

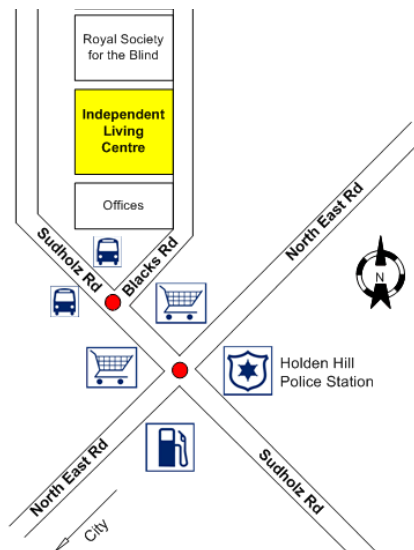
Incontinence

Incontinence refers to the involuntary passing of urine or faeces, and may affect people of all ages.

Incontinence has many different causes, but much can be done to improve and/or cure incontinence problems.

The Continence Resource Centre provides members of the public—including people with incontinence, their families, carers and health professionals—with information and advice on incontinence.

The Centre improves awareness of the many strategies available to manage incontinence.



Location

Continence Resource Centre
Independent Living Centre
11 Blacks Road
Gilles Plains SA 5086

Phone: 8266 5260 or 1300 885 886
(SA & NT callers only)

Fax: 8266 5263

Email: continence@sa.gov.au

Website: www.sa.gov.au/disability/crc

Accessible off-street parking is available.

Bus routes: from the city 500/501/502 or 208 to Stop 28 Sudholz Road.

Timetable information: 8210 1000

Use an internet-enabled phone with a QR (quick response) Reader to scan the CRC website QR code.



Government of South Australia
Department of Human Services

Continence Resource Centre

located at the
Independent Living Centre

Supported by

in partnership with

Lifetime
SUPPORT



The Continence Resource Centre (CRC) is a statewide continence information and advisory service located at the Independent Living Centre (ILC).

The Continence Resource Centre is affiliated with the Continence Foundation of Australia, and funded by the Department of Human Services.

We provide...

Information

The CRC is staffed by a Registered Nurse/Continence Nurse Advisor, and provides information and advice on bladder and bowel problems.

Information is available to everyone, including people with incontinence, their families, carers and health professionals.

The services provided include:

- continence management information and advice
- continence services information
- continence funding schemes information
- continence product information (including an extensive product display)
- health promotion activities at the Centre, and in metropolitan and rural areas of South Australia
- education sessions and seminars at the Centre, and in metropolitan and rural areas of South Australia.

Displays

The continence information display includes fact sheets, booklets and brochures.

Our extensive continence product display includes:

- disposable pads and pants
- reusable pads and pants
- disposable absorbent sheets and chair pads
- reusable absorbent sheets and chair pads
- uridomes (sheaths)
- urinary drainage bags (leg bags and overnight bags)
- waterproof mattress protection
- toileting equipment (for example, male and female urinals, bed pans, commodes, toilet seat raisers)
- adapted clothing (for easier dressing)
- odour control products.

Websites

Continence Resource Centre information is available on our website at:

www.sa.gov.au/disability/crc

To access the online equipment catalogue of local and national products and information visit the ILC Australia website:

www.ilcaustralia.org.au

To access information and resources from the Continence Foundation of Australia visit: www.continence.org.au

Eligibility and access

The Continence Resource Centre information and advisory service is open from 9.00 am to 4.00 pm Monday to Friday, excluding public holidays.

Please make an appointment with a health professional before visiting the Centre.

An interpreter is available by prior arrangement.

Cost

Many of our services are free of charge.

Fees may apply for education sessions. We can give you more details about this.

Continence Foundation of Australia

The Continence Foundation of Australia is the national peak body promoting bladder and bowel health.

The Foundation provides continence management information and research information for distribution in the community.

The CRC promotes Continence Foundation of Australia activities, such as World Continence Week.