



PROMOTING BLADDER AND BOWEL HEALTH

2017 Annual Report



The Continence Foundation of Australia, established in 1989, is a not-for-profit organisation and the national peak body for incontinence management, education, awareness, information and advocacy.

The Continence Foundation has representation in each Australian state and territory.

The Foundation is supported by the Australian Government Department of Health under the National Continence Program. We also rely on the generous support of our members and corporate partners to carry out our work.

Our Vision

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

Our Mission

To represent the interests of Australians affected by, or at risk of, bladder and bowel control problems and pelvic floor dysfunction and act as an advocate for their interests.

To serve all Australians by promoting bladder and bowel health. This will be achieved by:

- working with consumers, professionals, industry and government
- facilitating access to continence support services through advocacy
- providing evidence-based information and advice
- building the capacity and capability of the workforce, and
- supporting research to achieve the Foundation's objectives

Principles

- Enable through information
- Leadership
- Partnership and collaboration
- Capacity building
- Integrity and accountability
- Best practice

Our Objectives

Increase community awareness

Further develop policy and leadership

Strengthen partnerships

Educate the workforce

Invest in research

Build a sustainable future

How we help



President's Report



The Continence Foundation of Australia has continued to increase the impact and reach of our services to people living with, or at risk of, incontinence. This has been undertaken collaboratively with consumers, carers and health professionals, and with the support of the Australian Government.

It is important to balance sustainable operations, strong governance, strategic vision and nimbleness, to ensure that we are at the forefront of changes across the sector. To achieve this, the Board and Foundation management continue to seek ways to consolidate and grow for the future. In 2016, we undertook a survey of members to gain a better understanding of what is important to you. Increasing people's awareness of continence issues, continuing to deliver high quality resources and education for the sector and financial stability have been at the forefront of our members' thoughts. The Foundation's Board has undertaken a strategic review of the organisation to help guide the services we offer going forward as well as insuring we continue to be relevant and

engaging to both our members and the wider continence sector. This Strategic Review identified clear objectives to increase the value we generate to members and the broader continence sector. The work that the Foundation does and the services we provide is showcased in this Annual Report under each of these objectives.

The reach of the Bladder Bowel Collaborative continued to grow with education for the workforce, including greater access to co-funded accredited courses and collaboration with the International Children's Continence Society to host an online paediatric course in Australia. We distributed our new suite of Easy English fact sheets, web pages and videos to assist NDIS planners and participants and installed ReadSpeaker software on our primary website to assist visually-impaired people find the information they seek.

The 2016-2018 special project focuses on the workforce who care for the aged and disabled. With the current policy changes in the disability and aged care sectors, we are assisting organisations by providing flexible, tailored education programs and training to skill this growing workforce in the delivery of best practice continence care. Our consultation, undertaken between July and December 2016, identified the need for workers to find the information they need, when they need it and on their preferred device. To meet this need, in early 2017 we began the development of a web phone app and online education modules. The content will continue to be developed throughout the next year.

I hope you enjoy reading about the invaluable work that we do in this Annual Report. It is only made possible due to the dedication of our staff, with the support of the Board of Directors, members of the sub committees and advisory groups, our members, corporate partners and the Australian Government's Department of Health who support our work through the National Continence Program.

My sincere thanks to you all.

A handwritten signature in black ink, appearing to read 'Michael Murray'.

Associate Professor Michael Murray

Board of Directors

We thank our Board of Directors who provide their services in a voluntary capacity.

Michael Murray PRESIDENT

Associate Professor Michael Murray has a broad range of management, clinical and clinical teaching experience in the area of aged care. Associate Prof Murray is the medical director of Continuing Care and head of Geriatric Medicine at Austin Health, Associate Professor at Melbourne University and Adjunct Associate Professor Australian Centre for Evidence Based Aged Care, La Trobe University, and formerly the University of Notre Dame. He holds board and committee positions with a variety of health and educational institutions, and is the President of the National Ageing Research Institute. He has been the Board President since 2004.



