

Our experienced multidisciplinary team can provide assessments and management programs to suit all ages, groups, abilities and conditions.

We are NDIS Providers

Our Melbourne clinic is conveniently located with easy access to public transport. Phone or Telehealth consultations available if necessary.

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
- Pre and Post Prostate surgery

We accept referrals from any source including:

- GPs, family, carers, case managers
- Self-referral
- TAC
- Residential Aged Care
- NDIS
- Private Health, Medicare or Self-Funded

CONTACT US FOR AN APPOINTMENT
1300 220 871
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VCRC BLADDER & BOWEL CLINIC

NDIS Providers
Helping you find solutions



VICTORIAN CONTINENCE
RESOURCE CENTRE

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f P Street News @ Below The Belt Patrol

#StartTheConversationToday



goagainsttheflow.org.au

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VICTORIAN CONTINENCE
RESOURCE CENTRE

**Start The
Conversation
Today**

Fee for service clinic

NURSE CONTINENCE SPECIALIST

Our Nursing team is staffed by Nurse Continence Specialists who collectively have more than 40 years' experience within the specialty field of bladder and bowel health.

We work with people of all ages and genders, to assess, develop and implement evidence based and person centred care continence management plans.

We have particular expertise working with:

- NDIS assessment and reporting
- Children with additional and complex needs to acquire toileting skills
- Constipation and faecal incontinence
- Catheterisation management and education
- Continence product selection and
- Applications for financial assistance for continence products
- Transanal irrigation

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.

BEDWETTING CLINIC

Bedwetting is also known as nocturnal enuresis and is common in typical developing children as well as children with additional needs.

In our multi-disciplinary paediatric continence clinic, VCRC offers a ten (10) week enuresis (bedwetting) program. This service is available for private and NDIS funded clients. We offer a full assessment and treatment using the bell and pad alarm. The latest body worn alarms may be appropriate for some children.

Children must be six (6) years or older to start using a bed-wetting alarm. A refundable deposit and photo identification is required from the parent or carer prior to possession of the bell and pad alarm.

Children under the age of six (6) can be seen in the clinic and alternative approaches to alarm therapy can be considered.

TOILET TRAINING

Assisting your child to acquire toileting skills can be confusing.

Our multi-disciplinary team can assist parents and/or carers with practical steps to assist your child achieve toileting independence.

Practical guidance can be given to help address additional sensory and behavioural needs.

Important milestones in bladder and bowel development, withholding behaviour, nutrition and diet can be addressed.

**BOOK AN APPOINTMENT NOW!
NO REFERRAL NEEDED.**

