



CONTINENCE RESOURCES ORDER FORM

How to place your order. All orders limited to 100 unless stated otherwise.

	ONLINE:	www.continenence.org.au
	PHONE:	1800 33 00 66
	MAIL:	Complete details below & return
	SCAN & EMAIL TO:	helpline@continenence.org.au
	FAX:	(03) 9380 1233

MAILING DETAILS:

Name: _____ Position: _____

Organisation: _____

Street: _____

Suburb: _____ State: _____ Postcode: _____

Phone: _____ Mobile: _____

E-mail: _____

National Continenence Program Resources

RESOURCE	1-17 ORDER LIMIT: 200 EACH	QUANTITY
No 1 Bladder control problem?		
No 2 Good bladder habits for everyone		
No 3 Poor bowel control		
No 4 Bladder control check up		
No 5 Pelvic floor muscle training for men		
No 6 Pelvic floor muscle training for women		
No 7 Dementia and bladder and bowel control		
No 8 1 in 3 Women who ever had a baby wet themselves		
No 9 Bedwetting in childhood		
No 10 Bedwetting in teenagers and young adults		
No 11 Expecting a baby?		
No 12 Surgery for bladder control problems in women		
No 13 The prostate & bladder problems		
No 14 Nocturia – going to the toilet at night		
No 15 Continenence products		
No 16 Prolapse		
No 17 Overactive bladder and urgency		

National Continence Program Resources

POSTERS	QUANTITY
A3 – Got to go Again? Maybe there's a problem	
LEAFLETS	
Bladder Management Problems & Self Assessment Questionnaire	
Continence Aids Payment Scheme (CAPS) Application Form	
Continence Aids Payment Scheme (CAPS) Information Brochure	
National Public Toilet Map	
CD/DVD	
Evidence Based Continence Assessment Tools for Residential Aged Care (CD) – <i>currently unavailable</i>	
BOOKLETS	
What now? Helping clients live positively with urinary incontinence (for health professionals)	
Live better (with urinary incontinence) – tailored for clients after they have seen a health professional	
Childhood Bedwetting booklets	
The Dry Night (a guide for parents)	Download only
Watertight (for adolescents & older children)	Download only
1 in 3 Women Who Have Ever Had a Baby Wet Themselves	LIMIT 50 COPIES
Caring for someone with bladder or bowel problems	LIMIT 20 COPIES
Improving Bowel Function After Bowel Surgery	
Solving Common Bowel Problems – A resource tool for persons with spinal cord injury	
OTHER	
Bookmarks – National Public Toilet Map/BladderBowel website	

Continence Foundation of Australia Resources

PELVIC FLOOR FIRST – PELVIC FLOOR & EXERCISE RESOURCES	QUANTITY
Protect Your Pelvic Floor & Stay in Control (Consumer resource)	
Promoting Pelvic Floor Safe Exercise (Fitness professional resource)	LIMIT 20 COPIES
Pregnancy and exercise	
Returning to sport or exercise after birth	
10 Step guide to putting your pelvic floor first – download only from pelvicfloorfirst.org.au	Download only
Pelvic floor and core exercises – download only from pelvicfloorfirst.org.au	Download only
Pelvic floor and resistance exercise – download only from pelvicfloorfirst.org.au	Download only
Pelvic floor screening tool – Men – download only from pelvicfloorfirst.org.au	Download only
Pelvic floor screening tool – Women – download only from pelvicfloorfirst.org.au	Download only
POSTERS	
Incontinence: No laughing matter (World Continence Week 2017)	
Improve your bottom line (World Continence Week 2016)	
Tell someone who cares (World Continence Week 2015)	
Pregnancy and pelvic floor health (World Continence Week 2014)	
Talk about incontinence (World Continence Week 2013)	
5 Steps to a Healthy Bladder & Bowel (World Continence Week 2012)	
Pelvic Floor First (World Continence Week 2011)	
Healthy Bowel Habits (Continence Awareness Week 2010)	
LEAFLETS	
Membership of the Continence Foundation of Australia	
Healthy Bladder & Bowel Habits (CFA Victoria)	Download only

