

Continence Foundation of Australia resources

The Continence Foundation of Australia is the peak national organisation working to improve the quality of life of all Australians affected by incontinence. It provides a range of practical supports for professionals, consumers and their carers through a national Helpline, education and training, health promotion initiatives, scholarships, grants and free resources.

www.continence.org.au

Supported by the Australian Government Department of Social Services under the National Continence Programme

Continence resources and expertise

Access continence resources, expert videos and peer support through the Australian Continence Exchange.

www.continencexchange.org.au

National Continence Helpline

Phone the National Continence Helpline **1800 33 00 66** to speak with a continence nurse advisor for advice, client resources and contact details for local continence services.

Fact sheets for non-English speaking clients

Bilingual fact sheets in 27 languages enables you to literally be on the same page with your client.

www.continence.org.au/other-languages

Other resources: fact sheets, bladder diary, assessment tools, Aboriginal & Torres Strait Islander resources (for use in remote communities)

www.continence.org.au/resources.php

Caring for someone with incontinence

Client resources, videos, practical tips and information about financial assistance for people caring for someone with incontinence.

www.continence.org.au/carers

Free online education

Improve your knowledge by completing free, online courses developed by the Continence Foundation in collaboration with ThinkGP:

'Management of incontinence in general practice'

'Bladder and bowel dysfunction in the pre and postnatal periods'

RACGP and ACRRM points available.

www.thinkgp.com.au/cfa

24th National Conference on Incontinence

Register for the Continence Foundation of Australia's annual conference, **November 25-28, 2015** at **Crown Conference Centre, Melbourne**, featuring international and Australian keynote speakers.

Other Resources

Smart phone apps download from the App Store and Google Play.

The **Pregnancy Pelvic Floor Plan** app provides tips for clients on looking after their pelvic floor, bladder and bowel during pregnancy (*Continence Foundation Australia*).

The **Pelvic Floor First** app promotes pelvic floor safe exercises so people can remain active without the fear of incontinence (*Continence Foundation Australia*).

The **National Public Toilet Map** app shows the location of more than 14,000 public and private public toilet facilities across Australia.

Service Providers Directory

www.continence.org.au/pages/service-providers.html

Product Suppliers Directory

www.continence.org.au/pages/product-providers.html

Funding for continence products

National and State Funding Schemes

www.continence.org.au/resources.php/01tA0000001b1bqIAA/funding-schemes-for-continence-products-national-and-state-schemes

Continence Aids Payment Scheme (CAPS)

www.continence.org.au/pages/continence-aids-payment-scheme-caps.html

Patient information

International Urogynaecological Association:

Patient information resources include overactive bladder, bladder training, stress urinary incontinence, mid-urethral sling for stress incontinence

www.iuga.org/?patientinfo

Special interest groups

National

Continence Nurses Society of Australia

www.consa.org.au

Victoria

Victorian Urological Nurse Society

Continence Nurses Society of Australia VIC and TAS Branch

www.anmfvic.asn.au/interest-groups