

What is the national health issue affecting over half of all Australians?

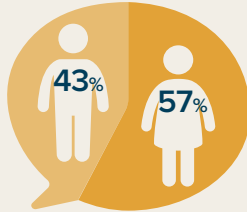


Continenence
Foundation
of Australia

Insights from The National Consumer Continenence Survey 2021



51%
of Australians
reported experiencing
incontinence



59% of Australians
claim incontinence
severely impacts their life



50%
reported a
negative impact
on mental health
and wellbeing



52%
did not feel confident
to leave the house



67%
of carers reported
it severely
impacted their life



53%
reported caring
interfered with
daily activities

45%
of carers
reported some
financial
impact

76% of people
experiencing incontinence
have not discussed it with
a health professional



2021 National Consumer Continenence Survey 2021

The Continenence Foundation of Australia's 2021 National Survey indicates the prevalence of incontinence is increasing; however, many people are not seeking the assistance and support they need. This highlights the need to improve awareness, prevention, and management of incontinence so that more Australians can live and participate in the community with confidence and dignity. All data quoted is from the National Consumer Continenence Survey 2021.

About incontinence

Continenence is the ability to have voluntary control over bladder and bowel function. For most people, continence is established in childhood, however some people are born with incontinence, and some develop it during their life. The impacts of incontinence are far reaching and can affect a person's physical, mental, and emotional health and wellbeing.