

2019

ANNUAL REPORT



**Continence
Foundation
of Australia**



Celebrating 30 years of
PROMOTING BLADDER AND BOWEL HEALTH
1989 – 2019



**Continence
Foundation
of Australia**



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VISION

An Australian community free of the stigma and restrictions of incontinence.

The Continence Foundation of Australia, established in 1989, is a not-for-profit organisation and the national peak body for incontinence management, education, awareness, information and advocacy. The Continence Foundation has representation in each Australian state and territory.

The Foundation is supported by the Australian Government Department of Health under the National Continence Program and Health Peak and Advisory Bodies Program. We also rely on the generous support of our members and partners to carry out our work.

MISSION

To represent and advocate for Australians affected by, or at risk of, bladder and bowel control problems and pelvic floor dysfunction.

To serve all Australians by promoting bladder and bowel health. This will be achieved by:

- working with consumers, professionals, industry and government
- facilitating access to continence support services through advocacy
- providing evidence-based information and advice
- building the capacity and capability of the workforce, and
- supporting research to achieve the Foundation's objectives.

Principles

- Enable through information
- Leadership
- Partnership and collaboration
- Capacity building
- Integrity and accountability
- Best practice

Objectives

- Increase community awareness
- Further develop policy and leadership
- Strengthen partnerships
- Educate the workforce
- Invest in research
- Build a sustainable future

OUR WORK

AWARENESS Increase community awareness	<ul style="list-style-type: none"> • National Continence Helpline 	<ul style="list-style-type: none"> • Social media 	<ul style="list-style-type: none"> • Events & activities
	<ul style="list-style-type: none"> • Media 	<ul style="list-style-type: none"> • Publications 	<ul style="list-style-type: none"> • Health promotion
	<ul style="list-style-type: none"> • Websites 	<ul style="list-style-type: none"> • Resources 	<ul style="list-style-type: none"> • Awareness campaigns
POLICY & LEADERSHIP Further develop policy and leadership	<ul style="list-style-type: none"> • Advocacy 	<ul style="list-style-type: none"> • Committee representation 	<ul style="list-style-type: none"> • Memberships
	<ul style="list-style-type: none"> • Consultation 	<ul style="list-style-type: none"> • Submissions 	
PARTNERSHIPS & COLLABORATION Strengthen partnerships	<ul style="list-style-type: none"> • Corporate 	<ul style="list-style-type: none"> • Consumer advocacy partnerships 	
	<ul style="list-style-type: none"> • Community 	<ul style="list-style-type: none"> • Health professional associations 	
WORKFORCE Building capacity and capability	<ul style="list-style-type: none"> • Online learning 	<ul style="list-style-type: none"> • State conferences 	<ul style="list-style-type: none"> • Scholarships
	<ul style="list-style-type: none"> • Face-to-face education 	<ul style="list-style-type: none"> • National conference 	
RESEARCH Invest in research	<ul style="list-style-type: none"> • Australian Bladder Foundation 	<ul style="list-style-type: none"> • Australian + New Zealand Continence Journal 	
SUSTAINABLE FUTURE Build a sustainable future	<ul style="list-style-type: none"> • Financial responsibility 	<ul style="list-style-type: none"> • Strategic planning 	<ul style="list-style-type: none"> • Governance

PRESIDENT'S REPORT

Welcome to the Continence Foundation of Australia's 2019 Annual Report – a snapshot of our work across the past year.

2019 is a particularly special year as it marks 30 years since the launch of the Foundation in 1989. Conceived by a small group of passionate visionaries, keen to make a difference, the Foundation has grown into a vibrant, innovative peak body for bladder and bowel health, which is highly regarded in Australia and in the continence sector internationally.

This year, we proudly reflect on our many achievements over the past 30 years such as:

- Establishing the National Conference on Incontinence, Australia's premier meeting for health professionals working in bladder, bowel and pelvic floor health, which is now in its 28th year
- Launching the National Continence Helpline in 1999 which has since provided over 400,000 episodes of support
- Leading successful advocacy campaigns resulting in increased support for people living with incontinence, such as the Continence Aids Payment Scheme
- The launch of our first website (continence.org.au) in 2003 which now sees almost two million visits a year
- Distributing millions of free resources about all aspects of bladder, bowel and pelvic health to the public, health professionals and organisations
- Raising awareness and helping to reduce the stigma around incontinence through years of national media campaigns.