Ian Tucker VICE PRESIDENT

Dr Ian Tucker has been an active member of the Continence Foundation since its inception. Dr Tucker has been a pioneer in the field of sacral nerve neuromodulation for disturbances of bladder and bowel function and has chaired sessions nationally and internationally at major conferences, as well as lecturing on neuromodulation nationally and internationally.



Therese Tierney TREASURER

Therese Tierney is chief executive of Bairnsdale Regional Health Service and has 37 years' experience in the health sector. While Therese primarily works in the health sector, she has also had significant involvement in local government and been involved in a number of roles that focus on strategic planning and innovation. She has been a member of the Continence Foundation Board since 2002, serving as President until 2004. She was the Foundation's CEO from 2002 to 2005 and has been the Board's Treasurer from 2005 to 2016.



Rosemary Calder AM DIRECTOR

A founding member of the Continence Foundation, Rosemary has worked in health and aged care policy and services in the non-government sector and has held senior executive roles in both Victorian and Commonwealth health departments. She is a director of the Australian Health Policy Collaboration, a health-policy think tank established by Victoria University.



Janet Chase ELECTED ORDINARY MEMBER

Janet Chase is a physiotherapist whose chosen area of practice is the treatment of incontinence and pelvic floor dysfunction in women, men and children. She has a strong interest in continence education and is currently chair of the Continence Foundation's Paediatric Advisory sub-committee and is a former board member of the International Children's Continence Society.



Karen Allingham ELECTED ORDINARY MEMBER

Karen developed an interest in the specialty of continence in 1992 and went on to successfully complete the continence nurse consultant course. She undertook her first continence advisor role in 2000, working in the community with residential care facilities. In 2002, Karen returned to the acute hospital environment and, the following year, began work in the continence service at Royal Perth Hospital. She gained her current position of clinical nurse consultant in 2007 and successfully achieved her Masters of Nursing in 2012.



Jacinta Crickmore ELECTED ORDINARY MEMBER

Jacinta first gained valuable insights into incontinence issues consumers faced while working in healthcare sales with SCA Hygiene. She became the company's QLD representative and an active member of the Continence Foundation's QLD Branch, of which she was secretary for five years, and is the current treasurer. In 2014, Jacinta became a member of the Foundation's Consumer Advisory Committee, which she chairs. In 2015, she was appointed as a consumer representative on the Board and the Bladder and Bowel Collaborative committee.



Sub-committees to the Board

State Presidents Committee

Michael Murray (Chair)
Rowan Cockerell (CEO)
Irmina Nahon (ACT)
Vincent Tse (NSW)
Gail McBean (NT)
Allison Bryant (QLD)
Donna Coates (SA) until February
Annette Innes (SA) since February
Alyson Sweeney (TAS)
Barry Thomson (VIC)
Brigid Keating (WA)

Finance, Audit, Risk Sub-committee

Therese Tierney (Chair)
Rowan Cockerell (CEO)
Frances Correa
Jacinta Crickmore since March

Paediatric Advisory Sub-committee

Janet Chase (Chair)
Wendy Bower
Rowan Cockerell (CEO)
Frances Connor
Vivienne Corcoran
Susie Gibb
Lil Johnstone
Lewina Schrale

Australian & New Zealand Continence Journal Committee

Dr Margaret Sherburn (Chair & Editor)
Jacinta Miller (Production Editor)
Rowan Cockerell (CFA)
Jan Zander (NZCA)
Dr Wendy Bower
Assoc Prof Pauline Chiarelli
Dr Jenny Kruger
Dr Dominic Lee
Ms Shona McKenzie
Dr Joan Ostaszkiewicz
Ms Debbie Rigby
Assoc Prof Ka Lai (Clara) Shek
Prof Mark Weatherall
Dr Vincent Tse
Assoc Prof Kate Moore
Oliver Daly since January

Bladder & Bowel Collaborative Steering Committee (BBC)

