

Helpful Continence Information and Support

It is estimated that over five million Australians are affected by some form of continence problem. These issues increase with age, with over half of those affected being aged 50 years and over, however this does not mean that continence issues are an inevitable part of ageing. Continence issues are common, with many different causes. What is important is that medical advice is sought to understand what might be causing the problem, and how best to manage it.

The [National Continence Help Line](#), telephone 1800 330066, is a free information and advisory service funded by the Australian Government. The [Continence Foundation of Australia](#) provides comprehensive information on understanding and managing incontinence, along with information on supports available across Australia. Other information is available from the Australian Government's [My Aged Care](#) and [Bladder Bowel](#) websites, which include information specific to older people, along with an information booklet outlining [help for carers](#).

Information and resources, including support from continence nurse advisors, are available in each [State and Territory](#), including subsidies for continence products, for eligible people. You may also be eligible for an annual subsidy under the Australian Government's [Continence Aids Payment Scheme](#). If you are in receipt of a [Home Care Package](#) from the Australian Government, then this can include funding for continence aids and appliances.

The [National Public Toilet Map](#) provides a useful guide to public toilets across Australia to help you plan your outings.