As well as our special 30-year anniversary, there are many initiatives to recognise and celebrate from the past year. Some highlights of 2018 – 2019:

- Nearly 30,000 enquiries to the National Continence Helpline were responded to with expert and confidential information, advice and support. A Helpline caller survey delivered a 96 per cent satisfaction rate – proof of the valued work of our experienced Helpline staff.
- The humorous *Laugh Without Leaking* public awareness campaign continued with a strong digital presence. With phase two of the campaign, we aimed to make pelvic floor exercises a daily priority for people at risk of, or experiencing, incontinence.

- Our *Continence in Australia: A Snapshot* report was released to coincide with World Continence Week. The report provided the public, media and stakeholders with a snapshot of incontinence's impact, perception and prevalence in Australia.
- Over 2,000 awareness-raising events were held across Australia to celebrate World Continence Week.
- Development of popular 3D animations to help the public visualise the previously 'invisible' pelvic floor.
- Successful awareness-raising community forums where 90 per cent of attendees surveyed said they took positive action to improve their continence health as a result.
- Over 2.45 million total visits to our suite of websites, marking a 94 per cent increase on the previous year.

The Foundation further established itself as a leading voice in policy and guided policymakers to consider people affected by incontinence. This was demonstrated by incontinence being recognised as a key women's health issue in the National Women's Health Strategy 2020-2030, and the Foundation's invitation to give evidence at the Royal Commission into Aged Care Quality and Safety.

Over the past twelve months, we have been working together exploring options for unification of the State Branches and National Office. This would enable us to better progress our vision and serve our members, strengthen our capacity to advocate and to do the most we can with the finite resources we have. The Foundation will ensure that members are consulted as progress is made over the coming months.

Thank you to our members, whose contribution is invaluable in allowing us to further amplify our work and public awareness of bladder, bowel and pelvic health. Whether it is through taking part in media interviews, community presentations or serving on the Board, sub-committees and working groups, the generosity of our members' time is greatly appreciated.

We hope you enjoy reading about the work of the Foundation contained in this Annual Report.



Associate Professor Michael Murray AM

We thank our Board of Directors who voluntarily provide their services.

Michael Murray AM
PRESIDENT

Associate Professor Michael Murray AM has a broad range of management, clinical and teaching experience in health and aged care. Michael is the Divisional Director of Continued Care, Head of Geriatric Medicine and Medical Lead of Patient Flow at Austin Health.

Michael's career highlights include extensive research in continence, public health and public policy, as well as work in education and service development and most recently, his appointment as the interim Chief Clinical Advisor to the first Aged Care Quality and Safety Commissioner.

Michael was recently awarded the Member of the Order of Australia (AM) for significant service to geriatric medicine as a clinician and educator.

He has been the Continence Foundation Board President since 2004.



Janet Chase
DIRECTOR

Janet Chase is a physiotherapist whose chosen area of practice is the treatment of incontinence and pelvic floor dysfunction in women, men and children. She has a strong interest in continence education and is chair of the Continence Foundation's Paediatric Advisory Committee and a former board member of the International Children's Continence Society.



Karen Allingham
DIRECTOR

Karen Allingham developed an interest in the specialty of continence in 1992 and undertook her first continence advisor role in 2000, working in the community with residential care facilities. In 2002, Karen returned to the acute hospital environment, beginning work the following year in the continence service at Royal Perth Hospital. She gained her current position of clinical nurse consultant in 2007 and successfully achieved her Masters of Nursing in 2012.



Ian Tucker
VICE PRESIDENT

Dr Ian Tucker has been an active member of the Continence Foundation since its inception.

Ian has been a pioneer in the field of sacral nerve neuromodulation for disturbances of bladder and bowel function and has chaired sessions and lectured nationally and internationally at major conferences.



Rosemary Calder AM
DIRECTOR

A founding member of the Continence Foundation, Professor Rosemary Calder has worked in health and aged care policy and services in the non-government sector and held senior executive roles in both Victorian and Commonwealth health departments. She is the director of the Australian Health Policy Collaboration, a health policy think tank established by Victoria University.



