.

	2009	2008
	\$	\$
<b>3. Reserves</b>		
Building Reserve		
Balance at Beginning of Financial Year	168,900	168,900
Transfer From Retained Earnings	–	–
	<b>168,900</b>	<b>168,900</b>
<b>4. Cash</b>		
Cash on Hand	200	200
Cash at Bank	2,574,485	2,120,046
Kidsflix - SA	25,140	34,111
	<b>2,599,825</b>	<b>2,154,357</b>
<b>5. Receivables</b>		
Trade Receivable	113,780	15,326
Sundry Debtors	11,000	7,831
	<b>124,780</b>	<b>23,157</b>
<b>6. Investments</b>		
Trust Company of Australia	3,173	3,029
	<b>3,173</b>	<b>3,029</b>
<b>7. Property, Plant and Equipment</b>		
Plant and Equipment – At cost	167,458	201,456
Accumulated Depreciation	78,399	54,447
<b>Total Property Plant and Equipment</b>	<b>89,059</b>	<b>147,009</b>
<b>8. Accounts Payable Unsecured Liabilities</b>		
Trade Creditors	252,095	155,444
Accrued Liabilities	17,547	30,565
Liability for Tax Payable	(8,940)	(2,094)
Sundry Payables	–	40,851
	<b>260,702</b>	<b>224,766</b>
<b>9. Provisions</b>		
Provision for Employee Leave Entitlements & FBT	85,560	86,223
Provision for Redundancy	30,000	30,000
	<b>115,560</b>	<b>116,223</b>
<b>10. Provisions (Non Current)</b>		
Provision for Employee Leave Entitlements	102,888	87,327
	<b>102,888</b>	<b>87,327</b>

	2009	2008
	\$	\$
<b>11. Net Cash Flow from Operating Activities</b>		
Operating Surplus/ (Loss)	380,512	506,666
Add back Depreciation	37,541	13,797
Profit on Disposal of Asset	(2,476)	(1,154)
(Increase) Decrease in Prepayments	(52,571)	6,454
(Increase) Decrease in Receivables & Investments	(101,786)	22,659
Increase (Decrease) in Accounts Payable	28,048	83,041
Increase (Decrease) in Provisions	15,561	31,243
Increase (Decrease) in Revenue Received in Advance	117,754	41,908
<b>Net Cash from Operating Activities</b>	<b>422,583</b>	<b>704,614</b>

## 12. Members

The company is limited by guarantee. If the company is wound up, the Memorandum of Association states that each member is required to contribute a maximum of \$2 towards meeting any outstanding obligations of the company. Annual subscriptions are from July to June in any one year and only recognised when received, however, subscriptions paid for future periods are treated as income in advance.

## 13. Segmental Information

The activities of the company are generally to assist people with incontinence, their families, carers and health professionals, the promotion of self-help groups, public awareness and research on all aspects of incontinence, and the development of accessible continence services throughout Australia.

## 14. Related Party Disclosures

The names of Directors who held office during the financial year were:

Assoc Prof Michael Murray

Mr Nicholas Rieger (resigned 6 Nov 2008)

Ms Therese Tierney

Dr Ian Tucker (appointed 7 Nov 2008)

Mr Hugh Carter

Ms Kay Josephs

Mr Darryl Kelly

Ms Glenice Wilson (reappointed 7 Nov 2008)

	2009	2008
	\$	\$
Income paid or payable to all Directors of the company from the company	-	-

## 15. Financial Instruments

### (a) Significant Accounting Policies

Details of the significant accounting policies and method adopted, including the criteria for recognition, the basis of measurement and the basis on which revenues and expenses are recognised in respect of each class of financial asset and financial liability are disclosed in Note 1 to the financial statements.

