



2022 ANNUAL REPORT



Our vision

An Australian community
free **of the stigma**
and restrictions of all
aspects of incontinence
across the lifespan



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Introduction

The Continence Foundation of Australia, established in 1989, is a not-for-profit organisation and the national peak body for incontinence prevention, 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 and Aged Care under the National Continence Program and Health Peak and Advisory Bodies Program. We also rely on the generous support of our Members and partners to carry out our work.

Our vision

An Australian community free of the stigma and restrictions of all aspects of incontinence across the lifespan.



Our purpose

Eliminate the stigma and restrictions of all aspects of incontinence through research, advocacy, solutions, consumer education and professional development.



Our values

We will fulfil our vision and purpose and make a difference by conducting ourselves with:



1. Accountability

We are responsible for our individual and team actions and behaviours, and the outcomes they produce

2. Respect

We will respect each person within our organisation and all external individuals and stakeholders

3. Integrity

We will act with integrity and be open and honest, within our teams and the organisation, and when dealing with all external individuals and stakeholders

4. Inclusiveness

There are no barriers to engagement and participation, no one is excluded, and diversity is celebrated.

Through our work we seek to:



Ensure better access to high quality continence information, resources, education and services in Australia



Be a leading peak body that is widely recognised and acknowledged nationally and internationally as the Australian expert voice for continence



Be a unified body that has the governance and organisational capacity to deliver our vision and purpose



Grow successfully and sustainably to ensure we can continue to achieve our vision and purpose

Report from the Board Chair

Welcome to the Continenence Foundation of Australia's 2022 Annual Report, an overview of another busy and productive year. Whilst Covid-19 continues to impact all our lives we are learning how to navigate the challenges and persist with our important work. I am pleased to report it has been a very constructive year and the Foundation is proud of its numerous achievements.



The Foundation is proud to highlight the following:

- This year we were able to finally meet in person again at the 30th National Conference on Incontinence at the Melbourne Convention and Exhibition Centre, with the opening address presented by the 2022 Australian of the Year, Dylan Alcott. Our keynote international speaker was Dr Sanjay Sinha, Honorary Professor and Consultant Urologist at Apollo Hospitals, Hyderabad, India, who was joined by over 30 Australian speakers and 400 delegates.
- The Foundation has invested in several large projects, including the best practice Model of Continence Care (MoCC), and the development of the National Quality Continence Standards.
- The National Continence Helpline continues its excellent work, with an excellent 95% satisfaction rate – a reflection of the calibre of our highly experienced Nurse Continence Specialists dedicated to making life easier for those who need our help.
- World Continence Week was launched at the National General Assembly of Local Government in Canberra and a campaign was run asking people to pledge their support for the more than one million men around Australia who live with incontinence.
- Our clinical and disability services, based from our national office and in NSW, continue to assist consumers. Staff within these services together with the national organisation and with the National Continence Helpline, deliver our clinical services nationally, including via telehealth.
- The momentum for the BINS4Blokes campaign continues, with many community members lobbying local councils to have bins installed. Melbourne City Council became the first major city council to install incontinence product disposal bins in their male public toilets.
- The Great Dunny Hunt campaign was again a great success, with people asked to update the details of their local public toilets on the National Public Toilet Map website and App.
- The Foundation's webinars have received record attendance from health professionals and consumers, increasing awareness of bladder and bowel control health and Foundation support services. Our members support these webinars through attendance and as presenters in their areas of expertise.

As I step down from the position of Board Chair, I would like to sincerely thank all our members, and particularly the staff, volunteers, and Board Members. Your involvement and support is critical in raising awareness, reducing stigma, contributing to publications, providing us with feedback and representing the public voice of the Foundation. Your commitment, dedication and support help sustain the work and reach of the Foundation. We trust you will enjoy reading about the work of the Foundation contained in this Annual Report.

Associate Professor Michael Murray AM
Board Chair

Board of Directors



Associate Professor Michael Murray AM
MB BS MPH FRACP AFRACMA FAAG FANZSGM Chair

As the Divisional Medical Director of Continued Care and Director of Geriatric Medicine at Austin Health, Associate Professor Michael Murray AM brings extensive experience in health, education and the aged care industry.

Michael's career highlights include extensive work in continence, public health and public policy, as well as education and service development.

Michael was appointed as the interim Chief Clinical Advisor to the first Aged Care Quality and Safety Commissioner (ACQSC) in 2019 and holds several board and committee positions. Michael is the president of the National Ageing Research Institute (NARI), and in July 2020, Michael was appointed as the Geriatrician Lead to the newly constituted Victorian Aged Care Response Centre (VACRC), a joint initiative with the Federal Government and ACQSC to support coordinated management of Covid-19.

Michael is a member of the Aged Care Advisory Group to the Australian Health Protection Principal Committee (AHPPC), and a member of the Victorian Specialist Immunisation Service (VicSIS), as well as a current director of Benetas and Lynden Aged Care Association.



Karen Allingham Director (resigned November 2021)

Karen Allingham developed an interest in the specialty of continence in 1992 and 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, beginning work the following year in the continence service at Royal Perth Hospital. She gained her current position of clinical nurse consultant in 2007 and she successfully achieved her Masters of Nursing in 2012 and recently completed her studies to work as a Nurse Practitioner.



Lesley Barton Director

Lesley Barton has always had a passion for effective and preventative continence management and has been actively involved over the years in state-based Continence Foundation committees in a variety of roles. Lesley has worked as a workplace assessor, gained qualifications in quality management, auditing and risk assessment, education, program design and governance within aged care. Lesley remains committed to the future growth and further development of the Continence Foundation of Australia.



Celia Bolton Director

Celia Bolton has been working as a continence and pelvic health physiotherapist since 1996. She is the founding director of the multidisciplinary private practice, Innerstrength Healthcare in Geelong.

She has been a member of the Continence Foundation of Australia since 1999 and served on the CFA Physiotherapy Group (Victoria) committee for 8 years. Her interest in neuroscience, trauma and teaching meditation informs and broadens her outlook on Continence prevention and management.



Professor Rosemary Calder AM Director

A founding member of the Continence Foundation, Professor Rosemary Calder AM has worked in health and aged care policy and services in the non-government sector and held senior executive roles in both Victorian and Commonwealth health departments. She is Professor of Health Policy and the Director of the Australian Health Policy Collaboration at the Mitchell Institute, an education and health policy think tank established by Victoria University.



Dr Janet Chase Director

Dr Janet Chase is a founding member of the Continenence Foundation and 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 her published papers include research on adults and children. Janet was the past chair of the Foundation's Paediatric Advisory Committee and a former board member of the International Children's Continenence Society.



Dr Ashani Couchman Director

Dr Ashani Couchman is an urological surgeon who is a sub-specialist in Transitional (adolescent) urology and Neuro-urology.

She graduated from Auckland Medical School in 2003 and completed her surgical training in New Zealand. This was followed by high profile fellowships at the Institute of Urology (London), Great Ormond Street Hospital for Children (London), National Hospital for Neurology and Neurosurgery (London) and Western General Hospital (Edinburgh). She worked with world leaders of sub-specialties of Transitional urology, Neuro-urology and Paediatric urology during this time.

She is the Chair of the Children's and Young Adult's Committee of the International Continenence Society and is appointed at Royal Adelaide Hospital, Hampstead Rehabilitation Centre and the Women's and Children's Hospital.