Jacinta Crickmore
DIRECTOR

Jacinta Crickmore first gained valuable insights on incontinence issues faced by consumers from her work in healthcare sales with SCA Hygiene. She became the company's QLD representative and an active member of the Continence Foundation's QLD Branch, of which she was secretary for five years and is the current treasurer. In 2014, Jacinta became a member of the Foundation's Consumer Advisory Committee, which she currently chairs. In 2015, she was appointed as a consumer representative on the Board and the Bladder and Bowel Collaborative Steering Committee.



SUB-COMMITTEES TO THE BOARD

Our current active committees are:

State Presidents Committee

Michael Murray (Chair)
Rowan Cockerell (CEO)
Jennifer King (NSW)
Allison Bryant (QLD)
Ashani Fernando (SA)
Peta Titter (TAS)
Michael Croker (VIC)
Annelize Prinsloo (WA)

Finance, Audit and Risk Sub-Committee

Therese Tierney (Chair)
Jacinta Crickmore
Michael Corry (Company Secretary)

Australian & New Zealand Continence Journal Committee

Margaret Sherburn (Chair and Editor)
Jacinta Miller (Managing Editor)
Rowan Cockerell (Continence Foundation)
Louise Judd (NZCA)
Wendy Bower
Christian Moro
Oliver Daly
Jenny Kruger
Anna Lawrence
Joan Ostaszkiwicz
Debbie Rigby
Vivien Wong
Louise Mills (resigned May 2019)
Vincent Tse
Kate Moore
Elizabeth Watt

Bladder & Bowel Collaborative Steering Committee (BBC)

Rowan Cockerell (Chair)
Steve Webster (Continence Foundation)
Margaret Sherburn
Liza Lau
Janie Thompson
Jacinta Crickmore
Donna Heggie
Bev Hamming (DoH)

Consumer Advisory Committee

Jacinta Crickmore (Chair)
Bethia Wilson
Keith Davies
Frank Ritchie
Rowan Cockerell (Continence Foundation)

27th National Conference on Incontinence 2018

Scientific Committee

Margaret Sherburn (Co-chair)
Michael Whishaw (Co-chair)
Alyson Sweeney
Sarah O'Loughlin
Anthony Eaton
Naomi Saunder
Joanne Dean
Janie Thompson
Michael Murray

Organising/Social

Rowan Cockerell
Rosa Siderelis
Bronwyn Robinson

PATRON

Dr Bethia Wilson AM

CHIEF EXECUTIVE OFFICER

Rowan Cockerell

INDUSTRY ADVISOR TO THE BOARD

Lesley Barton

COMPANY SECRETARY

Michael Corry

SOLICITORS

JRT Partnership Pty Ltd

AUDITOR

Prospect Accountant

National Continence Program

Established in 2010, the National Continence Program encompasses a range of targeted activities promoting preventative health messages and supporting the provision of information, resources and continence education. The program builds on the substantial achievements of the National Continence Management Strategy.

Since 2010 the Continence Foundation of Australia has delivered a key initiative of the Program, the Bladder Bowel Collaborative. Responsibilities include:

- Management of the National Continence Helpline 1800 33 00 66
- Online and face-to-face education courses and professional development for specialist and non-specialist health professionals
- Consumer forums delivered by state-based health promotion officers, supported by state branches and continence resource centres
- Resources for target groups, including specialised tools for Aboriginal and Torres Strait Island health care workers and culturally and linguistically diverse communities
- Coordination of public awareness campaigns, national World Continence Week activities, media coverage and social media platforms
- Distribution of information and resources through websites, the National Continence Helpline and other communication channels
- Quarterly publishing of the peer-reviewed Australian and New Zealand Continence Journal (for health professionals) and Bridge magazine for consumers

The Foundation also promotes the Australian Government's National Public Toilet Map toiletmap.gov.au and the Bladder Bowel website bladderbowel.gov.au

Health Peak and Advisory Bodies Program

As the national peak body, the Continence Foundation contributes to public debate and community consultation, providing advocacy for its members and stakeholders. Activities under these objectives are supported with funding under the Australian Government's Health Peak and Advisory Bodies Program.



Australian Government
Department of Health



**NATIONAL
CONTINENCE
PROGRAM**

AWARENESS



David had experienced nocturia (sleep disturbance related to toileting) for 20 years. He made a decision to call the National Continence Helpline after attending a Continence Foundation community presentation and learning about the Helpline and our resources. The experienced continence nurse advisors on the Helpline worked with David to understand his situation and the resulting problem. They helped him implement lifestyle adjustments and David is now able to enjoy a good night's sleep and improved mental health. A great conclusion to David's story with us and proof that awareness can lead to positive change.

