

independence
AUSTRALIA

Your Choice for the
Active Man



Continence management solutions
for males



Independence Australia is a not-for-profit organisation. When you shop with us, you support people with a disability or other physical need to regain, retain and extend their independence.

About us

For over three decades, Independence Australia has specialised in delivering quality health and wellness products to people in their homes to help them enjoy a better quality of life.

We stock over 12,000 products across all the major brands and offer expert advice to ensure you have the best products to meet your needs.



Ask the Nurse

Our Urology and Continence Nurse Advisor is available to assist with product choice and management strategies free of charge, just call **1300 788 855** or email askthenurse@independenceaustralia.com

Products for the Active Man

Disposable Products



Male Specific Guards
For light to moderate bladder loss
Working Capacity: 50ml - 575ml



Pull Up Pants
For moderate bladder loss
Working Capacity: 790ml - 870ml

Washable Products



Briefs
Working Capacity: 250ml - 350ml
Sizes: Small - 4X Large



Boxers
Working Capacity: 300ml - 350ml
Sizes: Small - 2X Large



Jockeys
Working Capacity: 300ml
Sizes: Small - 4X Large



Swimming Pants
Waterproof
Sizes: Small - 3X Large

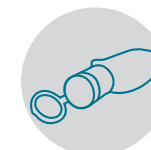


Running/Bike Pants
Waterproof
Sizes: Small - Large

Urinals



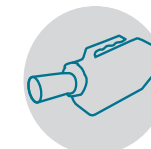
Basic Urinal
Basic urinal with handle



Uribag
Reusable latex urinal bag which folds into a small tube



Uriwell
Portable leak proof urinal with flexible, retractable tube



Spill Proof Urinal
Hardened plastic urinal with one way valve to avoid leakage



Travel John
Disposable urinal containing absorbent powder which solidifies urine

Urinary Drainage



Sheaths
Sizes range between 20mm and 40mm. Contact us for a free measuring device



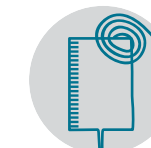
Intermittent Catheters
Sizes: FG12 - FG26



Indwelling Catheters
Sizes: FG12 - FG26



Leg Bags
A range of options with either T-Taps or Levers
Capacity: 350ml - 1000ml

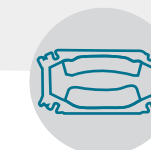


Overnight Drainage Bags
Capacity: 2000ml - 4000ml



Overnight Drainage Bottle
Capacity: 2000ml - 4000ml

Penile Compression



Adjustable penile clamp to control bladder leakage

Tips for a Healthy Bladder

- **Stay hydrated** by drinking six to eight glasses of water each day. Avoid things that may irritate your bladder, including stress, caffeine and alcohol
- **Strengthen your bladder** muscles by conducting pelvic floor exercises regularly
- **Keep fit and active**, as maintaining a healthy body weight will avoid placing extra strain on your pelvic floor
- Eat plenty of fibre and drink plenty of water to **avoid constipation**
- Each time you go to the toilet, **empty your bladder fully**

Seek Advice

There are many issues which can affect men's health and advice should be sought early. For further information contact your local GP or the Continence Foundation of Australia on 1800 330 066.



Continence Aids Payment Scheme (CAPS)

CAPS is an Australian Government Scheme that provides a payment to assist eligible people, who have permanent or severe incontinence to help meet some of the costs of their incontinence products. The 2014/15 funding amount is \$545.80 and all products can be purchased from Independence Australia.

How to Order



1300 788 855



customerservice@independenceaustralia.com



1300 788 811



www.independenceaustralia.com



NSW
6/25-27 Redfern Street
Wetherill Park NSW 2164

TAS
225A Kennedy Drive
Cambridge TAS 7170

VIC
35-37 Tinning Street
Brunswick VIC 3056

SA
3 Duncan Road
Dry Creek SA 5094

QLD
15 Computer Road
Yatala QLD 4207

WA
18-22 Belmont Avenue
Rivervale WA 6103

Payment methods

BPAY



Credit Card



Postbillpay



Cash or
EFTPOS



Cheque
in Mail





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