Jacinta Crickmore Director

Jacinta Crickmore first gained valuable insights on incontinence issues faced by consumers from her work in healthcare sales with SCA Hygiene. She became the company's QLD representative and an active member of the Continenence Foundation's QLD Branch, of which she was secretary for five years. In 2014, Jacinta became a member of the Foundation's Consumer Advisory Committee, which she currently chairs. In 2015, she was appointed as a consumer representative on the Board and the Bladder Bowel Collaborative Steering Committee.



Michael Croker Director

Michael Croker is a highly skilled executive director with extensive experience in the professional services sector and in managing sales and operational teams and functions. He has a depth of experience in, process re-engineering, strategic planning, and organisation transformation as well as due diligence reviews, in health, government, financial services, telecommunications, utilities, oil and gas, aviation and defence sectors.

His professional experience encompasses all aspects of financial, audit and systems management and he has successfully led large complex programs with a strong focus on delivery, stakeholder engagement, risk management and outcomes.



Dr Jenny King OAM Director (resigned November 2021)

Dr Jenny King OAM has over 20 years' experience as a subspecialist urogynaecologist and is extensively involved both nationally and internationally in the education and promotion of continence and pelvic floor function. She is the Director of the Pelvic Floor Unit at Westmead Hospital, chair of the International Urogynaecology Association Education Committee, previous chair of the Urogynaecological Society of Australasia and a long term board member of the New South Wales Continenence Foundation.

Board of Directors continued



Claire Richards Director

Claire Richards is a Partner at KPMG with a broad range of risk, governance, compliance, assurance and audit experience. Finding her passion to be in healthcare and government, Claire provides advice to organisations operating in health, ageing, disability, human services, justice and higher education sectors, focusing on safeguarding integrity and the community's trust in the outcomes that these organisations deliver.



Dr Kathryn Sloots Director

Kathryn Sloots is a Registered Nurse with a science degree and PhD who has worked for 18 years in the areas of bowel and bladder continence (including anorectal biofeedback, urodynamics, research and education). She has published several papers on bowel continence and presented at continence conferences. Kathryn is passionate about promoting bowel and bladder continence, increasing awareness and information for health professionals and the public, and improving access to continence care.



Peta Titter Director (resigned November 2021)

Peta Titter has been nursing for 29 years in a variety of fields including adult and paediatric intensive care, hyperbaric nursing and flight retrieval nursing, performing intensive care flight retrievals throughout Europe and Asia. On returning to Australia she trained as a continence nurse and founded Women's Health Education Network (WHEN), went back to University to complete her honours in pregnancy and exercise. She currently runs WHEN and commenced her PhD in 2021.



Dr Ian Tucker Director

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

Sub Committees Our current active committees are:

Australian & New Zealand Continence Journal Committee

Dr Jenny Kruger (Chair and Editor)
 Jacinta Miller (Managing Editor)
 A/Prof Wendy Bower
 A/Prof Russ Chess-Williams
 Rowan Cockerell (Continence Foundation)
 Ann Hudson (Continence Foundation until Sept 2021)
 Louise Judd (NZCA)
 Prof Kate Moore
 A/Prof Christian Moro
 Sally-Ann Nadj (Continence Foundation)
 Prof Joan Ostaszkiwicz
 Dr Margaret Sherburn
 A/Prof Dr Vincent Tse
 Elizabeth Watt
 Dr Vivien Wong

Consumer Advisory Committee

Jacinta Crickmore (Chair)
 Anja Christoffersen
 Keith Davies
 Greg Ryan
 Dr Kathryn Sloots
 Alan White
 Bethia Wilson AM

Finance Audit and Risk Management Committee

Claire Richards (Chair)
 Rowan Cockerell (Continence Foundation)
 Michael Corry
 Jacinta Crickmore
 Michael Croker
 Paula Hay (Continence Foundation)

30th National Conference on Incontinence Scientific Committee

Prof Joan Ostaszkiwicz (Co-Chair)
 Prof Helen O'Connell (Co-Chair)
 A/Prof Wendy Bower
 Dr Betty Exintaris
 Prof Chris Maher
 Dr Tee Juan Ong
 A/Prof Anna Rosamilla
 Kate Sloane AM
 Janie Thompson (Continence Foundation)
 A/Prof Dr Vincent Tse
 Dr Michael Whishaw

Local Organising Committee

Rowan Cockerell (Continence Foundation)
 Greta Petersson (Continence Foundation until Jun 2022)
 Rosa Siderelis (Continence Foundation)

Policy Advisory Committee

Prof Rosemary Calder AM (Chair)
 Dr Janet Chase
 Anja Christoffersen
 Rowan Cockerell (Continence Foundation)
 Dr Ashani Couchman
 Michael Croker
 Anita Francis
 Hari Konchada (Continence Foundation until Feb 2022)
 Anne Muldowney (Continence Foundation until Sept 2021)
 Debra Parnell (Continence Foundation from Dec 2021)
 Sophie Petrov
 Alan White

Quality and Clinical Governance Committee

Lesley Barton (Chair)
 Karen Allingham
 Celia Bolton
 Keren Day
 Amy de Paula (Continence Foundation from April 2022)
 Claire Richards
 Danijela Rob (Continence Foundation from March 2022)
 Sonia Scharfbillig
 Dr Philip Street
 Janie Thompson (Continence Foundation)
 Peta Titter

Patron

Bethia Wilson AM

Chief Executive Officer

Rowan Cockerell

Company Secretary

Michael Corry

Solicitors

JRT Partnership Pty Ltd

Auditor

Walker Wayland Advantage

Tribute to Associate Professor Michael Murray AM

In over 32 years of service to the Foundation, Associate Professor Michael Murray AM has seen the organisation evolve from its humble early stages to the fully fledged and multi-skilled organisation it is today, meeting all the standard deliverables now expected from a Board.

After 22 years on the Board, with 10 years as Board Chair, the Board and Members would like to express their sincere thanks to Michael Murray for his dedication and service to the Foundation and wish him all the best in his next venture. We asked him to reflect on his time at the Foundation.

What are the main changes you have seen in the sector over your time?

When I first started, the board was a committee of management, largely professionally based, with representation from backgrounds such as physiotherapy, nursing, urology and industry. We pretty much did everything from writing the newsletter to cleaning and painting the office walls. It has slowly morphed into the fully fledged board it is now.

These days, everyone is expected to be multi-skilled. Whilst clinical skills will always be important and represented, we've diversified to now include those with legal, management, IT, government and policy, and research capabilities, which is now the usual standard and deliverable for a board. This is a huge plus for a small organisation with a big and bold vision such as the Continence Foundation.

There have also been a lot of changes in people's attitudes and expectations over time. Previously, it was accepted that old age and disability were inevitable partners, but now people expect to be able to live their best life. The situation is no longer so binary regarding home or residential care. People are looking towards quality of life and freedom from handicap. Whilst I think the medical profession have largely been slower to adapt to people's expectations, there has been a shift towards preventative care as the key to health maintenance, which is much better than secondary treatment.

What have the challenges been?

