

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

**BOOK AN APPOINTMENT TODAY**  
**1300 220 871**  
**info@continencevictoria.org.au**

# VCRC BLADDER & BOWEL CLINIC

**NDIS Providers**  
**Helping you find solutions**



**VICTORIAN CONTINENCE  
RESOURCE CENTRE**

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**f @P Street News @UrinaryIncontinenceSupportGroup**

**#StartTheConversationToday**



goagainstheflow.org.au @GATFaus

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CFA Vic Branch. Supported by funding from the  
Victorian Government under DHHS/CCA.



**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, genders and abilities to assess, develop and implement evidence based and person centred 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
- Application 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, genders and abilities.

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.

The physiotherapist will assess the function of your bladder, bowel and other pelvic organs. They will also look at muscles, ligaments, nerves, posture, reflexes, pain, injuries and weakness associated with the pelvic area.

### 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

## TOILET TRAINING

We assist your child to acquire toileting skills. 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.

## VISION

Speaking Up For Continence Health

## MISSION

Awareness, Prevention and Treatment

## VALUES

Collaboration;  
Respect;  
Empowerment;  
Dignity; Service

BOOK AN APPOINTMENT  
TODAY!

NO REFERRAL NEEDED