With incontinence still a stigmatised condition, we continued our important efforts in opening up the conversation around bladder and bowel health. Our strong information and promotional activities increased awareness and health literacy in the community, leading to much needed solutions for members of the community.

National Continence Helpline **1800 33 00 66**

The National Continence Helpline provides free, confidential information and advice from specialist nurses. It operates 8am – 8pm (AEST) Monday to Friday.

The range of topics the Helpline can advise on includes:

- Prevention of bladder and/or bowel problems
- Pregnancy, prolapse, menopause
- Prostate, after-dribble
- Children – toilet training, bedwetting, day wetting, soiling
- Chronic conditions such as diabetes, MS and Parkinson's
- State and federal funding schemes including the NDIS
- Incontinence product advice.

29,455 episodes of support provided

96% CALLER SATISFACTION
HELPLINE SURVEY RESULT

Who contacted the NCHL in 2018-19?

46% LIVING WITH INCONTINENCE

28% CARING FOR SOMEONE WITH INCONTINENCE

20% HEALTH AND OTHER PROFESSIONALS

6% NOT DISCLOSED

As a result of contacting the Helpline:

CARERS AND PEOPLE LIVING WITH INCONTINENCE

74% TOOK FURTHER ACTION TO IMPROVE THEIR PROBLEM

HEALTH PROFESSIONALS

80% PROVIDED IMPROVED ADVICE TO CLIENTS

Resources

Incontinence can affect people of all backgrounds, genders and ages, so we provide a diverse range of health information resources. These include online and printed resources in 30 community languages, as well as tailored resources to support Aboriginal and Torres Strait Islander people, antenatal and postnatal women, people with low literacy, and children.

880,000

HEALTH INFORMATION RESOURCES DISTRIBUTED

Community forums

Our health promotion officers deliver community presentations in every state and territory, with the support of Continence Foundation of Australia health professional members, state branches and continence resource centres. The presentations promote healthy bladder and bowel habits and are often tailored to meet the needs of specific age, community, cultural or chronic condition groups.

8,974 ATTENDEES

418 COMMUNITY FORUMS

140 of these were in regional or remote areas – an **82%** increase on last year.

After attending a community forum:

NINE OUT OF 10

PEOPLE SURVEYED SAID THEY TOOK POSITIVE ACTION TO IMPROVE THEIR CONTINENCE HEALTH



3D pelvic floor animations

We collaborated with a team of animators and professional members to develop an innovative way for the public to visualise the 'invisible' pelvic floor. The videos are available on YouTube, our Pregnancy Pelvic Floor Plan app, social media and for use by health professionals with their clients.





Canterbury City
Community Centre



Beanstalk Child
Psychology



MS Society of SA
and NT

Conferences and expos

We exhibited and presented at consumer and health professional conferences and expos.

91 CONFERENCES & EXPOS

73,812 ATTENDEES

Community grants

We provided funding to community organisations around Australia for bladder, bowel and pelvic floor health promotion activities and events.

19 community grants awarded

- Multiple Sclerosis Ltd VIC
- Springvale Neighbourhood House VIC
- Woomelang Bush Nursing Centre VIC
- Blacktown Women's and Girls' Health Centre NSW
- Canterbury City Community Centre NSW
- Dareton Primary Health Centre NSW
- Sutherland Shire Carer Support Service NSW
- MS Society of SA & NT
- Healthy Connections Exercise Clinic QLD
- Mater Health Services QLD
- Arthritis SA
- Beanstalk Child Psychology SA
- Fleurieu Aquatic Center - YMCA SA
- Muslim Women's Association of South Australia
- Southern Cross Care (SA & NT) Inc
- Cancer Council of Tasmania
- Ellenbrook and Districts Men's Shed WA
- Ishar Multicultural Women's Health Centre WA
- Women's Health and Family Services WA

Media

Media is a tool we use to get the word out about the Foundation's work. We used radio, print and digital media to increase awareness of bladder, bowel and pelvic health in a creative and accessible way.