Huge funding challenges and lack of certainty has always been at the forefront. We have gone through some very difficult times, which has been very stressful, especially when people's livelihoods were on the line. We appreciate the dedication and hard work of staff who remained without the assurance that the funding for their jobs would be continued. Having to battle this constantly over several years was very depleting and difficult to sustain. Thankfully, I am pleased to be leaving the Foundation in a much more secure position today.

It has also become more difficult to get people to volunteer their time. People have become more time poor and when they realise there is more to life than just work, they

understandably become more protective of their time. The challenge continues to be attracting great people, talent acquisition, maintenance, and development and this is a critical issue for the future.

Sadly, many of the stigmas around incontinence remain. Whilst I think our management of some elements is better, the stigma, especially around faecal incontinence, persists. We also live in a world where more people will try to sell you so called 'solutions' than ever before and as we know whilst consumables may be a part of management, they are not always the answer. Despite having more access to information, it's often difficult to separate the good from the bad, even for healthcare professionals.

Are there any special memories or anecdotes you'd like to share?

The past is peppered with great people. So many stand out for persevering, putting in the effort, joining committees, speaking at conferences, giving their time, and supporting the work of the Foundation. These people have been committed to a better or equal life despite disability, and they have all made an impact and a difference.

I would like to mention in particular the work of Gerda Caunt and Mark Gaukrogers who were working in the policy area of the Australian government approximately 15 to 20 years ago. Both were clinicians with an amazing vision of what continence could be. Gerda and Mark really understood the impact of incontinence and were keen to support change. Their work and involvement were a pivotal point in the Foundation's development.

David Fonda also did some great work with the health minister at the time to get continence on the agenda and the funding to support huge advances in epidemiology and research.

We have been so fortunate to have a series of excellent CEOs, most recently Barry Cahill and Rowan Cockerell. They have been instrumental in developing the vision of the Foundation, with the support of the board. On their own initiative, they have also contributed to developing continence awareness and opportunities for education, understanding and reduction of stigma.

I would also like to recognise Rosemary Calder, one of the original founding members, who has rejoined in recent years and continues to contribute to the ongoing work of the Foundation.

The Foundation's enhanced consumer focus is relatively recent, and we have seen a huge societal shift with people brave enough to share their lived experience stories and become consumer representatives. I am thrilled to see in my lifetime a Continence Foundation advertisement looking at the humour of incontinence and the message of getting people back to being independent and able to pursue their best quality of life.

Where do you see the sector going in the future?

Without awareness, we don't have the ability to engage people in the management and potential cure of incontinence. We need to insist on better care and the development of better education and expectations. For example, someone who is incontinent should never be sent home from hospital without some form of management plan, especially if they have never been incontinent before. More holistic care is necessary and people should be able to have reasonable expectations around their management and care.

The Foundation now has the full suite of capabilities with education, IT, health promotion and awareness to advocate best practice management of incontinence in both residential and home care and be an enabler of independence. We need the support of people who understand the problem and want to get on with providing a solution. We also need to address how to promote continence in our remote and indigenous communities in a culturally sensitive and appropriate way.

There will be increased scrutiny around government funding which will go to those who recognise the problems and provide the solutions. I would like to see the Foundation move towards building on its leadership, education, and training to not only add to awareness of incontinence but to also be seen as a solution provider. We also want to deliver on encouraging people's independence and self-determination.

What comes next for you?

I'm looking at other opportunities for volunteer roles, particularly on rural boards where I can be a part of healthcare solutions. The healthcare system is incredibly slow to change and demands value for money and accountability. I would like to be involved in establishing new and varied models of care which focus not just on people living longer but living better as well. People used to be defined by their diagnosis, but things are slowly shifting towards better functionality which is part attitudinal and partly due to the benefits of health and health assets including health literacy and the ability to find and create your own expectations.



Associate Professor Michael Murray AM

Tribute to Dr Ian Tucker

Dr Ian Tucker has been a Board Director and active member of the Continence Foundation of Australia since its inception. Professionally he has been a pioneer in the field of sacral nerve neuromodulation for disturbances of bladder and bowel function and has chaired sessions and lectured nationally and internationally at major conferences.

The Board and Members would like to express their sincere thanks to Dr Tucker for his dedication and service to the Foundation and wish him all the best in his next venture. We asked Dr Tucker to reflect on his time at the Foundation.

What are the main changes you have seen in the sector over your time?

When I first became actively involved with the Foundation, we were all much younger and very green in relation to setting up a Foundation. However, we already had a passion and desire to improve the understanding of incontinence and associated issues and develop and improve management strategies for the ultimate benefit of the large number of people suffering from these conditions. For this to work we were reliant and indebted to people such as Robert Taylor who provided funding, energy and enthusiasm.

What have the challenges been?

We were always confronted with peoples' embarrassment about their problems and finding ways of disseminating knowledge to the public and consumers and indeed, other health professionals. Clearly the challenges have been promotion in all aspects - community awareness and education, government support, commercial sponsorship and our own direction. These aspects have been carried out with extraordinary skill and passion from the Presidents, Board and the CEOs. Many other members and companies have also supported this.

I became involved in this area in the mid-1970s, established incontinence services in Yeovil Somerset UK and in late 1979 set up the urogynaecology services for the Dundee Teaching Hospitals in Scotland. I returned to Adelaide in 1981 to establish the Urogynaecology Services at the Royal Adelaide Hospital.

All along there were issues, including obstruction and animosity from the urologists. When Dr James Gibson, Dr Peter Glenning and I were seconded by RANZCOG to establish the subspecialty of Urogynaecology, we were met with the same adversity. We were, nevertheless, determined to continue and succeeded in the formation and accreditation of the subspecialty, a world first.

I was then able to devote more time to the fledgling Foundation and joined the Board in approximately 1990.



Dr Ian Tucker

Of course, there was no such thing as Zoom, so we had to fly to Melbourne for Board meetings. At that time, I was financially struggling and the Foundation was also struggling with lack of funding, so times were tough!

Where do you see the sector going in the future?

The challenges remain the same in some ways. Unification has been a huge achievement, almost against all odds. The Foundation continues to be very relevant as an organisation to the government of the day, medical and allied health professionals and particularly consumers.

Financial viability is essential for much of our future, and this is a very complex task. We need to also continue to accept and embrace the need to change as the situations politically, financially, and socially demand.

We have been so fortunate to have had Barry Cahill as CEO for many years, supporting us through some very trying times, Rowan Cockerell for her continuing devotion to the Foundation and especially the incredible talents and personality of Michael Murray who has been truly remarkable in every way possible. We have come a long way, but we have only just begun!

What comes next for you?

I need to express my sincere gratitude for the opportunity to help the Foundation and work alongside such amazing people. The Foundation and indeed the whole spectrum of urogynaecology have been a passion of mine for many years and I will spend time now collating and publishing some clinical research data. I will certainly also spend more time on tennis, golf, fishing, and my garden!

