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

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

Corowa Continence Service
Local continence nursing service
Murrumbidgee Local Health District
Guy St, Corowa 2640
Ph: 1800 654 324 Fax: 02 6933 9205

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

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

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

Remember.....
You are not alone!