Rowan Cockerell (Chair)
Steve Webster
Pauline Chiarelli
Phillip Herreen
Liza Lau
Janie Thompson
Jacinta Crickmore
Donna Heggie
Andrew Campbell (DoH)
until February
Bev Hamming (DoH)
since February

Consumer Advisory Committee

Jacinta Crickmore (Chair)
Keith Davies
Gabrielle Fakhri
Phillip Herreen
Frank Ritchie
Rowan Cockerell

Board of Trustees

Michael Murray (Chair)
Rowan Cockerell
Therese Tierney

25th National Conference on Incontinence 2016

Scientific Committee

Donna Coates (Chair)
Christopher Barry
Nicola Bennett
Rosalie Donhardt
Annette Innes
Elizabeth Murphy
Leigh Pretty
Fiona Roney
Diana Semmler
Ian Tucker
Ailsa Wilson-Edwards

Local organising

Rowan Cockerell (CEO)
Mary Trezise

PATRON

Bethia Wilson AM

CHIEF EXECUTIVE OFFICER/SECRETARY

Rowan Cockerell

INDUSTRY ADVISOR TO THE BOARD

Lesley Barton

SOLICITORS

JRT Partnership Pty Ltd

AUDITOR

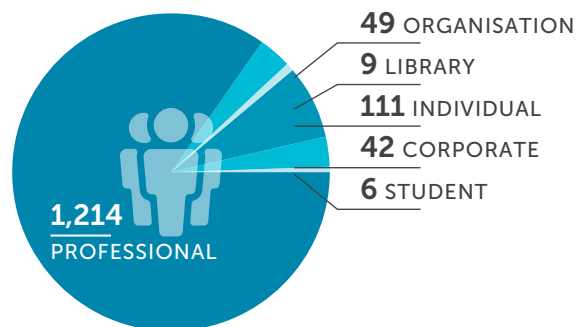
Prospect Accountants

Membership

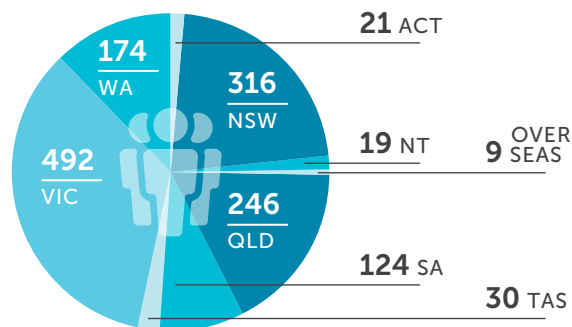
MEMBERS

1,431

MEMBERS BY TYPE



MEMBERS BY STATE



National Initiatives

Established in 2010, the *National Continence Program* encompasses a range of targeted activities promoting preventative health messages and supporting the provision of information and resources, including workforce education. The program builds on the substantial achievements of the *National Continence Management Strategy*.

Bladder Bowel Collaborative

The Continence Foundation of Australia is supported by the Australian Government Department of Health under the National Continence Program to deliver the Bladder Bowel Collaborative which includes:

- Management of the *National Continence Helpline 1800 33 00 66*
- Online education resources, courses and forums for both health professionals and consumers
- Resources for special-need groups, including targeted tools for Aboriginal and Torres Strait Island health care workers and culturally and linguistically diverse communities
- Skilling specialist and non-specialist health professionals and fitness leaders through face-to-face education forums

- Consumer forums, delivered under the Health Promotion Officer program at the state level, and supported by state-based continence resource centres
- Management of the Australian Continence Exchange www.continencexchange.org.au
- Publications, including the peer reviewed *Australian and New Zealand Continence Journal* (for health professionals) and *Bridge Magazine* for consumers
- Coordination of national *World Continence Week* activities



The *Bladder Bowel Collaborative* is a key initiative of the Program, alongside the *National Public Toilet Map* toiletmap.gov.au and www.bladderbowel.gov.au

Health Peak and Advisory Bodies Program

As the national peak body, the Continence Foundation continues to meet its commitment to contribute to public debate and community consultation, providing advocacy for its members and the organisation's stakeholders. Activities under these objectives are supported with funding under the Australian Government's Health Peak and Advisory Bodies Program. The agreement specifies reports, milestones, performance targets and outcomes to be achieved as the national peak body for incontinence.