Our Work

HEALTH PROMOTION & AWARENESS Increase community awareness	Clinical Services - NCHL	Networks & partnerships	Events and activities
	Media & social media	Publications	Health promotion
	Websites	Resources	Campaigns
POLICY Further develop policy and leadership	Advocacy	Committee representation	Memberships
	Consultation	Submissions	Government relations
PARTNERSHIPS & COLLABORATION Strengthen partnerships	Corporate	Consumer advocacy partnerships	
	Community	Health professional associations	
WORKFORCE Building capacity and capability	Online learning	Open access learning	Scholarships
	Skills-based workshops	Conferences	
RESEARCH Support and grow research	Australia and New Zealand Continence Journal	Commissioned partnerships	Australian Bladder Foundation
SUSTAINABILITY Build a sustainable future	Financial responsibility	Strategic planning	Governance

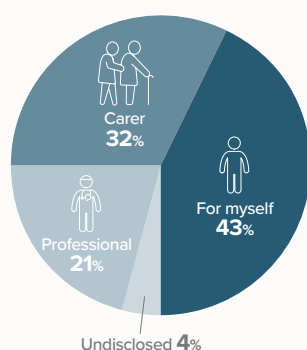
National Continence Helpline (NCHL)

The National Continence Helpline (NCHL) **1800 33 00 66**, provides free, confidential information and advice from Nurse Continence Specialists. It operates 8am – 8pm (AEST) Monday to Friday.

The range of topics the Helpline can advise on includes, but is not limited to:

- Prevention of bladder and/or bowel problems
- Pregnancy, prolapse, menopause
- Prostatic problems
- Children – toilet training, bedwetting, day wetting, soiling
- Chronic conditions such as diabetes, multiple sclerosis, and Parkinson's disease
- State and federal funding schemes including the National Disability Insurance Scheme (NDIS) and the Continence Aids Payment Scheme (CAPS)
- Incontinence product advice

NCHL caller breakdown



Victorian Clinical Services



441

NDIS and private clients

NCHL caller feedback



95%

callers were satisfied with their call

99%

callers felt they were provided with specific advice to address their questions and challenges

NSW Clinical Services



101

NDIS clients

157

Paediatric clients

53

Commonwealth Home Support Program clients

“

Just wanted to pass on my gratitude for all your advice. I tried some of your suggestions and I only needed to get up to the toilet 3x last night which was a big improvement.

Female Caller

“

I just wanted to say a huge thank you for referring me to the gastroenterology service for help with my faecal incontinence. You recommended them to me via the helpline phone number about five months ago. I can't thank you enough. I wanted to provide you with feedback and praise for your helpline service in referring me to them.

Male caller

“

We spoke a few times in the last week about my wife and her problems with incontinence. You provided us both such incredible support, which we were not getting from any other avenue. Thank you on behalf of my wife and myself for the moral support and guidance you gave us. I cannot explain in words the comfort you gave us at the time.

Male Carer

“

I found the information that you gave me excellent, and you gave me 'hope' to improve my bladder issues which is a lovely thing.

Female Caller



Peggy's story

National Continence Helpline

Peggy is a woman in her 70s who has experienced constipation all her life. She has often called the Helpline for support over many years. She has seen many health professionals over her lifetime, including gastroenterologists, colorectal surgeons, dietitians, pelvic floor physiotherapists and nurse continence specialists.

She describes a good bowel routine and takes laxatives in the morning and at night. She reports using a correct position for toileting, has a healthy balanced diet and uses relaxation techniques. She was recently advised to see a clinical psychologist who is gut focussed which she called to report has helped immensely.

Peggy stated at her latest call to the Helpline that all the assistance she has received has been wonderful and she feels fortunate to be able to call the Helpline when she needs to for a refresher and support.

Health Promotion & Awareness

The Foundation has been transforming its health promotion work by increasing its focus on prevention of incontinence and mitigating the impacts of incontinence. This is being achieved by developing and strengthening the voice of consumers through our Partnering with Consumers work, building the capacity of our partners to maximise health-seeking opportunities for people at risk of incontinence and their carers; and transforming our systems to deliver accessible information and resources to encourage broad engagement.

The **BINS4Blokes** campaign continues to focus on local councils installing incontinence product disposal bins in their public toilets, as well as supporting other interested organisations and businesses. In 2021-22, 18 Councils and 28 other organisations installed incontinence bins in male toilets, including the City of Melbourne. Over one hundred other councils are making progress.

As part of the **Health Promotion Services for Older People** (HPSOP) program in NSW, volunteer peer educators are trained by the Foundation to deliver our healthy

bladders and bowels presentation. The peer educators delivered 13 online and 8 face to face sessions to 390 people. One session was with an Auslan interpreter and four were to multicultural groups.

Access and Information

The transformation of access and information systems is underway. Enhanced clinical and consumer review processes have been developed. We are developing consumer journey maps to identify the touch points of how and where consumers engage with our resources and services so that we can deliver information to meet their needs when they need it. We are utilising a geo-mapping tool to understand the reach of our resources and identify gaps across the country.

Covid-19 continues to impact how consumers and health professionals access our information, with a reduction in the number of hard-copy resources ordered and distributed and an increase in downloaded resources.

Resources

Top 5 resources ordered July 2021 - June 2022



18,726	06 Pelvic Floor Muscle Exercises for Women
10,876	02 Good Bladder Habits For Everyone
10,612	05 Pelvic Floor Muscle Exercises for Men
9,151	08 One in Three Women Who Ever Had a Baby Wet Themselves
7,431	022 Pelvic Floor Health for Expectant and New Mums

Top 5 resource downloads July 2021 - June 2022



35,828	06 Pelvic Floor Muscle Exercises for Women
20,603	05 Pelvic Floor Muscle Exercises for Men
11,934	Pelvic Floor Muscle Exercises - Easy English
8,200	Pelvic Floor and Core Exercisess
8,185	Bladder Diary with instructions



203,538
resource downloads
July 2020 - June 2021

205,886
resource downloads
July 2021 - June 2022

1.2%
increase



529,996
total video views
July 2021 - June 2022



232,664
distribution (ordering)
July 2020 - June 2021

171,616
distribution (ordering)
July 2021 - June 2022

26.2%
decrease

225,000
pelvic floor video views
July 2021 - June 2022

Partnering with Consumers

The Partnering with Consumers Framework and its implementation places consumers at the centre of our work. Consumers are actively participating in working groups, workshops, campaigns, projects, submissions and resource development.

The **Continence Consumer Network** (CCN) was launched in March 2021 and has over 35 members, including people with lived experience of incontinence and carers. It expands the Foundation's capability to understand the needs and perspectives of a diverse range of consumer voices to ensure that its work is person-centred and reflects the community's needs.

The Foundation put out the call to join the CCN, with the intention to attract representatives from those with lived experience of incontinence or a carer of a person with incontinence, to community-based organisations affiliated with improving the lives of people experiencing incontinence and organisations which support people at risk of incontinence.

The **Consumer Advisory Committee** (CAC) is a sub-committee of our Board ensuring we involve and support consumers in our work. The Committee has consumer members with lived experience of incontinence. It was formed to support the Foundation in maintaining its outward focus to consumers. The Committee meets quarterly and reports to the Board.



The Great Dunny Hunt

Following on from a successful campaign in 2021, the Continence Foundation of Australia asked Australians for help to update the public toilet facilities on the National Public Toilet Map (NPTM), website and App as part of The Great Dunny Hunt 2022. The campaign ran from Tuesday 5 April to World Continence Week, starting Monday 20 June.

Without access or appropriate awareness those living with incontinence can restrict and even limit themselves from leaving their home for fear of not having access to appropriate toilet facilities.

Features and information that can be updated on the map includes ambulant facilities, opening times, baby change, MLAK key accessibility, incontinence product disposal and much more.

