

Issue 145
Autumn 2022

In this edition

1. A message from the President.
2. Community Info Sessions locations
3. Community Info Sessions registration details
4. Covid 19 Vaccination for events
5. Brett Howard OAM Congratulations
6. Assistive Equipment available
7. ATFA Survey
8. Managing Muscles & Mobility
9. Notice Board
10. Just for laughs.

Polio SA

*The post-polio support group
for South Australians*

- 📞 0466 893 402
- ✉️ poliosa.office@gmail.com
- 📍 302 South Road,
Hilton SA 5033
- 🌐 www.poliosa.org.au
- 📘 [poliosouthaustralia](https://www.facebook.com/poliosouthaustralia)

Disclaimer: Polio SA Inc. assumes no responsibility for any treatment undertaken by readers of this newsletter. Any advice, either explicit, or implied is not intended to replace qualified medical advice.

Letters of general interest will be published in future issues as space permits. We reserve the right to edit all letters for reasons of space and clarity. We will withhold your name upon request, but no unsigned letters will be accepted for publication. Opinions expressed in letters do not necessarily reflect the views of Polio SA Inc.

Polio SA Inc. does not express or imply endorsement of physicians, products, seminars or services that are mentioned in this newsletter. They are mentioned simply as a public service to polio survivors and those interested in them. Articles do not necessarily reflect the views or policy of Polio SA Inc.

Welcome to the Autumn Edition of the Polio SA Newsletter

Good day, I thought I'd introduce the topic of our membership, it is no surprise when I mention we have a problem in meeting our POLIO SA GOALS.

Our constitution objectives are

- 1) To maintain POLIO SA
- 2) To liaise and promote an understanding between the professionals in our field and the community
- 3) To have the late effect (post-polio syndrome) recognized as a legitimate medical condition.

So, there's the rub, we have limited volunteers /members to assist in these goals, a "think tank" approach is needed to ensure that the 400 plus people with polio in this State get information and support from Polio SA.

It's no secret that we, the members of Polio SA are now entering our autumn and winter years and in 15 odd years' time, unless migrants become active in maintaining the organization it will no longer be needed.... however, in the meantime it is up to us, the current members to try and keep survivors informed, understand what latest developments are out there to ensure the best quality of life, people with polio, can achieve and to keep the Medico's alert to our specific medical requirements.

The organization needs you to consider how much support and how active you can be in achieving Polio SA goals, we need to contact and communicate with all those in the state, be it the people with Polio or their families, over the next few years to ensure our goals are obtained... so how about it, are you up for a few hours a month to meet as part of the committee trying to get a plan active? contact Helen (Community & Membership Officer) email poliosa.office@gmail.com or 0466 893 402 and find out more.

Heads up Helen on leave from 7th to 11th March 2022.

By the way it would be great if you can come to one of the whole day community info sessions in two weeks' time, the information is included in this Newsletter
.... SEE YOU THERE!!!

KYP
President Polio SA
March 2022





**Polio SA / Polio Australia
Community Information Sessions**

In person

Guest Speakers

Dr Quadros (Rehab Medicine Physician)

Kate Seeliger (Neuro Physio)

Monday 21st March 2022

West Adelaide Football Club Hisense Stadium

57 Milner Road

Richmond SA 5033

Time 11 am to 3pm (Lunch 12.30-1.30)

Link to register for West Adelaide FC <https://bit.ly/AdelaidePolioSession>

Tuesday 22nd March 2022

Old School Building Community Centre

Victor Harbor Central Shopping Centre

(park in Woolworths car park Torrens street
Victor Harbor) Old School building is located next door to
KFC.

Time 10am to 12pm

Link to register for Victor Harbor <https://bit.ly/VictorHarborPolioSession>

Thursday 24th March 2022

Central Oval 10 Augusta Terrace Port Augusta 5700

Time 10am to 12pm

Link to register for Port Augusta <https://bit.ly/PortAugustaPolioSession>

DID YOU OR SOMEONE YOU KNOW HAVE POLIO?