National Continence Helpline Flyer (DL flyer)		
Incontinence – a problem in anyone’s language (DL flyer)		
Pregnancy Pelvic Floor Plan app AND Pelvic Floor First app (DL flyer)		
Managing the Mother Load (DL flyer)		
How Your Bladder (wee) Works (for kids to read)		
How Your Bowel (poo) Works (for kids to read)		
Day Wetting (daytime incontinence) in children		
Soiling (faecal Incontinence) in children		
Tips for bedwetting children who want to enjoy a sleepover		
Tips for supervising someone else’s child with a bedwetting problem		
Managing the Mother Load		
BOOKLETS		
The Continence Guide (a guide to bladder & bowel health)	LIMIT 50 COPIES	
The Pregnancy Guide	LIMIT 100 COPIES	
Skin Care & Incontinence		Download only
Continence & Prostate: A guide for men undergoing prostate surgery	LIMIT 10 COPIES	
FACT SHEETS		
After Dribble – A common problem for men		
Arthritis & bladder & bowel		
Bladder Diary or Bowel Diary Bladder <input type="checkbox"/> Bowel <input type="checkbox"/>		
Where to get help for incontinence		
Caring for someone with incontinence		
Chronic Heart Failure		
Constipation & bladder & bowel control		
Healthy Diet and Bowels	LIMIT 25 COPIES	
Incontinence, anxiety and depression		Download only
Diabetes & bladder & bowel		
Funding Schemes – National & State schemes		
Guidelines for conducting presentations with an interpreter – Working with interpreters in a presentation		Download only
Guidelines for interpreters – What to expect in a continence assessment		Download only
Guidelines for health professionals – Working with Interpreters in a continence assessment		Download only
Incontinence in children – Information for teachers		Download only
Menopause & bladder & bowel		
Mental Illness & bladder & bowel		
Nocturia in Adults		
Parkinson’s disease and bladder control		
Parkinson’s disease & constipation		
Stroke & bladder & bowel		
PUBLICATIONS		
Bridge (consumer newsletter)		
Bridge Order Form		
MERCHANDISE		
CFA Help card		
INFORMATION PACKS	LIMIT 1 ONLY	
Professional Pack <input type="checkbox"/> Student Pack <input type="checkbox"/>		

Aboriginal & Torres Strait Islander Printed Resources

RESOURCE	ORDER LIMIT: 25 EACH	QUANTITY	RESOURCE	ORDER LIMIT: 25 EACH	QUANTITY
Grog and bladder or bowel problems			Pads, clothes and bedding to help if you are getting wet		
Leaking Urine (wee) after having a baby			Women's bladder problems		
Training the bladder			The prostate and bladder problems		
Constipation (Hard poo)			Kids wetting the bed		
Diabetes and bladder or bowel problems			Help getting to the toilet		
Men and strong pelvic floor muscles			Poster – Trouble with the waterworks		
Pelvic floor muscle exercises for women					

Easy English booklets

RESOURCE	ORDER LIMIT: 5 EACH	QUANTITY
How to have better bladder control		
How to have better bowel control		
Pelvic floor muscle exercises		
Healthy bladder and bowel habits		

Community Language Printed Resources

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No 1 Bladder control problems	
No 2 Good bladder habits for everyone	
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No 15 Continence Products	
No 16 Prolapse	
No 17 Overactive bladder and urgency	
FACT SHEETS	
Constipation and Bowel Control	
Healthy Diet and Bowels	LIMIT 20 COPIES

Please select the language required

Arabic	<input type="checkbox"/>	Mandarin	<input type="checkbox"/>	Cantonese	<input type="checkbox"/>	Croatian	<input type="checkbox"/>	Dari	<input type="checkbox"/>
Dinka	<input type="checkbox"/>	Dutch	<input type="checkbox"/>	German	<input type="checkbox"/>	Greek	<input type="checkbox"/>	Hindi	<input type="checkbox"/>
Hungarian	<input type="checkbox"/>	Indonesian	<input type="checkbox"/>	Italian	<input type="checkbox"/>	Karen	<input type="checkbox"/>	Korean	<input type="checkbox"/>
Macedonian	<input type="checkbox"/>	Maltese	<input type="checkbox"/>	Persian	<input type="checkbox"/>	Polish	<input type="checkbox"/>	Serbian	<input type="checkbox"/>
Somali	<input type="checkbox"/>	Spanish	<input type="checkbox"/>	Filipino	<input type="checkbox"/>	Tamil	<input type="checkbox"/>	Turkish	<input type="checkbox"/>
Urdu	<input type="checkbox"/>	Vietnamese	<input type="checkbox"/>	Burmese	<input type="checkbox"/>	Japanese	<input type="checkbox"/>		