The Great Dunny Hunt was supported by a national public relations strategy, social media campaign and over 500 public toilet posters.



Sean Burford

Sean Burford has been updating a map of Australian public toilets. He has found and updated 129 toilet listings across Australia.

The Great Dunny Hunt



523 new toilet
locations added



445 toilet features
updated on the map



112,538
visits to the website



42,781
App downloads

702 mentions

across broadcast, social and news sites including television, radio and print across Australia



73,474,348

Estimated gross reach

in news, social and broadcast channels



This year, we were fortunate to have two key spokespeople who were extremely well received by media and allowed the campaign to reach a significant number of Australians. Sean Burford from the Blue Mountains in NSW, who earned the title of Australia's Great Dunny Hunter last year with 129 entries accepted on the National Public Toilet Map, was central to how people could get behind the campaign. Katherine Webber from Brisbane was awarded the 2018 Rodney Warmington Churchill Fellowship to increase inclusion and accessibility in public toilets by researching taboos, design, policy and legal barriers and was put forward for interviews as an expert on toilets in general.

The simplicity and quirkiness of the campaign piqued the interest of Australians and opened up a conversation about incontinence, with most interviewers interested in the Foundation and the role of the map in helping people with incontinence.

The National Public Toilet Map currently shows the location of more than 22,000 toilet facilities across Australia. It is recommended that The Great Dunny Hunt continues in 2023. We believe there will still be strong interest in the campaign, and it plays a pivotal role in driving awareness of the National Public Toilet Map and incontinence within the community.

THE NATIONAL
PUBLIC TOILET MAP
PART OF THE NATIONAL CONTINENCE PROGRAM

Australian Government
Department of Health
and Aged Care

Publications, Websites and Social Media

Bridge

4

issues

Spring 2021, Summer 2022, Autumn 2022, Winter 2022



61,870

copies

distributed by mail and digitally

Bridge

SPRING 2021



Bridge

SUMMER 2022



Bridge

AUTUMN 2022



Websites & social media



1,510,525 web visits
continence.org.au



pelvic floor first

359,621 web visits
pelvicfloorfirst.org.au



BINS 4 Blokes

6,701 web visits
bins4blokes.org.au



14,811 web visits
continencesupportnow.com



INCONTINENCE
in CONFIDENCE

4,281 web visits
inconfidence.org.au

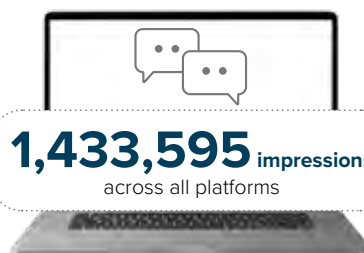


1,227,970 web visits
toiletmap.gov.au



f **923,986** impressions

i **108,634** impressions



1,433,595 impressions
across all platforms

t **221,938** impressions

in **179,037** impressions



117,371 web visits
goagainsttheflow.org.au

f **198,268** impressions

i **177,611** impressions

y **31,100** views

d **1,254** views

World Continence Week

World Continence Week (WCW) is an annual international event and aims to shine a light on incontinence. This year, WCW ran from 20 to 26 June 2022, focusing on men, who are notoriously reluctant to talk about their health, even though over one million men around Australia live with incontinence.

The key messages for WCW were twofold. Firstly, the **BINS4Blokes** campaign asked Australians to pledge their support to have incontinence product disposal bins installed in as many male public toilets as possible across Australia. This initiative helps to raise awareness and overcome the stigma attached to incontinence and supports men to be able to go out and about their daily lives with confidence.

Secondly, we wanted the preventative message raising awareness of the importance of male pelvic floor muscle health. Many men don't even realise they have a pelvic floor and like any muscle in the body, the pelvic floor muscles can be trained with regular, targeted exercise to support healthy bladder and bowel control and sexual function.

The City of Melbourne is piloting the BINS4Blokes initiative in six locations including libraries, recreation and community centres. They are the first city council nationally to trial the BINS4Blokes program.

The Sunshine Coast Council have installed 102 incontinence product disposal bins into male public toilets. They have developed and installed aluminium signs to communicate this to males using the facilities. Currently over one hundred other local councils have expressed their interest in participating.

World Continence Week was supported by a national public relations strategy, exhibition at National General Assembly 2022 for Australian Local Government Association (ALGA), metropolitan radio spots and live reads, social media campaign, web pages, videos, dedicated resources and EDM campaign to key stakeholders.



BINS4Blokes



345 pledges of support
on [BINS4Blokes.org.au](https://bins4blokes.org.au) website



29 local Government areas
pledged their support to put in bins



City of Melbourne
first city council
to install bins



Estimated gross reach
196,385,371 people
Meltwater, 2022



1,351 mentions
in news, social & broadcast channels

Workforce



Over the last 12 months, the Foundation has engaged with a total number of 20,709 learners across its multiple education program offerings and professional development opportunities. This is a substantial increase on the total number recorded in recent years.

Part of the increase in learner numbers may be due, in part, to the increasing range of courses that the Foundation continues to develop and make available to the continence workforce. This includes an ever-expanding library of past webinars that can act alone as professional development opportunities or as extension activities for learners once they have completed a specific course.

The return to a face-to-face national conference (NCOI) in 2022 also acted as a catalyst (via attendance and promotion of the event) for learners, keen to access Foundation education products, as there was a definite spike in learner numbers for the month of May.

The importance of staff education around the maintenance of continence and the management and care of those with incontinence has been borne out by an emerging trend of aged care and disability care providers purchasing places in the *Essentials of Continence* and *Aspects of Continence Care* courses for their staff to complete.

A leading In-home Care provider and a prominent migrant resource group have purchased the *Essentials of Continence* course for 62 and 15 members of their staff respectively. Other providers have taken advantage of the Foundation's highly affordable offer for their staff to access both the *Essentials of Continence* and its companion course *Aspects of Continence Care*. The Foundation will continue to promote this employer purchase opportunity as it has many benefits for the staff. With a 'whole of staff' approach to accessing the Foundation's courses, these employers are establishing a baseline level of continence care and management knowledge across their organisational workforces.

There have been pleasing trends in the access of the *just-in-time* learning website titled *Continence Support Now*. Data shows that more users are accessing the site using a mobile phone which supports the intention of the website to provide immediate knowledge and information to inform continence care practices at the point of greatest need

for community-based workers. There has also been an increase in the number of views showing users accessing information around the assessment of continence and the separate topic of care plans. This indicates a more formal and documented approach to the assessment and management of an individual's continence which leads to more effective treatment and management of both urinary and faecal incontinence.



20,799

individuals

accessed the Foundation's online courses, live webinars and free to access materials

The Foundation delivered

5 national webinars

which attracted

905 attendees

758 watched

or rewatched previous webinars, via the continencelearning.com site



“

*Vani works as a disability support worker in community-based disability and aged care and whose highest qualification is Certificate III. She feels that *Essentials of Continence* gave her “...a better understanding of what my clients are going through and how it can impact on their lives and daily activities.”*

“

Myra is a personal care worker who holds a Certificate IV. She works in community health care. She undertook the course “to improve my knowledge of continence” and said she would recommend the course to colleagues as it has “fantastic depth of information.”