POLIO AUSTRALIA INVITES YOU TO ATTEND AN INFORMATION SESSION

The Late Effects of Polio (including Post-Polio Syndrome) can cause symptoms such as fatigue, new or increased muscle weakness, pain, sleep problems and difficulty with breathing or swallowing.

INFORMATION SESSIONS WILL COVER:

- Current information about the Late Effects of Polio
- What to tell your health professional
- Self-management strategies
- Q&A
- Local connections

MARCH SESSIONS:

Adelaide (seminar) - 21st March

11:00am to 3:00pm

West Adelaide Football Club

Victor Harbor- 22nd March

10:00am to 12:00pm

Old School Building Comm Centre

Port Augusta- 24th March

10:00am to 12:00am

Central Oval Comm Sporting Hub

REGISTRATION REQUIRED:

ONLINE: see link below

PHONE: 0466 718 222

EMAIL: devalina@polioaustralia.org.au

www.polioaustralia.org.au/community-information-sessions

Polio Australia
Representing polio survivors throughout Australia

Many thanks to
Grants SA
for funding these sessions

Click here to register <https://www.polioaustralia.org.au/community-information-sessions/>

Polio Australia

Representing polio survivors throughout Australia

COVID-19 VACCINATION REQUIREMENT FOR EVENTS

Position Paper

Polio Australia is the national peak body representing people affected by polio and its late effects. Polio Australia's member organisations are the State Polio Networks, who interact directly with the polio community across Australia.

Polio is a viral disease that affects motor neurons in the spinal cord. Post-Polio Syndrome/Late Effects of Polio is a progressive condition that emerges years after infection with the polio virus.

Susceptibility to serious illness from COVID-19

While there is no evidence to suggest that a history of polio on its own will render a person more susceptible to developing serious illness from COVID-19, many polio survivors in Australia are in a higher-risk category for COVID-19 due to older age.¹ Additionally, the presence of chronic lung disease puts many people at a higher risk of serious illness.² While some polio survivors have chronic respiratory failure or dysfunction that relates to hypoventilation rather than lung damage, it could be reasonably assumed that they may also be at a higher risk of serious illness.

Requirement for full COVID-19 vaccination at in-person events

With the intention of minimising the spread of this highly-infectious illness in the general population, and with particular reference to the increased risk of serious illness for many survivors of polio, it is the position of Polio Australia that all attendees of Polio Australia's in-person events must be fully vaccinated against COVID-19. (Where there is a genuine medical exemption this will not be required, but confirmation of this exemption will be requested.) Such events may include Community Information Sessions, Clinical Practice Workshops, Seminars, Conferences and any other gatherings.

Polio Australia cannot provide individual medical advice in relation to a person's risk of serious disease, or regarding their COVID-19 vaccination. All individuals should seek advice from their own general practitioners and medical specialists in relation to their particular history, current post-polio symptoms, co-morbidities and concerns.

¹Australian Government Department of Health, 2021. Advice for people at risk of coronavirus (COVID-19). <https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/advice-for-people-at-risk-of-coronavirus-covid-19>

² *ibid*

Brett Ian Howard OAM

“ Awarded the Order Of Australia Medal for his dedication and devotion to powerboat racing and to the community ”



Brett Ian Howard

We thank Adelaide Speedboat Club for sharing the news of Brett Howard awarded the Order of Australia Medal in the Australia Day Honours list.

Brett was nominated for his dedication to powerboat racing and within the broader community. Brett was our President here at Polio SA for over 10 years and we are forever grateful for his dedication to us and the Polio Community.

We miss you Brett and thank you always for your passion and devotion.

Congratulations to the Howard Family and Brett very well deserved.

Sadly Brett passed away on June 5th 2020 Brett had been nominated before by Polio SA . We are so glad that Brett finally received this recognition and for Brett's family to be able to celebrate in some way to honour his memory for all the work he did.

