

Continenence Foundation
of Australia in NSW Inc.

SEEK HELP by Contacting us

**The Continenence Foundation of
Australia in NSW**

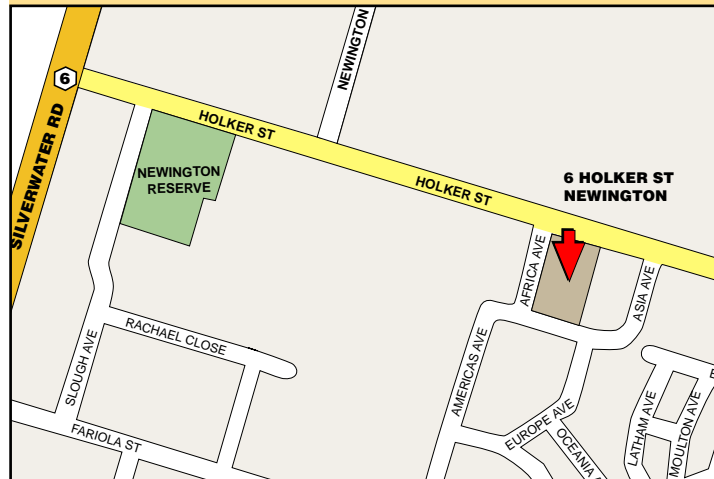
 **Street Address**

c/o Paraquad
6 Holker Street
Newington NSW 2127

 **Postal Address**

PO BOX 6083
Silverwater NSW 1811

Phone: (02) 8741 5699
Fax: (02) 8741 5690
Email: cfansw@optusnet.com.au
Website: www.continenence.org.au



Map Location for Actual address

Mission Statement

The Continenence Foundation of Australia exists to serve the interests of incontinent people throughout Australia by improving access to and availability of services, providing information and advice and promoting education, support and research.

THE CONTINENCE PROMOTION CENTRE



Do you
or someone you know
experience one of life's
embarrassing problems?
ie: loss of bowel or bladder control?

Would you like
some advice about
bladder or bowel control?

Do you live in NSW?

If you answer yes to
any of these questions
contact us

Hurry up in there!
I'm bursting



What Is THE CONTINENCE PROMOTION CENTRE?

The Continence Foundation of Australia is the peak body for people who have bowel or bladder control (incontinence) problems in Australia. The Continence Promotion Centre is the NSW branch of the Continence Foundation of Australia.

There is an estimated 3.8 million people with an incontinence problem in Australia. Incontinence affects children and adults (young and old).

Question: **Can incontinence be cured or improved?**

Answer: **Yes, yes, yes**

70% of people who seek help can be improved or cured. Some people believe only surgery will help or that nothing can be done, when in fact most people improve with some simple lifestyle changes. These changes may include a change of diet, the type of fluids you drink or by doing pelvic floor exercises. We advise that you seek help from a professional who can assess you and make recommendations for what treatment is best for you.

What can THE CONTINENCE PROMOTION CENTRE Do for you?

Treatment

Registered Nurses are available to discuss treatment options for loss of bowel and bladder control problems. This service is both free and confidential. In most cases the nurse can help you through a program of bladder training or pelvic floor exercises. Remember 70% of people may improve with simple lifestyle changes

Guest speakers

Nurses are available to speak to community groups to raise the issue **"Simple lifestyle changes can improve incontinence"**.

Education

Education is provided for health professionals

Resources

Resources are available for both the public and health professional. There are books, fact sheets, journal articles and videos. Most resources are free of charge. The CFA also has a website to download information.

Public Awareness Campaigns

Remember incontinence affects many age groups and many people with other diseases. Continence Awareness Week is the first week in August each year.

Referral

Most continence services within NSW are registered with the continence promotion centre. If you need to know what services are close to you then contact us.

Product Advice

The cost of products for incontinence can be high. Let us help you find the right product. We can also assist you to make an application for assistance from state and federal schemes (if eligible).

What can YOU DO for us?

- ✓ Become a member of the Continence Foundation (ask for a membership form)
- ✓ Make a tax deductible donation
- ✓ Become a volunteer
- ✓ Tell us what you do and do not like about the service we provide
- ✓ Recommend our service to others

If I can just hold on until
I get this one down