*(b) Interest Rate Risk*

	Average Interest Rate %	Interest Bearing \$	Non Interest Bearing \$	Total \$
<i>1. Financial Assets</i>				
Cash	5.00	2,312,845	286,980	<b>2,599,825</b>
Receivable			124,780	<b>124,780</b>
Investments		3,173		<b>3,173</b>
Prepayments			123,814	<b>123,814</b>
<i>2. Financial Liabilities</i>				
Accounts Payable			260,702	<b>260,702</b>
Fund Held – Conference 09			173,255	<b>173,255</b>
Income Received in Advance			230,996	<b>230,996</b>

*(c) Credit Risk*

Credit Risk refers to the risk that a counterpart will default on its contractual obligations, resulting in financial loss to the entity. The carrying amount of the financial assets recorded in the financial statements net of any provisions for losses, represents the entity's maximum exposure to credit risk without taking account of the value of any collateral or other security obtained.

*(d) Operating Lease – Contingent Liabilities*

The risks and rewards of ownership to the following remain with the Lessor as disclosed in Note 1 of the financial statements. However Management is aware there are future contractual financial obligations for lease payments during the period of the lease agreement.

Non-cancellable operating lease commitments not capitalised in the financial statements

<b>Payable – Minimum Lease Payments</b>	<b>2009</b>	<b>2008</b>
	<b>\$</b>	<b>\$</b>
Not later than 1 year	86,826	82,170
Later than 1 year but not later than 5 years	31,416	35,343

*(e) Net Fair Values*

The carrying amount of financial assets and financial liabilities recorded in the financial statements represents their respective net fair values, determined in accordance with the accounting policies disclosed in Note 1 to the financial statements. The aggregate employee entitlement liability recognised and included in the financial statements is as follows:

	<b>2009</b>	<b>2008</b>
	<b>\$</b>	<b>\$</b>
Provision for Employee Entitlements		
Current	115,560	116,223
Non Current	102,888	87,327
<b>Total</b>	<b>218,448</b>	<b>203,550</b>

## AUDITOR'S INDEPENDENCE DECLARATION

### Continence Foundation of Australia Ltd A.C.N. 095 393 463

#### Auditor's Independence Declaration Under Section 307C of *The Corporations Act 2001*

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2009 that there have been:

- (i) no contravention of the auditor's independence requirements as set out in the *Corporations Act 2001* in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.

Prospect Accountants



Tim P. Meehan

Date: 1 September 2009  
Balwyn North, Victoria

# INDEPENDENT AUDIT REPORT

## Continence Foundation of Australia Ltd (A Company Limited by Guarantee)

Auditor's Report for the year ended 30 June 2009

### INDEPENDENT AUDIT REPORT

To the members of Continence Foundation of Australia Ltd

#### Scope

The financial report and directors responsibility

The financial report comprises the balance sheet, income statement, statement of recognised income and expenses, and statement of cash flows, accompanying notes to the financial statements, and the directors declaration for Continence Foundation of Australia (the company) for the year ended 30 June 2009.

The directors of the company are responsible for the preparation and presentation of the financial report that gives a true and fair view of the financial position and performance of the company and that complies with Accounting Standards in Australia, in accordance with the *Corporations Act 2001*. This includes responsibility for the maintenance of adequate accounting records and internal controls that are designed to prevent and detect fraud and error, and for the accounting policies and accounting estimates inherent in the financial report.

#### Audit approach

I conducted an independent audit of the financial report in order to express an opinion on it to the members of the company. My audit was conducted in accordance with Australian Auditing Standards in order to provide reasonable assurance as to whether the financial report is free of material misstatement. The nature of the audit is influenced by factors such as the use of professional judgment, selective testing, the inherent limitations of internal control, and the availability of persuasive rather than conclusive evidence. Therefore, an audit cannot guarantee that all material misstatements have been detected.

I performed procedures to assess whether in all material respects the financial report presents fairly, in accordance with the *Corporations Act 2001*, including compliance with Accounting Standards in Australia, and other mandatory financial reporting requirements in Australia, a view which is consistent with my understanding of the company's financial position, and of its performance as represented by the results of its operations, changes in equity and cash flows.

I formed my audit opinion on the basis of these procedures, which included:

- Examining, on test basis, information to provide evidence supporting the amounts and disclosures in the financial report.
- Assessing the appropriateness of the accounting policies and disclosures used and the reasonableness of significant accounting estimates made by the directors.