We provide information, advice and raise community awareness through a broad range of initiatives.

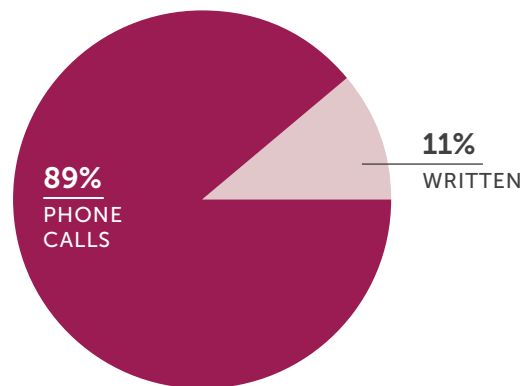
National Continence Helpline 1800 33 00 66

The National Continence Helpline is staffed by continence nurses weekdays 8am to 8pm AEST

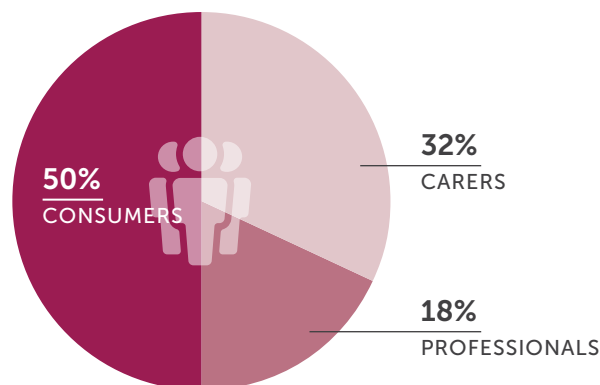
ENQUIRIES

31,372 

HOW



WHO



SUCCESS

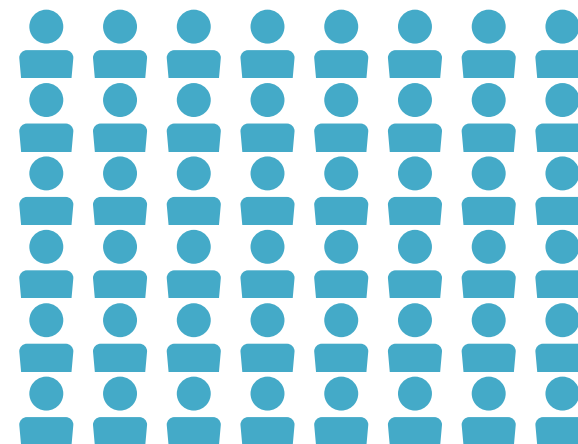


Media

Press, TV, radio & digital

MEDIA STORIES

332



AUDIENCE

59 million+

Campaigns



Our 2017 theme tackled the attitude many people take in laughing off incontinence rather than seeking help for the problem.



A digital advertising campaign featuring women's faces before and after leaking.

#leakface

World Continence Week 2017

AUDIENCE



19.8 million+

UP

+423%



#leakface



IMPRESSIONS

13.7 million+

WEB CLICKS

152,000



Websites

Over 2.8 million pages

were viewed on the Foundation's three websites during more than 1.1 million visits.



continence.org.au



VISITS

874,409

PAGE VIEWS

2 million+

pelvicfloorfirst.org.au



VISITS

462,743

PAGE VIEWS

858,176

continencexchange.org.au



VISITS

10,491

PAGE VIEWS

32,656

Social Media

FOLLOWERS

7,981



UP

+55%

FOLLOWERS

2,860



UP

+27%

VIDEOS

190



LIFETIME VIEWS

203,298

Publications

Copies distributed:

117,000 PRINTED
29,455 DIGITAL



BRIDGE MAGAZINE – 4 EDITIONS

146,455

Copies distributed:
AUSTRALIAN & NEW ZEALAND
CONTINENCE JOURNAL

6,020
PRINTED



eNEWSLETTERS

21,807

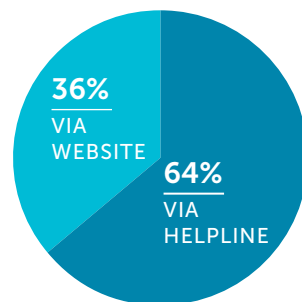


Resources

We developed, produced and distributed health resources including flyers, booklets, fact sheets and brochures.