National Conference on Incontinence (NCOI) 2022

After two years of the pandemic and lockdowns, the Foundation was delighted to be able to host the 30th National Conference on Incontinence (NCOI) face-to-face from 11 to 14 May at the Melbourne Convention and Exhibition Centre. We had over 400 attendees for a varied and exceptional program of speakers, workshops, and forums.

Conference highlights included the motivating opening address by the 2022 Australian of the Year, Dylan Alcott, and the presentations by our guest international speaker Dr Sanjay Sinha, Honorary Professor and Consultant Urologist at Apollo Hospitals, Hyderabad, India. A special focus of the conference was on *Mental Health and Impact on Continence*, a topic illuminated by the insight and clinical experience of four of our esteemed healthcare professionals. Another highlight was the physiotherapists' and nurses' forums which were very popular and provided a unique opportunity for these cohorts to engage in interactive, roundtable case study sessions.

At NCOI the **2022 Carer of the Year Award was presented to Joanne McGee** from South Australia. Joanne has been

the sole carer for her husband since 1976 after a truck accident resulted in him sustaining C5 tetraplegia ASIA Impairment Scale A, three months after they were married. Joanne took her husband home from the rehabilitation centre and decided to just get on with living the best life they could, which they continue to do to this day some 45 years later.

Caring for people with incontinence presents several challenges, including physical, mental, emotional, financial, and social consequences. The annual Carer of the Year Award honours the unpaid continence carers who make such a difference to the quality of life for their loved ones. Joanne McGee receives this award for caring for her husband with a high-level disability with such unwavering devotion to his living a full and dignified life.



Joanne McGee
and husband Vin

NCOI Scholarship Program

The Foundation continues to offer scholarships to Registered Nurses and Physiotherapists, living and working in Rural Areas 2 – 5 across Australia, to attend the National Conference on Incontinence (NCOI). Although application numbers were lower than previous years, mostly due to continuing uncertainty around border closures relating

to COVID, ten scholarships were offered. There were no applications from RA-5 and only one application from RA-4.

All applications are judged on a scoring rubric and via a blind review process. The highest scoring application was offered and accepted. A one-day placement at the Alfred Hospital's Continence Clinic is included as part of the scholarship offering.



The recipients of the NCOI 2022 Scholarship Program

Policy

Submissions

During the first six months of this financial year, the Foundation delivered nine policy submissions addressing aged care, disability, education, primary care, medicines, and research.

During the second half of the financial year, five policy submissions were delivered including the development of the Foundation's 2022-23 Pre-Budget Submission.

National Consumer Continence Survey

The 2021 Consumer Continence Survey was completed in June 2021. A one-page summary document was created highlighting key findings from the survey and supported our advocacy through our 2022 Federal Election strategy. The 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.

The results have supported evidence-based work for the Foundation including a social media campaign, raising awareness of the Foundation and to advocate for continence-specific quality indicators to be introduced into aged care.

A presentation on the 2017 and 2020 National Surveys was made to the International Continence Society (ICS)

Conference in October 2021. This work was supported by the recently formed Policy Advisory Committee which aims to guide policy work and facilitates consistent consultation with relevant stakeholders to further the Foundation's work.

The 2022 Consumer Continence Survey (on the following pages) was undertaken in June 2022, findings from this survey, the 2021, 2019 and 2017 surveys will be combined into one report to indicate trends and articulate the consumer voice. The Foundation released an Invitation to Tender for a new Continence Impact Report. The commissioning process will be finalised in July 2022.

Federal Election

The Foundation developed a Federal Election Platform, which was disseminated widely to Federal MPs, Senators, Foundation members, consumers, consumer organisations and other peak bodies.

Key actions within the election campaign included:

- sending our Election Platform to all Ministers and sitting MPs and Senators, and seeking support for action on incontinence in the next term of government
- a broad communications strategy which included consumers, Foundation members, consumer organisations and other stakeholders, and
- a call to action with a pledge for action on incontinence on the Foundation's website.

Outcomes included 13 MPs and Senators signing our pledge with a total of 138 signatures.



National Consumer Continence Survey 2022


The National Consumer Continence Survey 2022 provides a snapshot in time of the consumer experience and perspective on living with or caring for someone with incontinence. Understanding the lived experience can help to improve awareness, prevention, and management of incontinence so more Australians can live and participate in the community with confidence and dignity.

THE LIVED EXPERIENCE OF INCONTINENCE

Almost 50%

of all Australians have told us they have experienced incontinence (currently and previously)

Of those currently experiencing incontinence:

 **69%** are women and **75%** have given birth

 **31%** are men

INCONTINENCE HAS A NEGATIVE IMPACT ON MENTAL HEALTH AND QUALITY OF LIFE

54%

of Australians who currently experience incontinence say it severely impacts their life

41%

of Australians who currently experience incontinence say it affects their mental health and wellbeing

INCONTINENCE PREVENTS PEOPLE FROM GETTING OUT AND ABOUT

49%

of those currently experiencing incontinence do not feel confident to leave the house

INCONTINENCE IS NOT SOMETHING PEOPLE TALK ABOUT

78%

of Australians have never discussed incontinence with their GP or family doctor

56%

who currently or previously experienced incontinence have not contacted a health professional

'A former elite athlete and corporate lawyer, Kimberley was used to functioning at her peak. Like so many women, she was understandably shocked by the impact childbirth had on her body.'

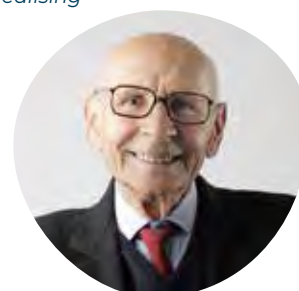
Kimberley Smith, Bridge Magazine Spring 2022



"I'm forever on the alert; it's a continual stress. Life and work are constantly distracted and compromised. There are too many meetings that do not have my full attention. Reading a book is punctuated not by chapters, but by toilet breaks. I wear dark trousers to camouflage leakage and am certain to carry something, a paper or a jumper, that can casually hide my front." Ian



The National Continence Helpline received a call from an older gentleman who had seen the story about men's health in the Adelaide Advertiser. He had been living with incontinence for 10 years without realising there was help and support so readily available.





INCONTINENCE HAS A CONSIDERABLE FINANCIAL IMPACT

40%

of Australians currently experiencing incontinence have said it had an impact on their financial situation

THE EXPERIENCE OF CARING FOR SOMEONE WITH INCONTINENCE

57%

of those caring for someone with incontinence say it prevents them from being able to go about their day-to-day activities

28%

of Australians currently, or have in the past, cared for someone with incontinence

72%

of those who care for someone living with incontinence say it severely impacts their life

PERCEPTIONS OF INCONTINENCE

47%

of Australians surveyed have told us they believe incontinence is an inevitable consequence of ageing

33%

have told us they would not discuss incontinence with their friends or family

DISABILITY AND INCONTINENCE

68%

of people with a physical disability currently experience, or have experienced incontinence in the past

72%

of those with an intellectual disability/cognitive impairment currently experience, or have experienced incontinence in the past



"Apart from the emotional toll, there's the financial burden, and I'm not eligible for funding to help manage the costs of all the continence products, laundry, laxatives, UTI medication, medical appointments, and other expenses."

Mother of a child with faecal incontinence. Bridge Magazine Spring 2019



"I had been trying to toilet train Simon since he was three. He was toilet trained

at the age of 12. Since his bipolar diagnosis, Simon has reverted to being incontinent at night, and is having accidents during the day. I am resisting putting him in pads during the day because, being autistic, once I do this, he will not want to use the toilet again."

