

Additional protection options

In addition to personal absorbent continence products, there are other products such as chair and bed pads that can be used for additional protection.

Chair pads

Pads for chairs (including wheelchairs and car seats) can be used as a back-up to absorbent underwear and pants and may be of assistance when travelling.

Bed protectors, bed pads and absorbent bed sheets

These products protect the mattress from moisture and are washable and reusable. They are suitable for individuals needing extra protection at night or who have trouble getting up overnight. Reusable absorbent bed pads and sheets can be tucked under the sides of the mattress. They draw the urine away from the body and are often used at night to allow a good night's sleep and prevent regular sheets and mattresses from getting wet⁶.

References

1. www.continence.org.au/incontinence/understanding-incontinence
2. www.sciencedirect.com/science/article/abs/pii/S0956053X22003920
3. www.continence.org.au/get-help/financial-assistance
4. my.clevelandclinic.org/health/treatments/16036-pessaries
5. en.wikipedia.org/wiki/Penis_clamp
6. www.continence.org.au/incontinence/management/continence-products

This flyer was developed in partnership with Cloth Nappy Workshops Melbourne.
www.clothnappyworkshopsmelbourne.com.au

Rebates available



For a trial period, we are offering a rebate to eligible households to reduce the upfront costs of purchasing reusable continence products. Scan to find out more.



Knox City Council
511 Burwood Highway
Wantirna South VIC 3152
Phone: 9298 8000
Email: knoxcc@knox.vic.gov.au
Online: knox.vic.gov.au
 Interpreter: 131 450
 National Relay Service:
133 677 (ask for 03 9292 8000)

Reusable continence products

Rebates available



Clean, comfy and sustainable

Discover the range of reusable continence products so you can enjoy the cost saving, convenience and environmental benefits.

knox



Effective, discreet, comfortable

Over 5 million Australians – 1 in 4 people aged 15 years or over – experience bladder or bowel control problems¹.

By 2030, Australia is projected to have up to ten times more single-use disposable continence products than babies' nappies, driven by an ageing population².

There are reusable continence products available in different brands, sizes and absorbency levels to help manage incontinence that you, or the person you are caring for, are experiencing (urinary/wee, bowel/poo or both).

Please discuss with a relevant health professional (e.g. Nurse Continence Specialist) on which reusable products are available and which options might be suitable for you or the person you care for.

Financial Assistance

The Australian Federal and State Governments offer a range of subsidy schemes to help offset the cost of continence products. Including Continence Aids Payment Scheme (CAPS), DVA Rehabilitation Appliances Program (RAP), National Disability Insurance Scheme (NDIS), State and Territory Schemes³. For more information, visit the Continence Health Australia website or call the National Continence Helpline on 1800 33 00 66.



Absorbent hygiene products

Absorbent underwear/pull up pants for urinary incontinence

Washable absorbent underwear, designed to resemble regular underwear, feature an absorbent layer to effectively contain urinary leaks. Available in materials like cotton or bamboo, and with diverse designs, they offer comfort and versatility for individuals, whilst managing continence discreetly.

Pads and liners for urinary incontinence

Reusable pads and liners are similar to menstrual pads and are available in various shapes, sizes and levels of absorbency to accommodate different needs.

They are typically shaped differently to suit the anatomy of the wearer, to ensure adequate protection in specific areas. Reusable continence pads and liners have wings which are fastened around the underwear using snaps/press studs or clips. Absorbent products for penile continence are usually triangular shaped, like shields or guards, and are designed to fit snugly inside the pouch of close-fitting underwear.

Pad and pant system for urinary incontinence

A pad and pant system uses shaped pads worn close to the body and are used with washable mesh/stretch pants. The pads are shaped like an hourglass to fit between the legs and around the body. Some pads have elastic gussets along the sides to ensure a closer fit and prevent leakage.

All-in-one front or side fastening pants for urinary and bowel incontinence

These products contain a stay dry layer, absorbent inner fabric and waterproof outer cover. They function like reusable/cloth nappies and depending on the brand may have velcro or press stud closures. They have elastics to create a seal around the legs to prevent leaks.

Containment swim skorts/shorts for urinary and bowel incontinence

Reusable swimming garments are available in many shapes and sizes and minimise the risk of leaks when swimming and participating in other aquatic activities. Depending on the product, some will provide full containment for individuals experiencing both urinary and bowel incontinence.

Continence devices

Vaginal pessary for urinary incontinence

Inserted into the vagina like a menstrual cup, a vaginal pessary applies pressure to the vaginal walls to lift and support the bladder and the urethra and can help manage the symptoms of stress incontinence. A health care provider can show how to insert and care for them⁴.

Penile compression device

These devices are used to temporarily stop output from the bladder (for activities such as swimming). The compression devices are applied externally and vary in shape and size, but they are generally made of flexible and soft materials that adapt to the person's anatomy. Some products come with adjustable settings to customize the level of compression according to individual needs. A penile clamp is placed on the penis for a short time (duration as advised by a health care provider)⁵.