While I considered the effectiveness of management's internal controls over financial reporting when determining the nature and extent of my procedures, my audit was not designed to provide assurance of internal controls.

I performed procedures to assess whether the substance of business transactions was accurately disclosed in the financial report.

These and our other procedures did not include consideration or judgment of the appropriateness or reasonableness of the business plans or strategies adopted by the directors and management of the company.

## Independence

I am independent of the Company, and have met the independence requirements of Australian professional ethical pronouncements and the *Corporations Act 2001*. I have given to the directors of the company written auditors' independence declaration, a copy of which is included in the financial report.

## Audit opinion

In my opinion, except for the effects on the financial report of such adjustments, if any, as might have been required had the limitation on our audit procedures referred to in the qualification paragraph not existed; the financial report of Continenence Foundation of Australia is in accordance with:

- a) The *Corporations Act 2001*, including:
  - i) Giving a true and fair view of the financial position of The Continenence Foundation of Australia Ltd at 30 June 2009 and its performance for the year ended on that date.
  - ii) Complying with Accounting Standards in Australia and the Corporations Regulations 2001
- b) Other mandatory financial reporting requirements in Australia.

## Emphasis of Matter

Proceeds from appeals are a source of revenue for the company. The company has determined that, other than relying on the auditor of the appeal, it is impracticable to establish control over the collection of proceeds from appeals prior to entry into its records. Accordingly, as the evidence available to us regarding revenue from this source was limited, my audit procedures with respect to proceeds from appeals had to be restricted to the amounts recorded in the financial records. I am therefore unable to express an opinion whether the proceeds of appeals which the company obtained are complete.

The directors have added note 2(b) to explain that fundraising by Arthritis South Australia on behalf of the Continenence Foundation of Australia has occurred and an amount of \$22,146 surplus at year end has been achieved. We accept this additional disclosure and note that this fundraising activity has been independently audited by a registered company auditor.

Prospect Accountants



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Tim P. Meehan

Date: 1 September 2009

Balwyn North, Victoria

## DIRECTORS' DECLARATION



The directors of the company declare that:

(a) The financial statements and notes:

- (i) Comply with accounting standards, other mandatory professional reporting requirements and the Corporations Regulations 2001; and
- (ii) Give a true and fair view of the company's financial position and performance for the financial year ended 30 June 2009 in accordance with the accounting policies described in Note 1 to the financial statements.

(b) In the Directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made with a resolution of the Board of Directors.

Signed at Melbourne this 16th day of September 2009.

M. Murray  
Director

T. Tierney  
Director

## DIRECTORS' REPORT

### Continence Foundation of Australia Limited

ACN 007 325 313

Your Directors present their report on the accounts of the company for the year ended 30 June 2009

1. The Directors in office at any time during or since the end of the year are:

Assoc Prof Michael Murray

Ms Therese Tierney

Mr Nicholas Rieger (resigned 6 November 2008)

Dr Ian Tucker (appointed 7 November 2008)

Mr Hugh Carter

Ms Kay Josephs

Mr Darryl Kelly

Ms Glenice Wilson (reappointed 6 November 2008)

Directors held office since the start of the financial year to date of this report unless otherwise stated.

2. The principal activity of the Foundation is generally to assist people with incontinence, their families, carers and health professionals in understanding and managing incontinence; the development of accessible continence services throughout Australia; and the promotion of self-help groups, public awareness and research on all aspects of incontinence.

There were no other significant changes in the nature of the company's principal activities during the financial year.

3. The net result of operations was a profit of \$380,512.

4. No significant changes to the company's state of affairs occurred during the financial year.

5. It is not recommended that a dividend be declared, and no dividend has been declared or paid since the end of the previous financial year.

6. The company's operations are not regulated by any significant environmental regulation under a law of the Commonwealth or of a State or Territory.

7. No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the economic entity, the results of those operations, or the state of affairs of the economic entity in subsequent financial years.