Gabrielle Fakhri, carer for her son for 42 years, Carers Count special project 2015.



The National Consumer Continence Survey 2022 was conducted as an online survey with 2,215 participants ranging in age from 18+, across all states and territories. All data quoted is from the National Consumer Continence Survey 2022.

In some cases photography of models have been used to protect the privacy of our clients.

Committees and Forums

The Foundation participates in committees, workshops and forums to raise awareness and advocate for people living with incontinence, including:

- Victorian Aged and Community Care Committee
- Workshops to improve the approach to provision of goods, equipment, assistive technologies (GEAT) and home modifications

The Foundation continues to sit on a technical expert group to refine quality indicators for residential aged care settings. The indicators have now been subject to a piloting stage, and the outcomes are being evaluated. The Foundation has also provided input into the Aged Care Clinical Standard via the Nursing Focus Group.



Australian and New Zealand Continence Journal (ANZCJ)

The ANZCJ, published quarterly and circulated to members is the only scientific, peer-reviewed, multi-disciplinary journal dedicated to researching the diagnosis, treatment and management of incontinence. It encompasses the medical, nursing and allied health specialties of nursing, gastroenterology, gerontology, paediatrics, physiotherapy, urogynaecology and urology.

The ANZCJ invites original research papers, and other scholarly manuscripts relating to the diagnosis, treatment and management of incontinence across the lifespan. A list of topics of interest to our readers is published in each edition of the journal.

The Journal is now only available in digital format with a pay for view option. It is anticipated this will increase access to the journal and encourage a greater number of original manuscripts for publication.





Update on the Model of Contenance Care (MoCC)

Introducing a dignified approach to continence care in residential aged care

The majority of people living in aged care experience incontinence. Whilst everyone deserves to be cared for in a way that keeps them safe, healthy, and supported with dignity, unfortunately this is often not the case. Contenance care is the subject of frequent complaints to the Aged Care Quality and Safety Commission and *'terrible examples of substandard incontinence care'* were brought to the attention of the Royal Commission into Aged Care Quality and Safety in 2021.

Currently, 75–81 per cent of people in residential aged care are living with incontinence, and the number is expected to almost double from 129,000 to over 250,000 by 2031. Failure to provide quality continence care puts consumers' health and safety at risk.

The consequences of unsafe and ineffective continence care within aged care settings include urinary tract infections, pressure injuries, falls, avoidable emergency department admissions, functional decline, reduced quality of life and death. This is all highly preventable.

In 2019, the Contenance Foundation of Australia commissioned the National Ageing Research Institute (NARI) and the lead researcher, Professor Joan Ostaszewicz, to develop and test a best practice model of continence care for residential aged care. The purpose of the model is to ensure older people receive evidence-based, person-centred, clinically informed continence care that is responsive to their individual needs, safe, protective of their dignity and that optimises their functional abilities. This formed the solid basis of what is now the Model of Contenance Care (MoCC).

The aged care workforce is largely untrained in safe and effective continence care and incontinence management. This disparity between current clinical practice and best practice in continence care needs to be addressed. Current education programs do not adequately provide

aged care staff with the necessary knowledge and skills for good continence care, and with the MoCC we have a solution.

The MoCC has been developed to address the gap in response to the Aged Care Royal Commission recommendations. It delivers a comprehensive, targeted package to provide a substantial and measurable increase in the safety and quality of continence care in residential care.

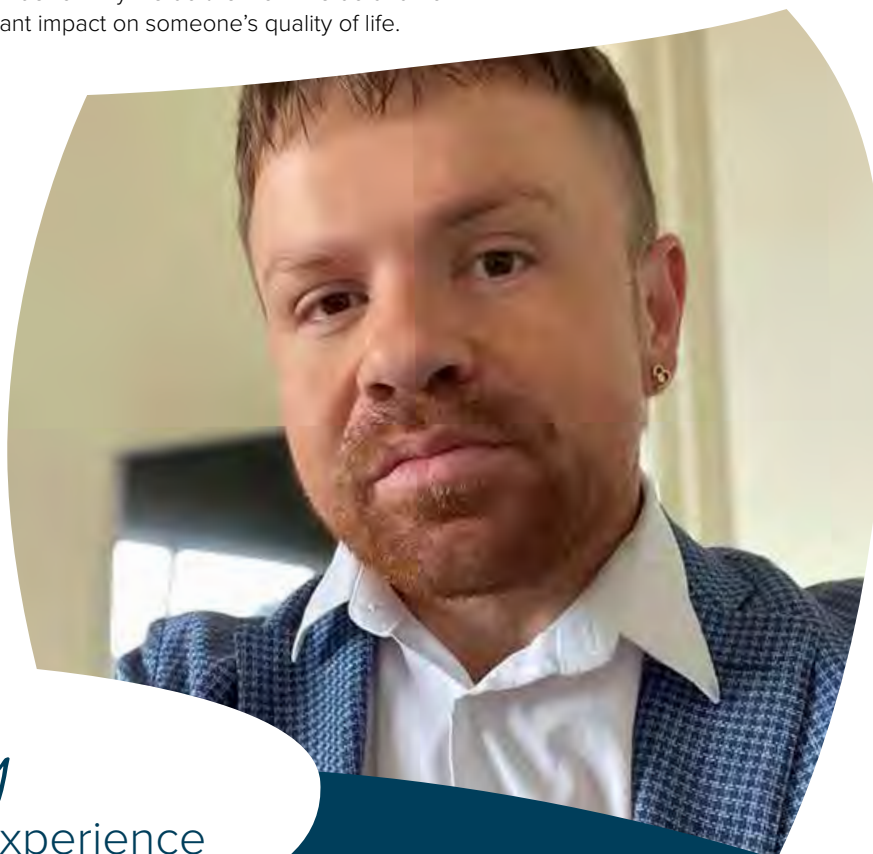
The MoCC was announced at the National Conference on Incontinence (NCOI) 2022 where it received considerable interest after compelling presentations from Professor Joan Ostaszewicz and the Foundation's Education Manager, Bronwyn Robinson and Matt Clear, Project Manager Aged Care Reform.

The MoCC is structured to be developed in a co-designed way, with the Foundation working closely with multiple key stakeholders in the aged care sector. The education models are currently being reviewed, then the model will undergo a pilot program with two residential aged care providers in Melbourne, Victoria in November 2022. Once the pilot is completed the program will be re-evaluated after obtaining feedback from residents, carers, registered nurses (RNs) and providers. The Foundation will then move to the next stage of implementation, making the program more widely available.

The Foundation welcomes the potential inclusion of continence care under the National Aged Care Mandatory Quality Indicator Program and strengthened Aged Care Quality Standards. The Foundation hopes the MoCC will complement these reforms and support services to deliver best practice care and quality improvement, to achieve improved health outcomes for older Australians.

Consumer Stories

The Foundation is always thankful to those who are willing to share their stories of living with or caring for someone with incontinence. Understanding the experience and advice of others can make a huge difference to someone in a similar situation. These stories are a poignant reminder of why we do the work we do and how great it is when that has a significant impact on someone's quality of life.



