

Your BINS4Blokes guide



By teaming up with the Continenace Foundation of Australia's BINS4Blokes initiative, you can improve the quality of life for men living with incontinence by raising awareness and advocating for more disposal bins in public male toilets.

Installation of incontinence product disposal bins in public toilets will ensure that males with incontinence can live and work in their community with confidence and freedom.

[THE FACTS]

Did you know that at least 2.4 million Australian boys and men are living with urinary and/or faecal incontinence?

- Incontinence can occur at any age and 71% of people living with incontinence are 65 years and under
- Men with incontinence rely on continence products to help them participate in work and community activities
- 50% of men living with incontinence are likely to avoid situations where they do not have access to bins to dispose of continence products
- A lack of facilities can result in social isolation, reduced quality of life and mental health issues

For males who use incontinence products, there are limited or no places for them to dispose of these. This needs to change!

How can you get involved?

You can make a difference by contacting your local council, health service and/or business and asking them to install incontinence product disposal bins in male toilets



Here are four easy steps to get started:

1. Start a conversation:

- Check out your local community and find out if incontinence bins are installed. The [National Public Toilet Map](#) is a handy resource to find local toilets. Start a conversation with local council representatives, shopping centres, and leisure and recreation centres.

2. Do the research:

Contact local bin providers to find out how they can help. You can google “waste management services” in your local area to find out more information

- Do they have suitably sized bins for incontinence products?
- How frequently do they empty their bins?
- What costs are involved?

3. Connect the providers:

- Provide information about bin options and costs to your local council, shopping centre, recreation, or community centre for them to take action.
- If you get a good response, provide contact details to info@bins4blokes.org.au so they can follow up.

4. Spread the word:

Once bins are in place, spread the word and let the community know:

- Organisations who install bins can find all the promotional resources they need at [BINS4blokes.org.au](https://bins4blokes.org.au). Posters and stickers can be downloaded, printed, and adhered to toilet doors
- Organisations can order stickers for the bins by emailing info@bins4blokes.org.au
- Ask BINS4Blokes to help with media and promotions
- Record the incontinence bin location on the [National Public Toilet Map](#).

**BINS⁴
Blokes**
Raising awareness of
male incontinence

Things that are helpful to know:

- Organisations may have an existing bin provider they would prefer to work with
- Have at least one cubicle equipped with an incontinence product disposal bin in each male toilet facility/location
- Incontinence product disposal bins should be a similar size to a baby nappy bin and bigger than a female sanitary bin
- Costs may vary depending on the size of the bin, frequency of collection and any existing agreements. Bins can cost anywhere between \$120 and \$350 per year with the disposal fees included.

bins4blokes.org.au | info@bins4blokes.org.au | <https://toiletmap.gov.au/>

If you experience incontinence, call the National Continence Helpline for free and confidential information, advice and support 1800 33 00 66