PRINTED RESOURCES DISTRIBUTED

749,338 ✓



INDIGENOUS RESOURCES

+270%



CALD FACTSHEETS

+85%



Events

CONSUMER
EDUCATION
FORUMS

155



ATTENDEES

3,854

CONFERENCES
& EXPOS
SUPPORTED

34



ATTENDEES

36,488

Focus areas

We deliver initiatives targeted for at risk groups with information, resources and services.

Paediatrics

PRINTED RESOURCES DISTRIBUTED

41,000



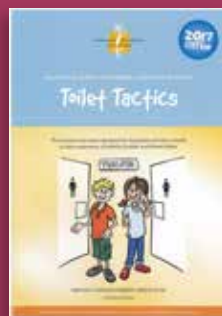
Toilet Tactics Kits

PRIMARY SCHOOLS REGISTERED

1,817

HEALTH PROFESSIONALS REGISTERED

1,594



Culturally and Linguistically Diverse resources

We provide language-specific information, activities and resources.



DIGITAL FACT SHEETS VIEWED

108,310

PRINTED RESOURCES ORDERED

31,592



Maternity

Women who are pregnant, or who have had a baby, are at increased risk of experiencing incontinence.

Pregnancy resources

PRINTED RESOURCES ORDERED

31,372

Carers

There are 2.7 million unpaid carers in Australia. 540,000 say they provide daily continence care.

PRINTED RESOURCES DISTRIBUTED

14,000



UP

+84%



We consult with members, health professionals and people who live with, or are at risk of, incontinence.

Consultation

- **Continence Foundation Member Survey**
327 members responded to questions about what they believe the future direction of the Foundation should be.

91% said they are health professionals

94% believe we are achieving our mission

80% want us to raise more public awareness

- **Incontinence incidence and awareness in Australia** – survey of 1,997 Australians to gauge levels of self-reporting and awareness of incontinence information and services.

89% said their GP has not asked them about incontinence

70%+ believe there is a need to raise incontinence awareness

47% have experience managing incontinence

Committee representation

The Foundation has representation on committees to ensure the needs of Australian consumers and the continence workforce are addressed. Some of these include:

- International Consultation of Incontinence – 6th Edition
- IUGA Public Relations Committee
- MASS Continence Clinical Advisory Committee (MCCAC)
- PISCES Young People Urinary Incontinence Patient Experience Steering Group (ACI NSW) research project

Submissions

- A joint submission with the Urological Society of Australia and New Zealand Tender for the Stoma Appliance Scheme (SAS)
- Submission to the Australian Government Senate Inquiry on *Number of women in Australia who have had transvaginal mesh implants and related matters*

“

“The Continence Foundation is our voice for good bladder and bowel health in Australia and internationally.”

– **Frank Ritchie**
Consumer Advisory Committee member



Frank Ritchie and wife Barbara

We work with a diverse range of organisations and individuals supporting prevention and health promotion efforts throughout the Australian community.