Congratulations also to Nola Buck Polio NSW who also received Order of Australia Medal in the Australia Day Honours list.

Nola received her recognition for service to people with disability and to the community.



Free Mobility & Assistive Tech Equipment

We still have some equipment left if anyone needs anything.

We have 2 mobility walkers, bed riser blocks, bedside commode chair and over the toilet aid all in excellent condition.

If anyone would like any of these items they are in storage at Polio SA Office 302 South Rd Hilton SA 5033. Give Helen a call at the office on 0466 893 402 to discuss collection. Or email poliosa.office@gmail.com

Assistive Technology For All Survey

If you need or use assistive technology but are NOT eligible for the NDIS, please consider completing this survey.

The survey has been developed to support the work of the Assistive Technology for All campaign (ATFA).

ATFA aims to ensure that every person with disability who is excluded from the NDIS can still access the assistive technology they need, when they need it.

The purpose of this survey is to understand the benefits and issues involved in the provision of Assistive Technology and any unmet need.

For the purposes of this study we define Assistive Technology (AT) broadly as products, equipment, instruments, or software that help a person with disability function and participate in society. They are sometimes also referred to as 'aids and equipment', 'medical appliances', or 'medical devices'.

Complete the survey here. [<https://melbourneuni.au1.qualtrics.com/.../SV...>]

To know more about ATFA (The Assistive Technology For All Campaign)

Click on link <https://assistivetechforall.org.au/about/>

With the election fast approaching we urge you to get behind the

Disability Doesn't Discriminate Campaign

<https://disabilitydoesntdiscriminate.com.au/>

**DISABILITY
DOESN'T
DISCRIMINATE**

BUT THE GOVERNMENT DOES

Managing Muscles and Mobility

DID YOU KNOW?

Many Post-Polio survivors can experience fatigue, weakness, pain, imbalance, falls & disturbed sleep.

LOOKING FOR A SOLUTION?

Exercise may be able to help! Exercise has many health benefits for polio survivors.

Goals of exercise may include improving and/or maintaining an individual's mobility and function, maximising their independence and providing relief from pain.

Consideration must be given to stabilising weak limbs, supplementing strength, protecting joints, normalising movement patterns, reducing unnecessary load and pain and accommodating ongoing atrophy/weakness.

KEY POINTS FOR EXERCISE

Strengthening exercises should use:

- lower resistances (intensity),
- moderate repetitions,
- frequent rest breaks,
- only be performed every second day.

Aerobic exercises should:

- use shorter, moderate bouts of exercise with rest intervals,
- have adequate recovery time between session days
- prioritise modes of exercise that support weaker limbs (eg hydrotherapy/ aquatics),
- consider environments that minimise potential for heat loss after exercise.

Exercises should be progressed slowly and should not cause excessive fatigue, muscle or joint pain.



Other lifestyle modifications can assist people to minimise the effect of FATIGUE and allow time and energy for EXERCISE in their daily routines. These changes include:

- prioritising tasks
- planning ahead
- pacing your activities (with regular rest breaks)
- positioning yourself and your weaker limbs to provide the necessary support (possibly using orthoses) and
- delegating to others where possible.

Exercise for polio survivors should be prescribed and monitored by a health professional. Therapists informed on the LEOp can use their expertise to guide your exercise journey.

Clients at The Physio Clinic receive comprehensive assessments, education and advice on the potential role of neurological physiotherapy in their management. We have access to full onsite- gym facilities with supervised exercise classes and the option of accessing community hydrotherapy pools in order to create a high-quality, individualised treatment plan for each client.

NOTICE BOARD

Hope everyone is going well

A friendly reminder that massage vouchers already issued to members need to be used by 30th June 2022.

