



Continenace
Health
Australia

BINS4
Blokes

Snapshot

Supporting men and boys to live confidently with incontinence

BINS4Blokes is a Continenace Health Australia national initiative aimed at raising awareness about male incontinence and supporting the 2.4 million men and boys living in Australia affected by this condition.

The campaign advocates for the installation of incontinence product disposal bins in male public toilets Australia wide, helping to maintain dignity and accessibility for all.

BINS4Blokes also encourages those living with incontinence to seek support and advice through the National Continenace Helpline.

Our Goal

Ensure all male public toilets across Australia are equipped with incontinence product disposal bins, providing dignity and support for the men and boys who need them.

Background

BINS4Blokes evolved from a South Australia campaign where a local continence nurse petitioned her council to install incontinence product disposal bins in male public toilets.

Continenace Health Australia became aware of this successful advocacy and launched BINS4Blokes in 2020.

Why is BINS4Blokes needed?

- At least 2.4 million men and boys over 15 years have incontinence (Deloitte 2023)
- Incontinence can happen at any age: 71% of people living with incontinence are 65 years and younger
- There has been a 53% increase in the number of people living with incontinence from 2010 to 2023
- A lack of facilities to dispose of continence products can discourage men from leaving home, leading to social isolation, negatively impacting their mental health and wellbeing
- There is a well-established link between people living with incontinence and physical and psychological distress and depression. In the recent 2023 Deloitte Report, 13% of survey respondents reported seeing a mental health specialist for issues related to their incontinence
- Without proper facilities, incontinence products are often flushed, thrown in regular bins, or carried around, creating hygiene risks and discomfort



[BINS4Blokes.org.au](https://bins4blokes.org.au) | info@bins4blokes.org.au

Call the National Continenace Helpline 1800 33 00 66 for free, confidential advice and support.

National Public Toilet Map toiletmap.gov.au



Australian Government

Department of Health,
Disability and Ageing



How will we do this?

- Raise awareness about the prevalence and impact of male incontinence
- Promote the availability of incontinence product disposal bins in male toilets
- Develop relationships with stakeholders and organisations to promote BINS4Blokes
- Promote BINS4Blokes and our supporters via social media channels
- Encourage men and boys with incontinence to get help for their condition
- Advocate for nationally consistent toilet standards that include the need for incontinence product disposal bins in all male and unisex toilets

How can you help?

- Become a BINS4Blokes supporter. Put in a bin, or advocate to bin providers asking for bins to be installed in your local community
- Promote BINS4Blokes to key stakeholders and your local networks

- Spread the word about BINS4Blokes widely. Link to the [BINS4Blokes website](#) and share the suite of resources available
- **Pledge your support for BINS4Blokes** alongside many **other supporters** to promote the need for disposal bins to be installed in all male and unisex public toilets
- Record the location of incontinence product disposal bins on the Australian Government funded [National Public Toilet Map](#), to help men with incontinence locate the bins

What are the costs to install a bin ?

Disposal bin costs can vary depending on factors such as the provider, bin size, collection frequency, and existing service agreements.

For example, larger 42-litre bins generally cost between \$20 and \$40 per bin per service. A weekly collection service is highly recommended to maintain hygiene and convenience.

The estimated annual servicing cost ranges from \$1,040 to \$2,000 per bin, though pricing may vary based on your metropolitan, regional or remote location.

Testimonials

See what BINS4Blokes ambassadors (Greg and Alan) have to say about [BINS4Blokes](#).

Robert 'Dipper' DiPierdomenico, is a strong advocate of BINS4Blokes. He shares his **lived experience of incontinence** and his commitment to the MCG.

City of Melbourne gets behind BINS4Blokes: **Bins boost confidence** for men living with incontinence.

Lifting the lid on male incontinence - how **shopping centres can make a difference**.



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