8. Likely developments in the operations of the company and the expected results of those operations have not been included in this report as the directors believe, on reasonable grounds, that the inclusion of such information would be likely to result in unreasonable prejudice to the company.

9. Particulars of Directors at the date of this report:

Michael Murray MB, BS, MPH, FRACP	President, Additional Director
Therese Tierney RN, CRRN (USA), Grad Dip Bus Mgt	Vice-President & Treasurer, Additional Director
Nicholas Rieger MB, MS, FRACS	Vice President, Additional Director (resigned 6 November 2008)
Ian Tucker MB, BS, FRCOG, FRANZ, COG, CU	Additional Director (appointed 7 November 2008)
Hugh Carter	Consumer Representative, Additional Director
Darryl Kelly BScN, Post Grad Dip Nursing, MRCNA	Elected Ordinary Director
Kay Josephs RN, CNC, CNA, Cert IV	Elected Ordinary Director
Glenice Wilson RN BSc., Grad.Dip Continence, Grad Cert Mens' Health MRCNA, Churchill Fellow 1992	Elected Ordinary Director (reappointed 6 November 2008)

10. Information on Directors

	Board Meetings Eligible	Board Meetings Attended
Assoc Prof Michael Murray	8	8
Ms Therese Tierney	8	4
Mr Nicholas Rieger (resigned 6 November 2008)	4	3
Dr Ian Tucker (appointed 7 November 2008)	5	4
Mr Hugh Carter	8	6
Mr Darryl Kelly	8	7
Kay Josephs	8	7
Ms Glenice Wilson (reappointed 6 November 2008)	8	7
Total number of Board Meetings: 2008–2009 = 8		

11. The company has not, during or since the end of the financial year, in respect of any person who is or has been an officer or auditor of the company or related body corporate:

- Indemnified or made any relevant agreement for indemnifying against a liability incurred as an officer, including costs and expenses in successfully defending legal proceedings, or
- Paid or agreed to pay a premium in respect of a contract insuring against a liability incurred as an officer for the costs or expense of defending legal proceedings.

12. No Directors have received or become entitled to receive, during or since the end of the financial year, a benefit because of a contract made by the company, or a related body corporate with a Director, a firm of which the Director is a member or an entity in which a Director has a substantial financial interest.

This statement excludes a benefit included in the aggregate amount of emoluments received or due and receivable by Directors shown in the company's accounts, or the fixed salary of a full-time employee of the company or related body corporate.

Signed in accordance with a resolution by the Directors.



M. Murray  
Director  
Date: 1st September 2009

## NATIONAL OFFICE STAFF



**Barry Cahill**  
Chief Executive Officer



**Ailsa Sutherland**  
Projects Officer



**Priya Davidson**  
Quality Manager  
(from October 2008)



**Jacqueline Lodewyke**  
Deputy CEO  
(from 1 June 2009)



**Mary Trezise**  
Executive Assistant  
to the CEO



**Michael Janssen**  
Deputy CEO  
(until April 2009)



**Catriona Bastian**  
Education Officer



**Mary Kane**  
Membership Officer



**Kristy McKellar**  
National Promotions  
Manager  
(until August 2008)



**Anne Ramus**  
Projects Officer



**Meri Lyons**  
Financial Accountant



**Nives Zerafa**  
Communications Advisor  
(until April 2009)



**Steve Marburg**  
Helpline Coordinator



**Tina Addison**  
Administration Officer

### National Continence Helpline staff

The Helpline is staffed by dedicated and experienced Continence Nurse Advisors from 8am to 8pm, Mondays to Fridays. Areas of special interest among the team include women's health, prostate and men's health, enuresis, and neurological-related incontinence. The nurses also work closely with CFA, advising on health promotion, representing the Helpline at conferences or expos, or reviewing articles for various consumer or health professional publications.

# The Continenence Foundation of Australia gratefully acknowledges our 2008 Conference Sponsors

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## Principal sponsor



Australian Government  
Department of Health and Ageing

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## Platinum sponsor



## Gold sponsors



## Silver sponsors



## Bronze sponsors

