



An Australian Government Initiative

### Fees

Resthaven Therapy Services are funded by the Australian Government Department of Health and Ageing.

There is a recommended fee structure which acts as a guide for the fees charged.

Fees may be negotiated where the recommended fee is beyond an individual's financial capacity.

### Interpreter Services

Use of an appropriately qualified, accredited interpreter can be arranged with the Translating and Interpreting Service of the Department of Immigration and Citizenship, telephone 131 450.

## Resthaven Therapy Services

### Locations

#### Resthaven Northern Community Services

16 Gillingham Road, Elizabeth SA 5112  
Telephone (08) 8252 6811  
northerncs@resthaven.asn.au

#### Resthaven Marion Community Services

43 Finniss Street, Marion SA 5043  
Telephone (08) 8296 4042  
marioncs@resthaven.asn.au

#### Resthaven Paradise & Eastern Community Services

61 Silkes Road, Paradise SA 5075  
Telephone (08) 8337 4371  
pecs@resthaven.asn.au

For more information about the range of services offered by Resthaven, visit:

[www.resthaven.asn.au](http://www.resthaven.asn.au)



# Continence Clinics



## Continence Clinics

For people with bowel or bladder control problems simple management techniques can often assist to relieve symptoms so that quality of life is improved.

Resthaven Continence Clinics offer:

- comprehensive assessment
- education
- advice on healthy living habits
- individualised program planning
- advice on suitable aids

This includes:

- bladder urgency or frequency
- urinating frequently at night
- leakage of the bladder or bowel
- constipation.

## Who Can Attend Clinics?

Older women and men with :

- bladder leakage
- bladder frequency and urgency
- bed wetting problems
- frequency at night
- bowel leakage
- constipation
- People with disabilities as a result of:
  - diabetes
  - arthritis
  - stroke
  - Parkinson's Disease
  - or other disabling condition.

**A doctor's referral is not required.**

## Carer Support

People caring for people with continence problems are welcome to attend the clinic for advice and education.

## About Therapy Services

Resthaven Therapy Services offer rehabilitation and support aimed at improving quality of life for older people.

Multi-disciplinary teams of health professionals provide treatment programs which are based on individual needs.

## Appointments

For further information, please enquire at your nearest Resthaven Therapy Services.

Office Hours:

9.00 am - 4.00 pm weekdays.

Contact details overleaf.