

# Continence Management

Promoting independence through effective continence management



## Step 1: Initial Consult

Together, we establish your goals and what you would like to achieve from your assessment.



## Step 2: Review and Write your Report.

After your initial consultant and reviewing your information, we will write you a detailed report.

## Step 3: Final Consult

Together, we will go through your report. We will discuss what is needed to manage your continence, including aids.

**Continence assessments can reduce the impact that bladder and bowel challenges, can have on your lifestyle! With management techniques, recommendations for aids and general advice, we cannot wait to support you to remain independent.**

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