Some include:

- The RACGP's Guidelines for *Preventive Activities in General Practice* (The Red Book) guidelines were reviewed with the Foundation contributing to Section 13 Urinary Incontinence
- Working with Movember Australia on the TrueNTH Demonstration Study – a research project with the Foundation providing clinical expertise with support from the *National Continence Helpline*
- Building relationships with the Australian Men's Sheds Association and local men's sheds groups to deliver targeted bladder and bowel health education to older men

Consumer advocacy partnerships

Our state-based Health Promotion Officers partnered with 137 local community and health organization, including:

- Australian Breastfeeding Association
- Australian Men's Shed Association
- Australian Vietnamese Womens Association
- Carers Australia
- Carers Queensland
- Carers WA
- Consumer Health Forum
- Centre for Cultural Diversity in Ageing
- Chronic Illness Alliance
- Foundation 49
- Council on the Ageing (COTA)
- Down Syndrome VIC and NSW
- Jean Hailes for Women's Health
- Movember Australia
- Multiple Sclerosis LTD
- Multiple Sclerosis Society of SA and NT
- National Seniors Australia
- Parkinson's NSW, SA
- Prostate Cancer Foundation of Australia
- Transcultural Mental Health Centre

Health professional partnerships

- Australian Association of Gerontology
- Australian College of Midwives
- Australian Fitness Network
- Australian and New Zealand Urological Nurses Association
- Australian Physiotherapy Association
- Australian Practice Nurses Association
- Continence Nurses Society Australia (CoNSA)
- Fitness Australia
- International Children's Continence Society
- International Continence Society
- International Urogynecological Association
- National Disability Insurance Authority
- National Disability Services
- National Rural Health Alliance
- New Zealand Continence Association
- Pharmacy Guild of Australia
- Royal Australian College of General Practitioners
- UroGynaecological Society of Australasia

We ensure the specialist and non-specialist continence workforce is up-skilled and continuously supported through the annual National Conference on Incontinence and education programs.



PROFESSIONALS TRAINED

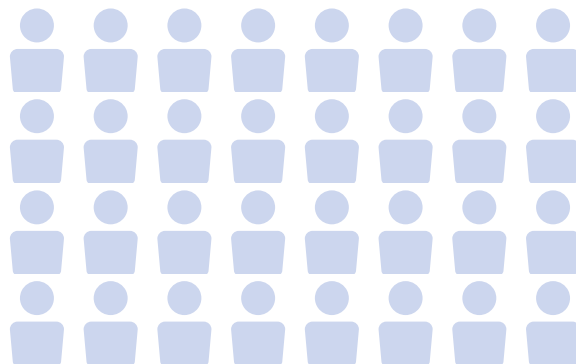
4,700



SCHOLARSHIPS AWARDED

200+

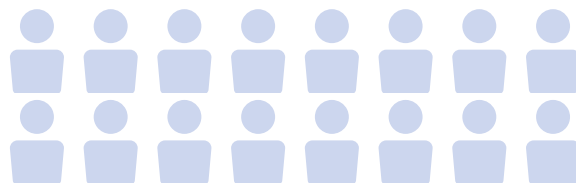
Online



ONLINE STUDENTS

3,500

Face to face



ATTENDEES

1,200

“

“In the past 12 months I can count on one hand the number of nights I’ve slept through.”

— Moira Turnbull
2016 Continence Carer of the Year



Moira Turnbull and son Glen

2016 National Conference

Adelaide 9-12 November

ATTENDEES

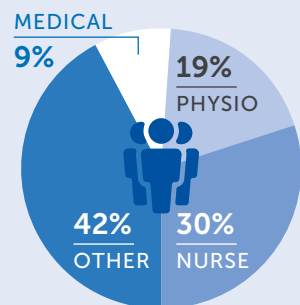
656

SPONSORS

18

EXHIBITORS

48



Scholarship recipients to the National Conference

Julia Berger
Anna Ferrier
Amy Hansen
Jessica Harrison
Joanne Hector
Stephanie Hillier
Karen Jackson
Nicola Jelinek
Desiree LaGrappe
Elise Lesmeister



2016 Conference sponsors

PLATINUM SPONSORS



GOLD SPONSORS



BRONZE SPONSORS



SUPPORTED BY



Australian Government
Department of Health

“

Australian Bladder Foundation

Established to support development of research, health promotion, education and improved patient care.