William's story

A young man's experience

Thirty-six-year-old William's incontinence started around the time he was moving from Canberra to start a new life in Sydney. Initially, he thought the constant need to urinate was a symptom of nerves and anxiety. Due to frequent urges to urinate, he gradually began experiencing leakage. Embarrassment prevented William from seeking medical advice immediately, but after a month of trying to manage on his own, and educating himself through Google searches, he went to a doctor who referred him for an MRI and to a physiotherapist.

So far, no medical reason has been established for his urge incontinence, however William has found reducing his caffeine intake, and exercising his pelvic floor has helped significantly. Keeping a bladder diary has also been an important step in helping him to develop a bladder training program. When his continence is under control, William finds it difficult to maintain good bladder habits. However, his continence issues can interfere with the things he enjoys like power lifting at the gym and his social life.

William chose incontinence products with maximum security, so that he didn't have to fear having an accident. The last few years he has been on a journey towards self-acceptance. "The biggest thing has been listening to my body, and that's something I haven't always been the best at. It can happen to anyone, so speak to your doctor and find someone you can confide in," he says. He wants to break the stereotype that incontinence is mainly a women's and elderly person's issue and is also passionate about the increased visibility of continence issues amongst First Nations people and the LGBTQIA+ community.

William's message is to let others know that incontinence can happen to any one of us at any time. "I was 100% being sneaky and hiding the problem because I was self-conscious. I would wear athletic tights and dispose of pads discreetly in stalls, but I was 100% determined it wouldn't change my life," says William. It was a turning point for him when he went to the doctor shrouded in shame and found the doctor was very supportive and "didn't bat an eyelid." William wants to share his story to help support others.



Raven's story

Raven had two surgeries within the first seven months of life after being born with anorectal malformation (ARM). Her level of continence will not be known until it is time for toilet training.

The hospital experience was quite traumatising for the first-time parents because the condition was initially missed by professionals. It was only when bathing Raven for the first time that her father realised she had no anus. The midwife was called, and Raven's emergency colostomy was scheduled for the next day. In a sense, it was fortunate that Raven was born with female anatomy which meant she was able to excrete normally through a fistula. However, the fistula was dangerously close to her vaginal canal.

In Raven's case, while the nurses in the NICU were incredibly supportive with stoma care during their week-long hospital stay, their knowledge about home care and ongoing stoma care was lacking. The only stoma therapist happened to be on leave at the time. Not yet aware of paediatric surgeon Associate Professor Sebastian King, Greg Ryan, Founder of the 1 in 5000 Foundation, or the stoma team in Cairns, Raven's mother felt like she had been left to her own devices and for the next two weeks rang around looking for stoma care supplies.

At seven months old, Raven had a stoma reversal, so her mother began Googling how to dispose of the bags that were no longer needed. She soon connected with Greg Ryan who featured Raven's story in his book. The

lack of support for Raven's family ignited in them a drive to fundraise for others with this condition and the 1 in 5000 Foundation. 'Run for Raven' involved the family running 5000 minutes in a month (1.5 hours every day) and raising \$13,000 for the Foundation. Greg Ryan flew up to Townsville to support Raven's family by organising a telehealth appointment with A/Prof King.

According to A/Prof King, Raven's condition is more likely to cause constipation rather than incontinence and it is best to wait until three years old to start toilet training so that Raven does not form negative associations with the toilet. The conversation with A/Prof King helped to answer a lot of questions and therefore alleviated her parents' anxiety. Now nearly two years old, Raven is thriving, and no further surgeries are required at the moment. The only noticeable difference is the increased need to open her bowels. Although hospitals are there to provide support, the general advice is to trust your parental instinct and pursue answers as much as possible. Giving back to the community, Raven's mother has recently put brochures for the 1 in 5000 Foundation in the NICU to help any parents who are experiencing the same situation.

Raven's family were warned she may reach milestones later due to her time spent in hospital. Although she is socially shy, she is very talkative among her family, very resilient and very astute. Having been through a rough patch with her birth, Raven's mother is now dedicated to raising awareness of the condition and the 1 in 5000 Foundation.

Sustainability

Sustainable Future

The Continence Foundation of Australia Ltd's Statement of Comprehensive Income for the year ended 30 June 2022 showed a deficit of \$145,021 (2020/2021: Surplus of \$1,074,863). The total revenue for the 2021/2022 financial year was \$7,185,837 (2020/2021: \$6,995,376). The main increase in revenue for the year was due to the inclusion of the Model of Continence Care (MoCC) funding. Investment income decreased from previous years due to worldwide events. The statement of financial position at 30 June 2022 showed the organisation in a strong financial position with members' equity of \$12,538,716.

The following charts provide a snapshot of the Continence Foundation's income and expenditure for the year ended 30 June 2022.

Income breakdown 2021-22

Conference and seminars	\$ 483,376
Clinic Income	\$340,503
Interest	\$14,032
Investment income/loss	(\$766,871)
Membership fees	\$98,359
Government funding (incl National Continence Program – Continence Project)	\$5,412,517
Government funding (Peak Body)	\$375,000
Other income	\$1,228,921

The analysis of income generated for the year showed government funding accounted for 75% of the total revenue, investment income (11%), conference and seminars for 7% and clinic income 5%. Interest 0.2%, membership fees 1%, and other income comprising education income, royalties, donations, short term projects accounted for the balance.

Expenditure breakdown 2021-22

Conference and seminars	\$267,812
Peak Body Programs	\$1,147,836
Project expenditure (National Continence Program – Continence Project and MoCC)	\$4,938,888
Resource Centre expenditure	\$888,018

Analysis of expenditure for the year showed 68% was spent on National Continence Program – Continence Project and Model of Continence Care activities to support the community (including the National Continence Helpline, health promotion, education, marketing and communication, aged care and partnerships). Of the remaining 4% was spent on conferences and seminars, 16% on Peak Body activities and 12% on Resource Centres.

Continence Foundation of Australia Ltd – Annual Report 2021 - 2022



The following charts summarise the financial position of the Continence Foundation as at 30 June 2022.

Asset breakdown

Cash and cash equivalents	\$3,711,465
Investments	\$9,984,591
Trade and other receivables	\$51,422
Prepayments	\$60,648
Right of Use of Asset	\$182,745
Property, plant and equipment	\$110,122
Security deposit	\$39,841

Analysis of assets as at 30 June 2022 showed: cash and cash equivalents made up 26%; investments 71%; property, plant and equipment 0.8%; trade and other receivables 0.4%; other assets, prepayments and security deposit 0.8%.

Liability breakdown

Trade and other payables	\$501,675
Employee benefits - current	\$257,838
Lease liabilities - current	\$150,713
Income received in advance	\$588,527
Employee benefits – non-current	\$67,234
Lease liabilities - non-current	\$36,131

Analysis of liabilities showed trade and other payables comprised 31%, income received in advance 37%, employee benefits (current) 16%, lease liabilities (current) 9%, employee benefits (non-current) 4% and lease liabilities (non-current) 3%.

The Statement of Profit and Loss and Other Comprehensive Income and Statement of Financial Position for the year ended 30 June 2022 have been audited by Walker Wayland Advantage 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 on our website at continence.org.au and from the Continence Foundation of Australia Ltd, Suite 1, 407 Canterbury Road, Surrey Hills, VIC 3127.



**Continence
Foundation
of Australia**

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