638 MEDIA STORIES

OVER **56.3 MILLION** REACH

Laugh Without Leaking and World Continence Week (WCW) 2019

WORLD CONTINENCE WEEK

17-23 JUNE 2019

The 2019 *Laugh Without Leaking* public awareness campaign built on the success of our 2018 campaign - using humour to help people at risk of incontinence to make pelvic floor exercises a daily habit.

42.18MILLION REACH

OVER 5MILLION CAMPAIGN VIDEO VIEWS

OVER 2,000 WCW EVENTS, ACTIVITIES, DISPLAYS

Websites

Our primary website continence.org.au experienced immense growth this year - with visits almost doubling to over 1.95 million.

The site attracts a strong global audience as it is one of the most comprehensive websites in the world providing information, advice and support for people at risk of, or experiencing, incontinence.

We also manage a suite of websites developed to meet the varied needs of professionals and consumers. Across all our websites:

OVER 2.45MILLION TOTAL VISITS ▲94%

4.18MILLION WEB PAGE VIEWS



continence.org.au

pelvic floor first

pelvicfloorfirst.org.au



continencesupportnow.com

INCONTINENCE
in CONFIDENCE

www.inconfidence.org.au



laughwithoutleaking.com.au



continencelearning.com/login



ncoi.org.au



continencexchange.org.au

@AusContinence
@PelvicFloorFirst

▲ **15.8%**
LIKES

f Facebook

▲ **15.7%**
FOLLOWERS

t Twitter

▲ **34%**
FOLLOWERS

in LinkedIn

▲ **130.7%**
FOLLOWERS

Instagram

▲ **73.9%**
SUBSCRIBERS

YouTube

Social media

We continued to grow our reach across a range of social media channels, helping us share engaging health information and Continence Foundation updates with the public.

4,523,442 REACH/IMPRESSIONS
ACROSS ALL SOCIAL MEDIA PLATFORMS
AND ORGANIC/PAID CAMPAIGNS

Bridge magazine

Bridge magazine is the Foundation's free magazine for consumers. *Bridge* features a combination of personal stories, informative articles, and news about bladder, bowel and pelvic health - all packaged in an easy-reading format.

The magazine is distributed across Australia to physiotherapy, GP and continence clinics, fitness centres, pharmacies, schools, community groups, as well as individual subscribers.



144,219 BRIDGE MAGAZINES DISTRIBUTED

The cover star of the *Bridge Spring 2018* edition was 20-year-old model Anja Christoffersen, who was born with VACTERL association. After being interviewed and featured in *Bridge*, Anja became a passionate and positive media spokesperson for the Foundation to show other young people that it is possible to live confidently with incontinence. Most recently, Anja joined the Foundation's Consumer Advisory Committee.

Working together for unification

Over the past twelve months, the National Board and State Branches have been working together exploring options for unification, in a spirit of co-operation, co-design and trust. We seek to:

- build capacity to engage and have strong influence with governments (state and federal) and to seek sponsorships from a wider range of organisations
- build the capacity of state branches to respond to local issues, while also enhancing ability to advocate nationally and ensure significant campaigns and national initiatives have the widest possible reach
- maintain capacity to operate resource centres in NSW and Victoria but seek clarity on the distinction between the role of the national office, state branches and resource centres
- ensure that the fees paid by members stretch as far as possible by having shared infrastructure and reduced duplication of effort.

Advocacy

We aim to influence policymakers and policies to consider the needs of people living with incontinence, their families and carers.

- **Women's health**
Provided input to the development of the National Women's Health Strategy 2020–2030
As a result, incontinence was acknowledged as a young women's health issue and not just an issue for women as they age. The *Strategy* now calls for improved treatment, support and access to specialist primary care services for women with urinary and faecal incontinence.
- **Men's health**
Provided input to the development of the National Men's Health Strategy 2020–2030
The Foundation raised incontinence as a crucial yet currently underrecognised issue in the men's health agenda.
- **Older Australians**
Ensured policymakers understood the need for safe and effective continence care as a right of all Australians accessing aged care services
The Foundation made submissions to the following consultations:
 - *Streamlined Consumer Assessment for Aged Care* in February 2019
 - *Proposal for a New Residential Aged Care Funding Model* in June 2019



Our new report, *Continence in Australia: A Snapshot*, was released on the eve of World Continence Week 2019 and highlighted the wide-spread impact of incontinence across the country.