We really hope as many as possible can get along to the Community Info Sessions

We will have staff from Polio Australia here to conduct sessions

Steph Cantrill Community Programs Manager

Devalina Bhattacharjee Community Development Worker

Michael Jackson Clinical Health Educator

Guest Speakers Dr Nigel Quadros (Rehab Medicine Physician)

Kate Seeliger (Neuro Physio from The Physio Clinic Prospect)

Polio SA Staff Helen Leach Community & Membership Officer

Polio SA Committee

Lunch will be provided at the Adelaide metro session at West Adelaide Football Club.

We would really like to emphasise the need for more committee members if any of you have thought about it have a chat to Helen or one of the committee at the info sessions or you can call Helen on 0466 893 402 or email poliosa.office@gmail.com

Helen is on annual leave from 7th March through to 11th March 2022

Reminder also there are many zoom sessions arranged by Polio Australia

Here is the link to see all available

<https://www.polioaustralia.org.au/community-information-sessions/>

LATE EFFECTS OF POLIO OVERVIEW

Overview of symptoms, self-management strategies and relevant health professionals for Late Effects of Polio

WHEN: Tuesday, 8th March 2022

TIME: 10.30 am SA Time

WHERE: Online Zoom Meeting

MANAGING POST-POLIO PAIN

[Dr Stephen de Graaff](#) will share some strategies for managing post-polio pain.

WHEN: Tuesday, 15th March 2022

TIME: 10.30 AM SA Time

WHERE: Online Zoom Meeting

Room For Thought

- Why is Peter Pan always flying ?
He neverlands
- Ever tried to eat a clock?
Its time consuming
- Exaggerations have become an epidemic
They went up by a million percent last year



- What did the barista call his face mask ?
A coughy filter
- Hear about the new restaurant called Karma ? There's no menu:
You get what you deserve.




Newsletter contributions

Do you have a story to share?

Write a letter to the editor.

Articles can be sent to us via email or post.

 poliosa.office@gmail.com

 To the editor, Polio SA, 302 South Road, Hilton SA 5033

Articles for the next issue are due to the editor by 4th June 2022

Polio SA Inc office

We love hearing from our members. Whether you have post-polio symptoms or if you require information, call us on:

 **0466 893 402**

Please keep in mind that our office hours are currently unpredictable. If you wish to visit our office, please telephone ahead. Our office phone is redirected to a committee member.



Dr Nigel Quadros

Queen Elizabeth Hospital
Level 8b, Woodville Road
Woodville SA 5011
Phone: 8222 7322

nigel.quadros@health.sa.gov.au

Dr Nigel is Director of Rehabilitation Services at the Queen Elizabeth Hospital and St Margaret's Rehabilitation Hospital and also a Senior Clinical Lecturer at the University of Adelaide Healthcare. He is a Fellow of the AFRM (RACP). His areas of interest include stroke and general neurological rehabilitation, amputee rehabilitation, pain management, management of post-polio syndrome, and Continuing Professional Development.

A referral from your local GP is required for appointments. Dr Quadros can arrange assessment by their physiotherapist and orthotic department and any tests as required. If you have any specific questions you can email him directly.

When visiting Dr Nigel, take the lift to the 8th floor in the main building and follow the signage for 8b.

Member Services

If you are interested in any of our services ring the office 0466 893 402 and ask for vouchers
There is a limit of 4 vouchers per person with a maximum value of \$40 per voucher. Remember you must be a paid up member to receive vouchers.

