Our experienced multidisciplinary team can provide assessment and help plan a management program to suit all age groups abilities and conditions.

We are NDIS Providers

Consultation can be done in our centrally located Melbourne clinic, at your home or virtually.

We can help with:
- Constipation and Faecal Incontinence
- Urinary Incontinence
- Bedwetting and toilet training
- Pelvic Floor Rehabilitation
- Skin Care
- Prolapse
- Catheter Consultations/Care
- Adaptive equipment
- Toilet environment recommendations

We accept referrals from any source for this service, including:
- GPs, family, carers, case managers
- Self-referral
- TAC
- Residential Aged Care
- Children with additional needs
- Private Health, Medicare or Self-Funded

CONTACT US FOR AN APPOINTMENT
1300 220 871
info@continencevictoria.org.au
NURSE CONTINENCE SPECIALIST

Our Nursing team is staffed by Nurse Continence Specialists who collectively have more than 30 years’ experience within the specialty field of bladder and or bowel health.

We work with people of all ages and genders. Assessing, developing and implementing evidence based and person centred care continence management plans.

We have particular expertise working with:
• Children with additional and complex needs to acquire toileting skills
• Bedwetting from childhood to young adults
• Constipation and faecal incontinence
• Catheterisation education and management plans
• Continence product selection and applications for financial assistance for continence products

PHYSIOTHERAPY - PELVIC HEALTH

Pelvic Health Physiotherapy is able to assist with many issues relating to healthy function of the pelvic area across all ages and genders. We see children, women, men, teenagers, pre and post-natal women, older adults, people with disabilities, athletes, people starting or returning to exercise after illness and those who have had or are planning surgery.

As with other types of physiotherapy; our pelvic health physiotherapist will look at muscles, ligaments, nerves, posture, reflexes, pain, injuries, weakness and many other factors. The physiotherapist will assess how these affect the function of the bladder, bowel and other pelvic organs.

Treatment may involve:
• strengthening the pelvic floor muscles,
• releasing tight muscles,
• pain management,
• improving bowel function,
• bladder training,
• increasing or decreasing sensitivity of the pelvic nerves and reflexes,
• supporting weak muscles, and
• Optimising recovery before or after surgery.

OCCUPATIONAL THERAPY

Our occupational therapist’s role at the VCRC is to assist individuals in increasing their independence and participation in activities of daily life. Difficulties around continence and toileting can be a barrier to individuals’ functional participation at home, work, school and the community.

Our OT is experienced with typically developing children as well as children with additional needs, including children who present with behavioural challenges and sensory needs. They can help empower the child with tools and strategies to manage Toileting at home and across other environments. Each child is treated as unique with (play oriented) assessments and interventions.

Our OT may focus on:
• Self-care activities such as eating, dressing, and establishing a toileting routine
• Adaptive equipment
• Psychoeducation with a focus on increasing current strengths
• Toys to better meet a child’s sensory needs

BOOK AN APPOINTMENT NOW!
NO REFERRAL NEEDED.