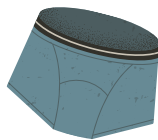


Additional protection



Additional reusable products, such as chair and bed pads, can also provide extra protection alongside personal absorbent continence aids.

Chair pads

Chair pads, including for wheelchairs and car seats, can provide extra protection and are useful for travel.

Bed protection

Reusable bed protectors, pads and sheets provide extra overnight protection by absorbing moisture and helping keep mattresses dry. They can be tucked under the mattress and are suitable for people who require additional nighttime support.



For more information visit

whitehorse.vic.gov.au/reusables



这张小册子介绍了一些可以重复使用的
经期用品。它们不仅省钱、省心，
还对环境更好！想了解更多？请上
我们的网站看看。
用谷歌翻译就能阅读中文版本。

Sources

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Credit

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Reusable Continence Aids



**Discover reusable
continence options that
suit your needs, lifestyle
and preferences**

Why choose reusables?

Effective, discreet, comfortable

By 2030, Australia is projected to have up to ten times more single-use disposable continence aids than babies' nappies.

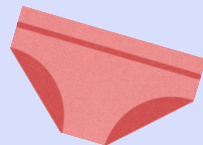
Reusable continence aids are available in a range of styles, sizes and absorbency levels to support the management of urinary, bowel or combined incontinence.

Speak with a health professional, such as a Nurse Continence Specialist, to help find suitable options for you or the person you care for.

Financial Assistance

The Australian federal and state governments offer a range of subsidy schemes to help cover the cost of continence products, including Continence Aids Payment Scheme (CAPS), DVA Rehabilitation Appliances Program (RAP), National Disability Insurance Scheme (NDIS), State and Territory Schemes.

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 and pull-up pants are designed to look and feel like regular underwear while helping manage urinary leaks discreetly and comfortably. These are available in a range of materials, styles and absorbency levels.

Pads and liners for urinary incontinence

Reusable continence pads and liners are available in a range of shapes, sizes and absorbency levels to suit different needs. They attach securely to underwear using clips or press studs and are designed to provide targeted protection and a comfortable fit.

Pad and pant system for urinary incontinence

Pad and pant systems use shaped pads worn with washable mesh or stretch pants to provide a secure fit and help prevent leaks. Some styles include elastic sides for added comfort and protection.

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

These products function like reusable cloth nappies and include a stay-dry layer, absorbent core and waterproof outer cover. They typically feature velcro or press stud closures and elastic leg seals.

Containment swim skorts/ shorts for urinary and bowel incontinence

Reusable swimwear comes in a range of shapes and sizes and helps reduce the risk of leaks during swimming and other aquatic activities. Some products provide full containment for people managing both urinary and bowel incontinence.

Incontinence Devices

Vaginal pessary for urinary incontinence

A vaginal pessary is inserted into the vagina and helps support the bladder and urethra by applying gentle pressure to the vaginal walls. It can assist in managing stress incontinence. A health professional can provide guidance on correct use and care.

Penile compression device

Penile compression devices are external devices used to temporarily reduce urine flow for activities such as swimming. They are made from soft, flexible materials and may include adjustable settings for a tailored fit. A penile clamp is typically worn for short periods only, as advised by a health professional.

