

CONTINENCE SERVICE



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 13 1450.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

A service for individuals with bladder and bowel difficulties

What is incontinence?

Incontinence is the loss of bladder or bowel control which can be embarrassing and distressing.

Urinary and faecal incontinence may have many underlying causes and should not be dismissed as part of the normal ageing process.

One in four Australians are affected by an incontinence problem but many do not seek help.

Recognition that this is a significant health issue has prompted the development of a variety of treatment and management strategies.

We can help adults who:

- Get to the toilet too late
- Go to the toilet frequently
- Get up more than twice a night
- Wet the bed
- Care for a relative or friend who is incontinent
- Leak when they cough or sneeze
- Experience constipation or faecal urgency of soiling
- Require assessment for funding assistance
- May have a prolapse

A multi-disciplinary team

- Continence physicians
- Continence nurse advisers
- Specialist physiotherapists
- Administrative officers

Cost

- There is a small charge for this service
- In cases of financial hardship special arrangements can be negotiated

The service provides

- Confidential advice
- Comprehensive assessment
- Home visits (if necessary)
- Individual management plans
- Bowel management
- Pelvic floor muscle rehabilitation
- Catheter education / management
- Specialised investigations
- Advice on use of continence aids and appliances
- Assistance with applications for funding
- Advice and education
- Carer advice and assistance

- Talks to community groups

Local government areas covered

- Manningham
- Monash (part)
- Knox
- Whitehorse
- Maroondah
- Yarra Ranges

Peter James Centre

Cnr Burwood Hwy & Mahoneys Rd
BURWOOD EAST 3151
(Access via entrance 2, Mahoneys Rd)
Melways Ref : 62 C7
Phone: 9881 1843
Fax: 9881 2439

Yarra Ranges Health

25 Market Street
LILYDALE 3140
(Cnr Clarke St and Market St)
Melways Ref : 38 E5
Phone: 9091 8888
Fax: 9091 8899

How to refer:

The Eastern Health Continence Service is a service for adults. Individuals can self refer or can be referred by a health professional, carer or case manager.

Referrals are to be made via the **Eastern Health Access Unit**
Phone: 9881 1100
Fax: 9881 1102

Protecting Your Privacy

Eastern Health is committed to protecting your privacy. We will keep your personal information secure and will disclose information about you only when required by law. We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our Web site www.easternhealth.org.au
Eastern Health is accredited by the Australian Council on Healthcare Standards.

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