3x RESEARCH GRANTS

- Optimising uptake and implementation of pelvic floor muscle training exercise programs for people with urinary incontinence - Susan Slade
- Alternative pharmaceutical treatments for bladder management: An investigation into the potential for histamine and prostaglandin targets - Christian Moro
- Quantifying nocturia: identifying smart technology to expand diagnostic information, generate robust measure and minimises patient burden - Wendy Bower

Australian and New Zealand Continence Journal



The Australian and New Zealand Continence Journal is a scientific, peer reviewed journal, produced under the auspice of the Continence Foundation of Australia and the New Zealand Continence Association (NZCA) on a quarterly basis. The ANZCJ is the only multidisciplinary journal dedicated to researching the diagnosis, treatment and management of incontinence.

RESEARCH PAPERS PUBLISHED

11



NATIONAL CONFERENCE ABSTRACTS PUBLISHED

57



“The Continence Foundation’s resources are excellent. Come out of the closet and talk about incontinence.”

– Kirsty Walters
Darwin Continence Nurse



research

Financial Statements

Statement of Profit and Loss and Other Comprehensive Income

For the Year Ended 30 June 2017

		2017	2016
	Note	\$	\$
Revenue			
Conference and Seminars		690,325	810,820
Interest		226,783	221,795
Membership Fees		119,203	120,289
Programs		3,570,941	3,723,754
Peak Body Status Funding		375,000	246,483
Other		533,291	470,086
Profit on sale of Asset		6,805	0
Total Operating Revenue		5,522,348	5,593,227
Kidsflix - Fundraising		156,611	218,637
Total Revenue		5,678,959	5,811,864
Expenditure			
Conference and Seminars		511,513	599,882
Depreciation		28,297	20,222
Programs		3,570,941	3,723,754
Salaries and Oncost		282,159	229,242
Other		163,557	129,667
Total Operating Expenditure		4,556,467	4,702,767
Kidsflix - Expenses		126,623	178,039
Total Expenditure		4,683,090	4,880,806
Surplus before income tax	3	995,869	931,058
Income tax expense		-	-
Surplus after income tax		995,869	931,058
Other comprehensive income			
Other comprehensive income for the period, net of income tax		-	-
Total comprehensive income for the period		995,869	931,058

Financial Statements

Statement of Financial Position

as at 30 June 2017

The Statement of Profit and Loss and other Comprehensive Income and Statement of Financial Position for the year ended 30 June 2017, have been audited by Prospect Accountants and authorised by the directors of the company. The complete financial statements for the Continence Foundation of Australia Ltd along with the auditor's and directors' reports are available at continence.org.au and from the Continence Foundation of Australia Ltd, L1, 30-32 Sydney Road, Brunswick Victoria 3056. For Notes see the complete Financial Statements.

		2017	2016
	Note	\$	\$
Assets			
Current Assets			
Cash and Cash Equivalents	4	9,899,735	8,677,329
Kidsflix - SA Bank	4	0	17,132
Trade and Other Receivables	5	131,486	62,340
Prepayments		93,657	130,575
Total Current Assets		10,124,878	8,887,376
Non Current Assets			
Property, Plant and Equipment	6	54,131	40,369
Security Deposit		2,020	7,159
Total Non Current Assets		56,151	47,528
Total Assets	3	10,181,029	8,934,904
Liabilities			
Current Liabilities			
Trade and Other Payables	7	982,385	735,492
Kidsflix - SA		0	20,864
Employee Benefits	8	330,500	346,668
Conference revenue in advance		191,216	243,477
Income Received in Advance		248,995	98,472
Total Current Liabilities		1,753,096	1,444,973
Non Current Liabilities			
Employee Benefits	8	182,676	240,543
Total Non Current Liabilities		182,676	240,543
Total Liabilities		1,935,772	1,685,516
Net Assets		8,245,257	7,249,388
Equity			
Retained Surplus		8,245,257	7,249,388
Total Equity		8,245,257	7,249,388

Join us



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continence.org.au

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CONTINENCE.ORG.AU



27th national conference ON INCONTINENCE

HOBART 24-27 October 2018



THE LATEST IN CONTINENCE RESEARCH AND PRACTICE
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