

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.



SEEK HELP by Contacting us



Street Address

Paraquad/BrightSky Building
6 Holker Street
Newington NSW 2127



Postal Address

PO BOX 6083
Silverwater NSW 1811

Phone: (02) 8741 5699

Email: cfansw@optusnet.com.au

Website: www.continencensw.org.au

National Continenence Help Line
Free Call 1800 33 00 66



**Do you or someone
you know experience
incontinence –
loss of bowel or
bladder control?**





What is the Continance Foundation of Australia?

The Continance Foundation of Australia is the peak body for people who have bowel or bladder control (incontinence) problems in Australia.

There is an estimated 4.8 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 Continance Foundation of Australia in NSW Inc. do for you?

Treatment

Continance Specialist Advisors are available to discuss treatment options for loss of bowel and bladder control. In most cases the specialist can help you through a program of bladder training or pelvic floor exercises.

National Disability Insurance Scheme (NDIS)

As a registered NDIS service provider we can offer an individualised continence assessment and management plan for NDIS participants. Please contact us for further information.

Education

Health Promotional Education is provided for community consumer groups and Health Professionals. **“Simple lifestyle changes can improve incontinence”**. Please contact our office to speak with the Health Promotion Officer for more information.

Resources

Resources such as brochures, fact sheets, newsletters and magazines are available for both consumers and Health Professionals. Resources are free of charge and can be ordered online via the website www.continance.org.au

Referral

Most continence services within NSW are registered with The Continance Foundation of Australia. If you need to know what services are close to you please contact the National Continance Helpline on 1800 33 00 66 or search for a provider on their website www.cotninance.org.au

World Continance Week is held in June each year

What can YOU DO for us?

- ✓ Become a member of the Continance Foundation of Australia (www.continance.org.au)
- ✓ Make a tax deductible donation
- ✓ Become a volunteer
- ✓ Provide us with feedback on our service
- ✓ Recommend our service to others

