

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



**We welcome feedback at:**

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**Regional Continence Service  
Community Health**

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing.

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**Bairnsdale Regional Health Service is located on the traditional land of the Gunai Kurnai people.**

## About the Service.

Because bladder and bowel problems can be difficult and sometimes embarrassing to live with we have specially trained nurses and physiotherapist to help you manage the problem better. A medical specialist is also available for people with complex problems. They can help you learn how to control your bladder and bowel better.

## Who can use the service?

People of all ages wanting help with:

- Bladder and bowel problems.
- Prostate problems.
- Children's bowel problems.
- Children with bedwetting problems.
- Adults and children with a disability.
- People with incontinence problems after an injury, illness, accident or other health condition.

## What is the cost?

- \$14.50 Non concession per visit
- \$9.40 Concession per visit
- \$5.00 Child per visit
- No referral required

## Places we go

Bairnsdale, Orbost, Mallacoota, Paynesville, Omeo, Swifts Creek, Buchan and Lakes Entrance.

## What the service offers.

- Home visits if it is difficult to come to the centre.
- Pelvic muscle assessment.
- Advice about pads, underwear and other equipment.
- Help with funding for pads and equipment.
- Talks for community groups.
- Advice to careers of people with bladder or bowel control problems.
- Advice and help on bladder and bowel problems for people with a disability.
- Catheter care for people using catheters.
- Help for children with bedwetting problems.
- Specialist Nurses, Medical Specialist and Specialist physiotherapist.

## The Community Health Centre is Open

Monday to Friday 8.30am to 4.30pm  
Ross St, Bairnsdale

**We want to make sure you are involved with the treatment you receive by helping you do as much as you can for yourself to help you stay independent.**

**Right from the start we will talk with you about why you have come to us and what you want to get out of your visit. With your help we will work out a care plan to help you reach your personal goals.**

**You might like to think about this before your visit and bring your ideas with you.**