- **Australians with disability**

Aimed to ensure that continence assessments accessed through NDIS-registered providers were safe, effective and undertaken by suitably trained and qualified practitioners

The Foundation made a submission to the *NDIS Thin Markets Project* and continues to consult on the development of the next *National Disability Strategy 2020* and beyond.

- **Workforce education**

*Contributed to a consultation on *Educating the Nurse of the Future - Independent Review of Nursing Education**

The Foundation's submission recommended that more education about continence care and management be included in the curricula for nurses, pathways for registered nurses to specialise as continence nurse advisors be promoted and postgraduate courses reintroduced.

Membership

Our strong and active membership represents the health professionals, consumers, service providers, industry and other key stakeholders in the continence sector. Members are vital to the Foundation's work in raising awareness and advocating on behalf of people with bladder and bowel control issues.

1,516

TOTAL NUMBER OF MEMBERS

Membership by profession (where recorded) % of total

NURSING **48%**

ALLIED HEALTH **41%**

MEDICAL **8%**

OTHER **3%**

We partner with a broad range of national, state and local organisations who help extend our reach and impact. Some key examples throughout the year included:

Southern Cross Care, South Australia and Northern Territory (SCC)

- *Healthy habits for your core* information sessions in Mt Gambier, South Australia, provided opportunities for SCC residents and the public to learn about the Foundation, incontinence prevention, continence products, physiology, and practical exercises to strengthen and protect the pelvic floor.
- The theatre production of *In Continence Land* was nine months in the making and debuted during World Continence Week in Adelaide, SA. The production cleverly combined theatre, comedy and continence promotion and was attended by 160+ SCC clients, the general public and health professionals.
- A joint educational activity in Darwin, NT was presented to residents and the public. This opened avenues for both organisations to work collectively into 2019/20 to promote continence in the Northern Territory.

Parkinson's Australia and Parkinson's Victoria

- Close collaboration with Parkinson's Victoria and Parkinson's Australia during the initial development of our Parkinson's fact sheet ensured our content remained clinically up-to-date and relevant to the target audience.
- The partnership with Parkinson's Victoria extended to shared professional development aimed at upskilling our workforce, as well as the development of health promotion presentations tailored to people with Parkinson's.

National Aboriginal and Torres Strait Islander Health Worker Association (NATSIHWA)

- We worked with NATSIHWA to equip Aboriginal and Torres Strait Islander health workers with incontinence knowledge to support their communities.
- *Healthy Bladder and Bowel* presentations were delivered in Nowra and Tamworth (NSW) and South Australia.
- The partnership with NATSIHWA created follow-up opportunities with a further 18 Indigenous health organisations and an invitation to provide a keynote speaker for the 2019 National Indigenous Women's Conference.



WORKFORCE SUPPORT



We support the continence workforce, and those with an interest in continence, through a wide range of national activities including webinars, online courses, conferences, and face-to-face education. Access to research and evidence-based best practice is shared through the *Australian and New Zealand Continence Journal*, state conferences and the National Conference on Incontinence.

OVER 7,300 HEALTH AND OTHER PROFESSIONALS ENGAGED WITH OUR EDUCATION & LEARNING:

OVER 2,200 ACCESSED ONLINE LEARNING OR WEBINARS

MORE THAN 4,300 USED *CONTINENCE SUPPORT NOW*, AN ONLINE POCKET GUIDE TO PRACTICAL CONTINENCE CARE

755 ATTENDED FACE-TO-FACE EDUCATION SESSIONS OR CONFERENCES



27th National Conference on Incontinence (NCOI)

The 27th National Conference on Incontinence was held in Hobart on 24 – 27 October 2018. Over 500 delegates attended the annual Australian meeting for incontinence research and practice, with highlights including workshops, leading international speakers, plenary sessions, podium and poster presentations, breakfast symposiums and a trade exhibit.



International keynote speakers, Professor Karel Everaert (Belgium) and Professor Anton Emmanuel (UK), presenting at NCOI 2018.



National Conference scholarship recipients

- Carolyn Avery
- Ebony Ryan
- Jane Clark
- Jocelyn James
- Lavina Hill
- Melanie Brady
- Ros Armstrong
- Stephanie Boadle
- Stephanie Ikonmidis



Stephanie Boadle, top recipient of the 2018 NCOI scholarships, undertook an observation day at Royal Hobart Hospital. Her time in Hobart sparked lots of inspiration she could use to develop a physiotherapy service for women's health at Alice Springs Hospital in the future.

