

Our continence physiotherapists provide advice and support to children and adults, of all ages and abilities, who experience bladder and bowel health issues, incontinence and toileting challenges.

We understand that challenges around toileting and continence have a significant impact on day-to-day life and can often lead to social isolation. The goal of continence support is always to improve the individual's bladder and bowel function, toileting skills, community participation, and overall quality of life.

Our team of physiotherapists work with individuals and their support networks, as well as other health professionals, to provide holistic continence care. This care aims to improve dignity, community access, and participation in activities that bring the individual purpose and fulfillment.

Our continence physiotherapists help people understand what causes bladder and bowel health issues, and how they can be treated.

While our services are predominantly clinic-based, it may be provided in other locations - such as at home, school, community settings, or via teletherapy, depending on assessment findings. Support can also be arranged for individuals and families living in remote areas of Western Australia.

Who might need these services

Children and adults who experience any of the following:

- Urinary incontinence
- Faecal incontinence
- Bedwetting and daytime wetting
- Constipation
- Toilet challenges

What our service covers

Our continence physiotherapists assess bladder and bowel function, toileting skills and continence product use, then develop strategies to support our customer's continence goals. These services can include:

- Toileting program development and support
- Optimal bladder and bowel health strategies
- Management options for incontinence
- Prescription of continence aids (e.g. nappies and pads)
- Provision of resources (e.g. charts and social stories)
- Education and training
- Safety and assessment planning

Service Delivery Packages

Continence Assessment and Product Prescription Package (6 Hours)

Our continence assessment investigates issues related to incontinence, bladder and bowel health, and toileting. We gather an extensive medical and symptom history, review bladder and bowel diaries, complete a physical examination and perform real-time ultrasound imaging and uroflowmetry where appropriate.

Following this assessment, an individualised Continence Management Plan is formulated, and recommendations, including prescribed continence products, are captured in a comprehensive report for NDIS customers. Sometimes, the continence physiotherapist may also recommend a review by a medical specialist such as a urologist or gastroenterologist to address underlying medical issues.

Comprehensive Continence Assessment and Management Package (up to 14 hours)

This package includes all components of the *Continence Assessment and Product Prescription Package* but allows for ongoing follow up and support over the course of a year to help individuals achieve their continence and toileting goals by regularly reviewing outcomes and providing further strategies.

Nocturnal Enuresis (Bedwetting) Package (10 hours)

Our structured program helps individuals, typically children, overcome bedwetting. We provide comprehensive support and guidance to families and children to address the physical, emotional, and behavioural aspects associated with bedwetting.

Program criteria:

- Age range: Individuals must be 6 years of age or older.
- Wetting pattern: Individuals should demonstrate a pattern of wetting the bed more than twice a week.
- Medication status: Individuals should not currently be on Minirin medication for enuresis.
- Resolution of daytime urinary symptoms: Any daytime urinary symptoms must be resolved before commencing the enuresis program.
- Resolution of constipation: If there is a history of constipation, it must be resolved before commencing the enuresis program.

Key components of the program:

- Assessment, evaluation and examination.
- Education to the individual and parents/ caregivers.
- Behavioural strategies to help individuals recognise and respond to their bodily signals better.
- Alarm therapy to wake the individual up when they begin to wet the bed.
- Address any psychological or emotional stress contributing to bedwetting.
- Follow-up: Fortnightly follow-up appointments with the continence physiotherapist to monitor progress.

What our Continence Physiotherapists cannot provide:

- Catheter care: This includes training to use catheters, changing of catheters, or clearing catheter blockages.
- Stoma care
- Wound care

A "live in" toilet training service for kids: Our Continence Management Plans are designed for parents and caregivers to implement in the individual's home, school and community settings.

Disclaimer: The information provided in this document is for informational purposes only and serves as a resource for our support staff to assist our customers effectively. Customers should always seek medical advice, diagnosis, or treatment from qualified healthcare professionals.