



**Continence
Foundation
of Australia**



Support for those with bladder and bowel incontinence

Who is the Continence Foundation of Australia?

The Continence Foundation of Australia is a not-for-profit organisation and the national peak body for incontinence prevention, management, education, awareness, information and advocacy. We provide information, support and resources for individuals, carers and professionals.

Today, incontinence is recognised as an issue that significantly affects the health and quality of life for over 5 million Australians. The mission of the

Continence Foundation of Australia is to represent the interests of those affected by, or at risk of, bladder and bowel control problems and pelvic floor dysfunction.

Many people believe they just have to put up with incontinence but 70% of those who seek help can experience improvement and sometimes even cure. Often, simple lifestyle changes, such as altering diet and fluid intake as well as exercise can make a significant difference. Sometimes, bowel or bladder retraining, and pelvic floor exercises are necessary. The most important thing is to seek advice from a qualified health professional for assessment and treatment.

Services available in NSW only

We provide:

Bladder Bowel Clinic for Children

For children aged 5-17 years with a bladder or bowel control problem:

- day wetting
- bed wetting
- constipation and/or soiling

This clinic is staffed by an experienced Paediatric Nurse Continence Specialist.

Contact us (02) 8741 5699

Email admin@continencensw.org.au

National Disability Insurance Scheme (NDIS)

As a registered NDIS service provider we can offer individualised continence assessment and management plans for NDIS participants of all ages including children.

Contact us (02) 8741 5699

Email admin@continencensw.org.au

Commonwealth Home Support Program (CHSP)

This continence assessment service is offered to CHSP consumers in their own home or at our Hawkesbury Clinic. It is available for people aged over 65 who reside in the Nepean, Hawkesbury and Blue Mountains LGAs. Please contact My Aged Care for a referral to our CHSP service.

Contact us (02) 8741 5699

Email admin@continencensw.org.au

Resources

We have brochures, fact sheets, newsletters and magazines available for both consumers and Health Professionals. These resources are free of charge and can be ordered online or downloaded via the website continence.org.au



Did you know incontinence can be prevented, better managed or even cured

For confidential information and advice, you can phone the National Continence Helpline

on 1800 33 00 66

Monday to Friday 8am - 8pm weekdays AEST



Contact us

NSW Services

Paraquad/BrightSky Building
6 Holker Street, Newington NSW 2127

Phone (02) 8741 5699

Email admin@continencensw.org.au

Head Office

1/407 Canterbury Road, Surrey Hills VIC 3127

Phone (03) 8692 8400

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continence.org.au



**Funding under the Commonwealth Home Support Program (CHSP) requires the Continence Foundation of Australia (CFA NSW) to collect a consumer contribution. For further details please call.*