"Being able to provide education and exercise programs for women can enable them to reinstate their confidence and can drastically improve their quality of life."

PLATINUM SPONSOR



GOLD SPONSOR



BRONZE SPONSOR



Australian Bladder Foundation

The Australian Bladder Foundation (ABF) was established to promote the work of the Continence Foundation of Australia to build healthier communities.

ABF grant rounds support advances in knowledge that provide direct, tangible benefits in early prevention, detection and management of bladder and bowel dysfunction.

Grant recipients:

- Dr Joan Ostaszkievicz: *Development and evaluation of an instrument to measure dignity in continence care for people who are care-dependent*
- Dr Catherine McDermott: *Mechanisms of bladder dysfunction caused by psychological stress and benefit of current clinical therapies*
- Dr Prabha Lakhan: *Aboriginal and Torres Strait Islander women attending an Indigenous primary healthcare clinic and their experiences of management of urinary incontinence - a qualitative study*

Australian and New Zealand Continence Journal

The quarterly *Australian and New Zealand Continence Journal (ANZCJ)* is a scientific, peer-reviewed journal produced under the auspice of the Continence Foundation of Australia and the New Zealand Continence Association. *The ANZCJ* is the only multidisciplinary journal dedicated to researching the diagnosis, treatment and management of incontinence.



The Continence Foundation of Australia Ltd's Statement of Comprehensive Income for the year ended 30 June 2019 showed a surplus of \$967,094 (2017/2018: \$996,721).

The total revenue for the 2018/2019 financial year was \$6,123,946 (2017/2018: \$5,857,850).

The main increase in revenue for the year was due to investment income of \$357,387 as cash funds from the previous year were invested as a mix of Australian and international shares, listed properties, term deposits and cash.

The statement of financial position at 30 June 2019 showed the organisation in a strong financial position with members' equity of \$10,209,072.

The following charts provide a snapshot of the Continence Foundation's income and expenditure for the year ended 30 June 2019.

Income breakdown 2018-19	
Conference and seminars	\$682,338
Interest	\$199,629
Investment income	\$357,387
Membership fees	\$111,963
Government funding (Bladder Bowel Collaborative)	\$3,829,342
Government funding (Peak Body)	\$375,000
Other income	\$568,287

The analysis of income generated for the year showed government funding accounted for 69% of the total revenue, investment income 6% and conference and seminars for 11%. Interest (3%), membership fees (2%), and other income comprising education income, royalties, donations, short term projects etc accounted for the balance.

Expenditure breakdown 2018-19	
Conference and seminars	\$495,487
Peak Body	\$832,024
Programs - Bladder Bowel Collaborative	\$3,829,341

Analysis of expenditure for the year showed 74% was spent on Bladder Bowel Collaborative activities to support the community (including the National Continence Helpline, health promotion, education, marketing and communication, partnerships). The remaining 10% was spent on conferences and seminars and 16% on Peak Body activities.

The following charts summarise the financial position of the Continenace Foundation as at 30 June 2019

Asset breakdown	
Cash and cash equivalents	\$4,890,248
Investments	\$6,357,387
Trade and other receivables	\$82,425
Prepayments	\$107,489
Property, plant and equipment	\$259,949
Security deposit	\$30,023

Analysis of assets as at 30 June 2019 showed: cash and cash equivalents made up 42%; investments 54%; property, plant and equipment 2%; trade and other receivables 1%; other assets, prepayments and security deposit 1%.

Liability breakdown	
Trade and other payables	\$860,960
Employee benefits - current	\$132,106
Income received in advance	\$294,551
Employee benefits - non-current	\$163,236
Lease liabilities - non-current	\$67,596

Analysis of liabilities showed trade and other payables comprised 56%, income received in advance 19%, employee benefits (current) 9%, employee benefits (non-current) 11% and non-current lease liabilities 5%.

The Statement of Profit and Loss and Other Comprehensive Income and Statement of Financial Position for the year ended 30 June 2019 have been audited by Prospect Accountants and authorised by the directors of the company. The complete Financial Statements for the Continenace Foundation of Australia Ltd along with the auditor's and directors' reports are available on our website at continenace.org.au and from the Continenace Foundation of Australia Ltd, Suite 1, 407 Canterbury Road, Surrey Hills, VIC 3127.

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