



Continenence  
Foundation  
of Australia



**It's so important to talk about  
incontinence and it helps to raise  
awareness, acceptance and  
understanding."**

*John, lived experience of incontinence*

World Continence Week  
19 - 25 June 2023

[continence.org.au](https://continence.org.au)

For help and more information about incontinence call

**National Continence Helpline on 1800 33 00 66**

for free, confidential advice from Nurse Continence  
Specialists, Monday to Friday 8am to 8pm AEST.

Scan here

