

Your BINS4Blokes guide



The Prostate Cancer Foundation of Australia (PCFA) has teamed up with the Continenace Foundation of Australia BINS4Blokes initiative to help get more incontinence product disposal bins in male toilets across Australia.

These handy tips will help you to promote BINS4Blokes and make a difference to the lives of men and boys living with incontinence.

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 1.34 million Australian boys and men are living with urinary and/or faecal incontinence?

- Over one third (36%) of men living with incontinence are under the age of 50
- Each year, over 24,000 men are diagnosed with prostate cancer
- The risk of prostate cancer increases with age and one in five men in Australia are at risk of developing prostate cancer by the age of 85
- Urinary incontinence rates following radical prostatectomy are high
- A lack of facilities to dispose of incontinence products can be stressful for men. It can discourage men from leaving the house, resulting in social isolation.

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?

CFA supporters can make a difference by contacting their local councils and public toilet providers 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. 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 and PCFA to help with media and promotions
- Record the incontinence bin location on the National Public Toilet Map.

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.