City

PhysioXtra

115-117 Pirie Street,
Adelaide SA 5000
Phone: (08) 7221 9110

Toni Stubing Massage

9 Hackney Rd
Hackney SA 5069

Phone: 0432 937 799

City North

PROSPECT

The Physio Clinic
177 Prospect Rd
Prospect SA 5082
Phone: (08) 8342 1233

Eastern suburbs and Hills

BLACKWOOD

The Physio Clinic
238 Main Rd,
Blackwood SA 5051
Phone (08) 8342 1233

MARRYATVILLE

The Physio Clinic
222 Kensington Rd
Marryatville SA 5068
Phone: (08) 8342 1233

NORWOOD

PhysioXtra
Suite 1/39 Clarke Street,
Norwood SA 5067
Phone: (08) 7221 9289

PhysioXtra

110 Magill Road,
Norwood SA 5067
Phone: (08) 8331 7586

NAIRNE

John Kirkwood
Polio Practitioner
19 Federation Way,
Nairne SA 5252
Phone: 0410 779 159

Northern suburbs

ELIZABETH

Richard Barker Physio
2 Burgate St Elizabeth
Grove SA 5112 & 3 Tolmer
Rd Elizabeth Park
Phone:0438826517(state
from Polio SA when book-
ing)

GOLDEN GROVE

Golden Grove Family
Health – Diane Preston
Massage Therapist
205 The Golden Way,
Golden Grove SA 5125
Phone: (08) 8289 1222
Fax: (08) 8289 1255

NORTH EASTERN SUBURBS

Mobile Massage

This can only be done on
certain days and takes
around 3-4 clients a day.

Preference given to house
bound and the more handi-
capped person.

Arrangements to be made
with Reeva Brice
Phone: (08) 7423 7162
Mobile: 0412 866 096

PARALOWIE

Wax on wax off by Gen
10 Airdrie Ave
Parafield Gardens SA
5107
Phone: 0430 867 248

Southern suburbs

HALLETT COVE

PhysioXtra
1/1 Zwerner Drive,
Hallett Cove SA 5158
Phone: (08) 8387 2155

MARION

PhysioXtra
724 Marion Road,
Marion SA 5043
Phone: (08) 8357 4988

MORPHETT VALE

Hands on Health
Massage – Jimmy
Kucera
Shop 7, 20 Taylors Ave,
Morphett Vale SA 5162
Phone: (08) 8325 3377
Plenty of car parking.
Flexible times.

MORPHETT VALE

South Side Health Care
Unit 4 /232 Main South Rd
Cnr Bains Rd Morphett
Vale SA 5162
Phone: (08) 8382 2255

UNLEY

Unley Medical Centre
Unley Physiotherapy
160 Unley Road,
Unley SA 5061
Phone: (08) 8373 2132
Car parking off Mary Street
is accessible. Facilities
include a disabled toilet
and wheelchair access.

Western suburbs

HENLEY BEACH Massage Therapist, Pilates & Physiotherapy

506 Henley Beach Road
Fulham SA 5024
Phone: (08) 8356 1000

SEMAPHORE

Bruce Harrison
100 Semaphore Road
Semaphore SA 5019
Mobile: 0402 337 382
bruce_harrison@aapt.net.au

WOODVILLE SOUTH

The Physio Clinic
2/95 Findon Road
Woodville South SA 5011
Phone: (08) 8342 1233

Outer metro

GAWLER

Physio-Wise
3 Murray St Gawler 5118
Phone: (08) 8522 6611
Australian Physiotherapy
Association Member

LYNDOCH

Physio-Wise
Phone: (08) 8524 5094
Australian Physiotherapy
Association Member

Regional

PORT ELLIOT

PhysioXtra
39 North Terrace,
Port Elliot SA 5212
Phone: (08) 8554 2530

Change of address

If you have changed your address recently, please fill out the following and mail to the office at:

**Secretary
Polio SA
302 South Road, Hilton SA 5033**

Please supply your email address if you would like to join our database and receive email newsletters in future.

Old details

Name _____

Street _____

Suburb/Town _____

Postcode _____

Phone number _____

Email _____

Name _____

Street _____

Suburb/Town _____

Postcode _____

Phone number _____

Email _____

New details



If unclaimed, please return to:

**Secretary
Polio SA
302 South Road,
Hilton SA 5033**

AFFIX
STAMP
HERE

Please send all mail to:

**Secretary
Polio SA
302 South Road,
Hilton SA 5033**