

Referrals and advice

Referral to the Peninsula Continence Service can be made by yourself, a family member, or a health professional.

To make a referral or get advice, please phone:

1300 665 781

Where are appointments held?

We can arrange your appointment at:

Mornington Centre
Monday to Friday
9am – 5pm

or

Rosebud Community Rehabilitation Centre
Monday, Tuesday and Thursday
9am – 5pm

Around 4.8 million Australians aged over 15 years live with incontinence. That works out to 1 in 4 Australians.¹

Incontinence can affect anyone – regardless of their age, gender or cultural background.

For additional advice and information, phone the National Continence Helpline on 1800 33 00 66.

www.continence.org.au

1. The economic impact of incontinence in Australia, Deloitte Access Economics Report 2011.



Disclaimer: The information contained in this brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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Peninsula Health Continence Service



PENINSULA HEALTH

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SERVICE INTEGRITY COMPASSION RESPECT EXCELLENCE



PENINSULA HEALTH

Peninsula Continence Service

A service for people with
bladder and bowel control
problems

IN PARTNERSHIP,
Building a
Healthy Community

Peninsula Continence Service

The Peninsula Continence Service can help you if you are over the age of 5 years and need help with a continence issue.

The team comprises health professionals trained in continence management.

It includes:

- Continence Nurse Consultants
- Continence Physiotherapist
- Doctor

What do we provide?

People of all ages can experience bladder and bowel control problems.

The key message is to seek help because these problems do not usually go away by themselves.

If you answer **YES** to any of the following, you could benefit from our service:

- Leaking urine when coughing, sneezing or laughing
- Leaking urine when exercising, playing sport or with leisure activities
- Having to run to use the toilet with little warning
- Passing urine on the way to the toilet
- Wetting the bed
- Soiling your underwear.

Many people feel too embarrassed to seek help. You are not alone.

How can we help you?

- Medical tests as required (including Urodynamics – a test on bladder pressure required by your specialist or GP prior to further investigation or surgery)
- Individual management plans
- Education programs
- Physiotherapy (pelvic floor and continence)
- Men's and women's continence issues
- Continence Support Service program for children with a disability and continence issues
- Enuretic (bed wetting) alarm hire and management
- Assessments and management for continence funding
- Product access and advice
- Referral to other health professionals and health care providers

Continence management plan

Our health professionals will work with you to develop a continence management plan to ensure your independence and quality of life is maintained.

Treatment is confidential. It is usually simple and inexpensive.

Is there a cost involved?

- A fee of \$15 is payable for clients over the age of 5 years for each professional consultation
- DVA gold card holders are exempt
- Continence Support Service program clients are exempt (this is for children up to 16 years of age with a disability)
- Charges apply for enuretic (bed wetting) alarm hire
- Urodynamics is a bulk billed service provided by Medicare
- We do not offer credit or debit card payment facilities

Where are we located?

Mornington Centre
Cnr Tyalla Grove & Separation Street
Mornington, Vic 3931
Melway Ref 145 E1
As from 28th April 2014

Rosebud Community Rehabilitation Centre
1527 Point Nepean Road
Rosebud West Vic 3940
Melway Ref 169 K2

The Rosebud Continence Clinic is located directly behind Rosebud Hospital.