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## Incontinence

It is a symptom, not a disease, which needs to be diagnosed and then treated or managed. It is the inability to properly control the passing of urine and faeces.

At least one in four women and one in ten men will experience a continence problem during their lives.

Products and techniques can assist in managing continence, to restore personal dignity and improve independence.

### **Seek help from a Continence Advisor**

Continence advisors are health professionals with further training in continence management. They give advice on products specific to one's needs and provide strategies to try to improve incontinence.

## A Common Sense Approach

- Have the problem thoroughly assessed by your doctor.
- Seek referral to a continence advisor or physiotherapist for a treatment or exercise programme.
- Drink plenty of fluids.
- Avoid constipation.
- Equipment can assist you to use the toilet easily, such as a toilet frame, raised toilet seat or bedside commode.
- Wear easily-removed clothing.
- Seek advice on odour management.
- Keep skin clean and dry.

National Continence Helpline  
1800 330 066

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## Information Providers

### **Continence Foundation of Australia NSW Inc.**

A continence promotion centre at Newington  
They offer assistance by phone or appointment and can also refer you to a health professional in your area. No referral is required.  
Alternatively, your community health centre may have a continence advisor.  
Phone No. 02 8741 5699

**Independent Living Centre NSW** provides information on products and equipment including:

- disposable and re-usable pants and pads
- bed and chair protection
- clothing adaptations
- commodes, toilet frames and raised toilet seats

No referral is required

**Remember**  
**We do not sell any items**

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