

# CONTINENCE RESOURCE ORDER FORM





**Continenence  
Foundation  
of Australia**

NATIONAL  
CONTINENCE  
HELPLINE


**1800 33 00 66**

## HOW TO PLACE YOUR ORDER

 **PHONE:** 1800 33 00 66

 **MAIL:** Suite 1, 407 Canterbury Road  
Surrey Hills Vic 3127

 **EMAIL:** [helpline@continenence.org.au](mailto:helpline@continenence.org.au)

 **ONLINE:** [continenence.org.au](http://continenence.org.au)

## MAILING DETAILS

**Name:** .....

**Email:** .....

**Position:** .....

**Address:** .....

**Organisation:** .....

.....

**Phone:** .....

**Suburb:** .....

**Mobile:** .....

**State:** ..... **Postcode:** .....

## LAUGH WITHOUT LEAKING

Resource	Order Limit	Quantity
Poster - LWL A3	4	
Poster - Helpline A3	4	
Poster - Helpline A4	4	
Continenence Event Kit	1	
Helpline Business Card	100	
Helpline Fridge Magnet	5	

## BRIDGE MAGAZINE

Resource	Order Limit	Quantity
Autumn 2018 Vol. 12, No. 1	100	
Winter 2017 Vol. 11, No. 2	100	
Spring 2016 Vol. 10, No. 3	100	
Summer 2016 Vol. 10, No. 4	100	
Winter 2015 Vol. 9, No. 2	100	
Order Form	100	

## PROMOTIONAL

Resource	Order Limit	Quantity
Continenence Resource Order Form	100	
Helpline Fridge Magnet	5	
Continenence Foundation of Australia Membership Form	100	
National Continenence Helpline Flyer (DL)	100	
Online Incontinence Support Forum Business Card	100	
Toilet Help Card	100	

## FUNDING

Resource	Order Limit	Quantity
15 Continenence Products (DL Brochure)	200	
Continenence Aids Payment Scheme (CAPS) Application Form	100	
Continenence Aids Payment Scheme (CAPS) Brochure (DL Brochure)	100	
Funding Schemes for Continenence Products: National and State Schemes (Factsheet A4)	100	

## ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES

Resource	Order Limit	Quantity
Constipation (Hard Poo) (DL Flyer)	25	
Diabetes and Bladder or Bowel Problems (DL Flyer)	25	
Grog and Bladder or Bowel Problems (DL Flyer)	25	
Help Getting to the Toilet (DL Flyer)	25	
Kids Wetting the Bed (DL Flyer)	25	
Leaking Urine (wee) After Having a Baby (DL Flyer)	25	
Men and Strong Pelvic Floor Muscles (DL Flyer)	25	
Men's Business Indigenous Flipchart (for Professionals Only)	5	
Pads, Clothes and Bedding to Help if you are Getting Wet (DL Flyer)	25	
Pelvic Floor Muscle Exercises for Women (DL Flyer)	25	
The Prostate and Bladder Problems (DL Flyer)	25	
Training the Bladder (DL Flyer)	25	
Women's Bladder Problems (DL Flyer)	25	
Women's Business Indigenous Flipchart (for Professionals Only)	5	

## BLADDER AND BOWEL

Resource	Order Limit	Quantity
Poster - Improve your Bottom Line (A3)	100	
Poster - Incontinence: No Laughing Matter (A3)	100	
Poster - 5 Steps to a Healthy Bladder and Bowel (A3)	100	
Poster - Got to Go Again? (A3)	100	
Poster - Constipation with Overflow (A4)	100	
01 Bladder Control Problem? (DL Brochure)	200	
02 Good Bladder Habits For Everyone (DL Brochure)	200	
03 Poor Bowel Control (DL Brochure)	200	
04 Bladder Control Check Up (DL Brochure)	200	
14 Nocturia - Going to the Toilet at Night (DL Brochure)	200	
17 Overactive Bladder and Urgency (DL Brochure)	200	
Bladder Diary with Instructions (Factsheet A4)	100	
Bladder Management Problems & Self Assessment Questionnaire (A5 Leaflet)	100	
Bowel Diary with Instructions (Factsheet A4)	100	

