

**For all new referrals contact:**  
**Community Programs Central Intake**  
102 Ascot Street South, Ballarat 3350

Email: [Centralintake@bhs.org.au](mailto:Centralintake@bhs.org.au)



Phone: 03-5320 6690

Fax: 53203893



**Grampians Regional Continence Clinics are held at the following locations:**

### **Ballarat**

Ballarat Health Service - Queen Elizabeth Centre  
102 Ascot Street South, Ballarat 3350

### **Ararat**

East Grampians Health Service  
Community Centre  
Girdlestone Street, Ararat 3377

### **Bacchus Marsh**

Djerriwarah Health Services  
Consulting Rooms  
Turner Street, Bacchus Marsh 3340

### **Daylesford**

Daylesford Community Health Centre  
18 Hospital Street, Daylesford. 3460

### **Stawell**

8-22 Patrick Street, Stawell. 3380

Author: GRCS

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# **Grampians Regional Continence Service (GRCS)**



**Dedicated to improving the quality of life for men,  
women and children with bladder and bowel problems**



## **Grampians Regional Continence Service (GRCS)**

If you have any type of bowel or bladder problem, you should talk to someone at the Grampians Regional Continence Service. Here you will find a team of health professionals who are trained to assess and manage any bowel or bladder problems you may have.

Assistance is available no matter how long you have been experiencing problems or how big or little they may seem.

### **Where is the Continence Service located?**

The service is based in Ballarat, however we see people from the Grampians health region, from Bacchus Marsh to the South Australian border. Outreach clinics are conducted in Ararat, Bacchus Marsh, Daylesford and Stawell.

### **How do I access the service?**

Anyone can access the service by phone, mail, email, fax or in person. Referrals can be made by self, carers and health professionals with the client's consent.

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102 Ascot Street South, Ballarat 3350  
Email: [Centralintake@bhs.org.au](mailto:Centralintake@bhs.org.au)  
Phone: 03-5320 6690  
Fax: 5320 3893

## **What does the Continence Service offer?**

The continence service offers many services, including:

- Assessment and investigation
- Conservative management and strategies, including:
  - Bladder retraining
  - Pelvic floor muscle rehabilitation
  - Bowel / constipation management
  - Toileting programs
  - Management of bed wetting
- Education and advice about:
  - Urinary catheter management
  - Condom drainage
  - Continence pads, other aids and appliances
- Assistance and advice about how to access funding subsidies and referrals to specialists as required.
- Education for health professionals and community groups.
- NDIS Assessments

## **What is the Continence Resource Centre?**

The Continence Resource Centre is affiliated with the Grampians Regional Continence Service. The Resource Centre stocks urinary catheters and other associated equipment for purchase.

## **Hours of Operation for the Resource Centre:**

- Monday to Friday, 10am - 4pm.
- Closed weekends and public holidays