For all new referrals contact:

Community Programs Central Intake
102 Ascot Street South, Ballarat 3350
Email: Centralintake@bhs.org.au
Phone: 03-5320 6690
Fax: 53203893

Grampians Regional Continence Clinics are held at the following locations

BALLARAT
Ballarat Health Service - Rehabilitation Centre
102 Ascot Street South, Ballarat 3350

BACCHUS MARSH
Djerriwarah Health Services
Consulting Rooms
Turner Street, Bacchus Marsh 3340

DAYLESFORD
Daylesford Community Health Centre
18 Hospital Street, Daylesford. 3460

ARARAT
East Grampians Health Service
Community Centre
Girdlestone Street, Ararat 3377

Dedicated to improving the quality of life for men, women and children with bladder and bowel problems.
What is the Grampians Regional Continence Service (GRCS)?

The Grampians Regional Continence Service consists of a team of health professionals who promote excellence in the assessment and management of any type of bladder or bowel problem.

Assistance is available no matter how long the symptoms have been present or how minor they may seem.

Where is GRCS located?
The service is based in Ballarat and covers the Grampians health region, from Bacchus Marsh to the South Australian border. Outreach clinics are conducted in Bacchus Marsh and Daylesford on a monthly basis and a link nurse is located in Ararat and offers a local service.

How do I access the service?

Any-one 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.

All new referrals to be sent to:

Community Programs Central Intake
102 Ascot Street South, Ballarat 3350
Email: 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, community groups and bed wetting education sessions are held monthly.

What is the Continence Resource Centre?
The Continence Resource Centre (CRC) is affiliated with the Grampians Regional Continence Service (GRCS).

Hours of Operation for the Continence Resource Centre:
Monday to Friday, 1pm - 4pm. Closed weekends and public holidays
Anyone can access the CRC during these hours