

## Brightsky Australia

This division of Paraquad has a comprehensive display of continence products and can sell to the public. They also provide information on **CAPS** and employ a full time continence advisor.  
Phone No. 8741 5628 or  
1800 886 601 (toll free)

## Continence Aids Payment Scheme (CAPS)

This is an Australian Government Scheme that provides a payment to eligible people to assist with some of the costs of their continence products. If you have permanent and severe incontinence and you are an Australian citizen or permanent resident 5 years of age or older you may be eligible for CAPS.  
Phone No 1800 239 309

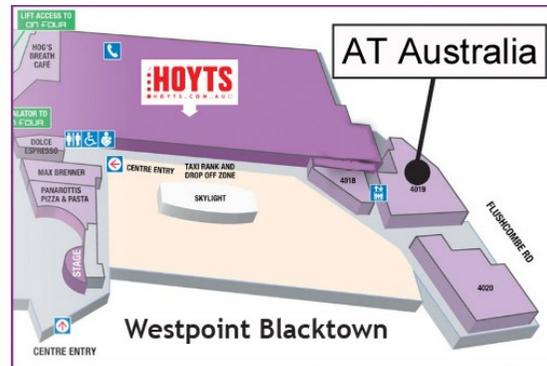
## Programme of Appliances for Disabled People (PADP)

If you do not live in a nursing home and are not eligible for CAPS, assistance may be available through the PADP Scheme. Enquire at your nearest major hospital for the local lodgement centre.

**Disclaimer:** The provision of this information does not constitute a recommendation. Responsibility for final selection of items rests with the individual.

## Assistive Technology Australia Shop 4019, Level 4 Westpoint Shopping Centre 17 Patrick Street Blacktown NSW 2148

(previously known as Independent Living Centre NSW)



**Info-Line:** 1300 452 679  
**Reception:** (02) 9912 5800  
**Fax:** (02) 8814 9656  
**Email:** [help@at-aust.org](mailto:help@at-aust.org)  
**Web:** [www.at-aust.org](http://www.at-aust.org)

## Supported by



**Family &  
Community Services**  
Ageing, Disability & Home Care

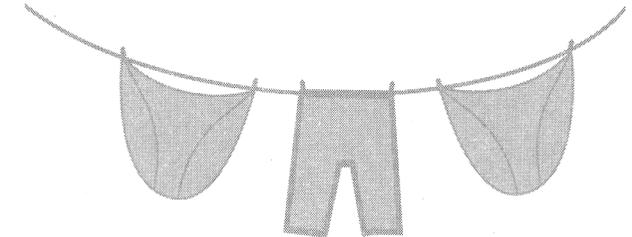


home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

## Guidelines to help you with

# Continence Management



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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.

### **Information Providers**

**Continence Foundation of  
Australia NSW Inc.**

National Continence Helpline  
1800 330 066

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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

**Assistive Technology Australia** 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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