Resource	Order Limit	Quantity
Constipation and Bladder and Bowel Health (Factsheet A4)	100	
Healthy Diet and Bowels (A5 Booklet)	25	
Improving Bowel Function After Surgery (A4 Booklet)	100	
Live Better With Urinary Incontinence (A5 Booklet)	100	
Management of Faecal Incontinence - Flow Chart (Factsheet A4)	100	
Management of Urinary Incontinence - Flow Chart (Factsheet A4)	100	
Nocturia in Adults (Factsheet A4)	100	
Solving Common Bowel Problems for people with Spinal Cord Injury (A4 Booklet)	100	
The Continence Guide: A Guide to Bladder and Bowel Health (A5 Booklet)	50	
What now? Helping Clients Live Positively with Urinary Incontinence (for Professionals Only - A4 Booklet)	100	

## CHRONIC CONDITIONS

Resource	Order Limit	Quantity
07 Dementia and Bladder and Bowel Control (DL Brochure)	200	
Arthritis and Bladder and Bowel Control (Factsheet A4)	100	
Chronic Heart Failure and Bladder and Bowel Issues (Factsheet A4)	100	
Diabetes and Bladder and Bowel Health (Factsheet A4)	100	
Mental Illness and Bladder and Bowel Health (Factsheet A4)	100	
Parkinson's Disease and Bladder Control (Factsheet A4)	100	
Parkinson's Disease and Constipation	100	
Stroke and Bladder and Bowel Health (Factsheet A4)	100	

## EASY ENGLISH

Resource	Order Limit	Quantity
Healthy Bladder and Bowel Habits - Easy English (A5 Booklet)	10	
How to Have Better Bladder Control - Easy English (A5 Booklet)	10	
How to Have Better Bowel Control - Easy English (A5 Booklet)	10	
Pelvic Floor Muscle Exercises - Easy English (A5 Booklet)	10	

## FOR CARERS

Resource	Order Limit	Quantity
Poster - Tell Someone Who Cares (A3)	100	
Carers Flyer (DL Flyer)	100	
Caring for Someone with Bladder or Bowel Problems (A4 Booklet)	20	
Caring for Someone with Incontinence (Factsheet A4)	100	
Where to Get Help (Checklist for Carers) (Factsheet A4)	100	

## INFORMATION PACKS

Resource	Order Limit	Quantity
Professional Pack	1	
Student Pack	1	

## MATERNITY

Resource	Order Limit	Quantity
Poster - Managing the Mother Load Protect your Pelvic Floor (A3)	100	
08 One in Three Women Who Have Ever Had a Baby Wet Themselves (1 in 3 Women) (DL Brochure)	200	
11 Expecting a Baby? (DL Brochure)	200	
Managing the Mother Load (DL Brochure)	100	
One in Three Women Who Have Ever Had a Baby Wet Themselves (1 in 3 Women) (A5 Booklet)	50	
Pregnancy and Exercise (Factsheet A4)	100	
Pregnancy Pelvic Floor Plan App (DL Flyer)	100	
Returning to Sport or Exercise After Birth (Factsheet A4)	100	
The Pregnancy Guide (A5 Booklet)	100	

## MEN'S HEALTH

Resource	Order Limit	Quantity
05 Pelvic Floor Muscle Training for Men (DL Brochure)	200	
13 The Prostate and Bladder Problems (DL Brochure)	200	
After Dribble: A Common Problem for Men (Factsheet A4)	100	
Continence and Prostate : A Guide for Men Undergoing Prostate Surgery (A5 Booklet)	50	

## PAEDIATRICS

Resource	Order Limit	Quantity
09 Bedwetting in Childhood (DL Brochure)	200	
10 Bedwetting in Teenagers and Young Adults (DL Brochure)	200	

Resource	Order Limit	Quantity
Day-wetting (daytime incontinence) in Children (DL Brochure)	100	
How your Bladder (wee) Works (for kids to read - DL Brochure)	100	
How your Bowel (poo) Works (for kids to read - DL Brochure)	100	
Soiling (faecal incontinence) in Children (DL Brochure)	100	
Tips for Bedwetting Children Who Want to Enjoy A Sleepover (DL Brochure)	100	
Tips for Supervising Someone Else's Child (DL Brochure)	100	
Watertight - For Older Children and Adolescents (A4 Booklet)	100	

