



### Gateway Health Continence Service

Continence nursing service for:

- Frail, older people living in the community
- People living with a disability

Gateway Health Wangaratta  
 45-47 Mackay St, Wangaratta 3677  
 Ph: 03 5723 2070 Fax: 03 5722 2313  
[www.gatewayhealth.org.au](http://www.gatewayhealth.org.au)



### Wangaratta Continence Clinic

Continence nursing and pelvic floor physiotherapy

Community Care Centre  
 4-12 Clark St, Wangaratta 3677  
 Ph: 03 5722 5333 Fax: 03 5722 5419  
[www.nhw.org.au](http://www.nhw.org.au)

# CONTINENCE SERVICES

## in the North East and Border Region



### Albury Continence Service

Local continence nursing service

Albury Community Health Centre  
 596 Smollet St, Albury 2640  
 Ph: 02 6058 1841 Fax: 02 6058 1801  
[www.awh.org.au](http://www.awh.org.au)



### Wodonga Continence Service

Continence nursing and pelvic floor physiotherapy

Continence nursing service for:

- Frail, older people living in the community
- People living with a disability

Rehabilitation Community & Allied Health Services

73-75 Vermont St, Wodonga 3690  
 Ph: 02 6051 7400 Fax: 02 6051 7430  
[www.awh.org.au](http://www.awh.org.au)

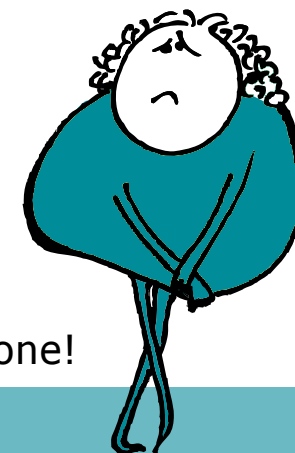


### Corowa Continence Service

Local continence nursing service

Murrumbidgee Local Health District  
 Guy St, Corowa 2640  
 Ph: 1800 654 324 Fax: 02 6933 9205

Do you have problems with your bladder or bowel?

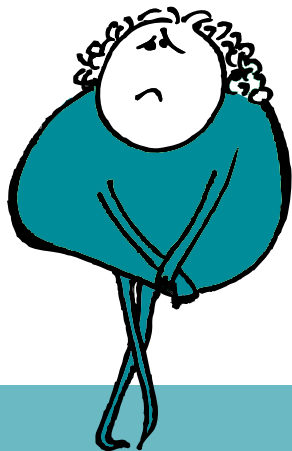


You are not alone!

One in five Australians have difficulty controlling their bladder or bowel at some time in their lives.

Usually these problems can be managed, improved or even cured.

Professional help is available from local Continence Nurse Advisors and Physiotherapists for people of all ages.



Our Continence services offer:

- Management and advice for bladder and bowel problems for people of all ages
  - Pelvic floor rehabilitation
  - Bladder training
  - Bowel programs
  - Before and after surgery
  - Before and after childbirth
- Treatment for pelvic pain
- Treatment for prolapse
- Catheter management including self catheterisation
- Product information and advice for continence aids and appliances
- Assistance with funding applications

## How to contact us:

- Self refer by calling your local health service
- Medical practitioners and other health care workers can refer you
- *Most continence services charge a small fee*

or contact:

## National Continence Helpline



**1800 33 00 66**

8 am – 8 pm

Monday to Friday

## Continence Foundation of Australia



**[www.continence.org.au](http://www.continence.org.au)**

Remember.....

**You are not alone!**