## PELVIC FLOOR

Resource	Order Limit	Quantity
Poster - Protect your Pelvic Floor and Stay in Control (A3)	100	
05 Pelvic Floor Muscle Training for Men (DL Brochure)	200	
06 Pelvic Floor Muscle Training for Women (DL Brochure)	200	
Promoting Pelvic Floor Safe Exercise - Fitness Professional Resource (DL Brochure)	20	
Protect Your Pelvic Floor - Stay in Control (DL Brochure)	100	

## PRIMARY SCHOOLS

Resource	Order Limit	Quantity
Poster - Toilet Tactics - Healthy Habits (A3)	100	
Toilet Tactics Information Brochure (DL Brochure)	50	

## PUBLIC TOILET MAP

Resource	Order Limit	Quantity
Poster - National Public Toilet Map (A2)	100	
National Public Toilet Map (A5 Leaflet)	100	
National Public Toilet Map Bookmark	100	
National Public Toilet Map Bookmarks Box of 450	10	

## WOMEN'S HEALTH

Resource	Order Limit	Quantity
06 Pelvic Floor Muscle Training for Women (DL Brochure)	200	
16 Prolapse (DL Brochure)	200	
12 Surgery for Bladder Control Problems in Women (DL Brochure)	200	
Menopause and Bladder and Bowel Health (Factsheet A4)	100	

## RESOURCES AVAILABLE IN OTHER LANGUAGES

Resource	Order Limit	Quantity
01 Bladder Control Problem? (Factsheet A4)	100	
02 Good Bladder Habits For Everyone (Factsheet A4)	100	
03 Poor Bowel Control (Factsheet A4)	100	
04 Bladder Control Check Up (Factsheet A4)	100	
05 Pelvic Floor Muscle Training for Men (Factsheet A4)	100	
06 Pelvic Floor Muscle Training for Women (Factsheet A4)	100	
07 Dementia and Bladder and Bowel Control (Factsheet A4)	100	
08 One in Three Women Who Have Ever Had a Baby Wet Themselves (Factsheet A4)	100	
09 Bedwetting in Childhood (Factsheet A4)	100	
10 Bedwetting in Teenagers and Young Adults (Factsheet A4)	100	
11 Expecting a Baby? (Factsheet A4)	100	
12 Surgery for Bladder Control Problems in Women (Factsheet A4)	100	
13 The Prostate and Bladder Problems (Factsheet A4)	100	
14 Nocturia - Going to the Toilet at Night (Factsheet A4)	100	
15 Continence Products (Factsheet A4)	100	
16 Prolapse (Factsheet A4)	100	
17 Overactive Bladder and Urgency (Factsheet A4)	100	
Constipation and Bowel Control (Factsheet A4)	25	
Healthy Diet and Bowels (A5 Booklet)	25	

## PLEASE SELECT LANGUAGE REQUIRED

- |   |  |
|---|--|
| <input type="checkbox"/> Arabic               | <input type="checkbox"/> Burmese               |
| <input type="checkbox"/> Chinese - Simplified | <input type="checkbox"/> Chinese - Traditional |
| <input type="checkbox"/> Croatian             | <input type="checkbox"/> Dari                  |
| <input type="checkbox"/> Dinka                | <input type="checkbox"/> Dutch                 |
| <input type="checkbox"/> Filipino             | <input type="checkbox"/> German                |
| <input type="checkbox"/> Greek                | <input type="checkbox"/> Hindi                 |
| <input type="checkbox"/> Hungarian            | <input type="checkbox"/> Indonesian            |
| <input type="checkbox"/> Italian              | <input type="checkbox"/> Japanese              |
| <input type="checkbox"/> Karen                | <input type="checkbox"/> Korean                |
| <input type="checkbox"/> Macedonian           | <input type="checkbox"/> Maltese               |
| <input type="checkbox"/> Persian              | <input type="checkbox"/> Polish                |
| <input type="checkbox"/> Serbian              | <input type="checkbox"/> Somali                |
| <input type="checkbox"/> Spanish              | <input type="checkbox"/> Tamil                 |
| <input type="checkbox"/> Turkish              | <input type="checkbox"/> Urdu                  |
| <input type="checkbox"/> Vietnamese           |  |

## PROMOTIONAL

Resource - English Only	Order Limit	Quantity
Poster - Talk About Incontinence A Problem in Anyone's Language (A3)	100	
Incontinence - A Problem in Anyone's Language Flyer (DL Flyer)	100	