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| |  | | --- | | **POLIO AWARENESS MONTH** |  |  | | --- | | Hello,  The Annual Polio Awareness Month is an opportunity to raise the profile of Australia’s polio community and increase awareness about the Late Effects of Polio among health professionals and the wider public. After a vote at one of our recent Zoom meetings, our theme for this year is PPS: “Past Pandemic Survivors”**\***, highlighting two major points: polio survivors have lived through epidemic-induced isolation before, and Post-Polio Syndrome (PPS, known under the umbrella term Late Effects of Polio), affects thousands of Australians today.  Here's what we’ve got planned for this year so far: |  |  | | --- | | **Webinar Sessions:**  ***#1 The ‘Technology Chain’: Assistive Technologies and Environmental Adaptations* with Peter Willcocks and OT Dr Natasha Layton**.  Peter will share his own experiences of the benefits of Assistive Technology (aids, equipment, home modification), and Natasha will share her expertise regarding some of the Assistive Technology you might consider.   * **When:** Tuesday 29th September 2020 * **Time:** 2:00pm AEST (1:30pm ACST; 12:00pm AWST) |  |  |  | | --- | --- | | |  | | --- | | [Click here to register for the Assistive Technology Session](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.trybooking.com%2FBLILJ&cf=32980&v=d83d3d8c6e361c84e339bcc8a10c417b7a88ab952ceea4870059aea70ef18823) | | | ***#2 Question & Answer Session* with Dr Stephen de Graaff, Rehabilitation Physician**  This will be an open chat, with attendees welcome to ask questions of Steve regarding post-polio issues. ***This session won’t be recorded so book in if you can!***   * **When:** Monday 5th October 2020 * **Time:** 11:00 in Victoria, NSW and Tasmania; 10:00 in Queensland; 10:30 in South Australia; 10:00 in NT and 08:00 in WA   Look at times carefully – complicated due to Daylight Saving Time starting the previous day in some states |  |  |  | | --- | --- | | |  | | --- | | [Click here to register for the Q & A Session](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.trybooking.com%2FBLLML&cf=32980&v=347fc7fb57fdeb9e632056d93ffd4b9a9260b0c099e680573924a605aa26671b) | | | |  | | --- | |  | |  |  | | --- | | **Weekly Zoom Chats in October:**  In addition to the Q and A session with Dr de Graaff mentioned above, on the following three Mondays (12th, 19th and 26th) we’re going to have more of our **open Zoom chats** with the polio survivor community.   * **Time:** 11:00 in Victoria, NSW and Tasmania; 10:00 in Queensland; 10:30 in South Australia; 10:00 in NT and 08:00 in WA   Look at times carefully – complicated due to Daylight Saving Time starting the previous day in some states |  |  |  | | --- | --- | | |  | | --- | | [Click here to register for Zoom Chats](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.trybooking.com%2FBLQPC&cf=32980&v=64d790f47d2d415975bb8476d53b500af2bc35694e52f793ac68784284a72af4) | | | |  | | --- | |  | |  |  | | --- | | **Treasure Hunt!**  We know that there are many thousands of people in Australia who had polio – we just don’t know them all yet. Many people might be living with polio’s late effects without realising it. And many health professionals, as we’re sure you know, don’t know about the Late Effects of Polio either.  So the challenge is on – let’s find more polio survivors, and connect them with the right information! **Your challenge is to ask 5 people you know to complete “The Mission”**. The mission is for those people to ask 5 additional people they know if they had polio. Any “treasure” (new polio survivors connected with Polio Australia and/or their state network) helps to build our community, and helps more people find the information and resources they need!  ﻿See the [Polio Awareness Month website](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.polioaustralia.org.au%2Fpolio-awareness-month&cf=32980&v=0a955abbe2de5cb2cbbba07bddb8e0aebcf9b7fa19950e9b8c31a2b4684aa23e) for more details of the treasure hunt – and possible prizes! |  |  |  | | --- | --- | | |  | | --- | | [Click here for Treasure Hunt Information](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.polioaustralia.org.au%2Fpolio-awareness-month-treasure-hunt%2F&cf=32980&v=f8ffd1bac81f11ce98e2fd13dd947aa6242ba3966b894724a2d98b4ee0998349) | | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Advocacy:**  To better serve you, **we would like to know how you are doing at this time**. Help us help you by letting us know about: your current post-polio symptoms and symptom of most concern, the way fatigue affects different activities, the ages you had increased difficulty with common tasks, the health professionals you do (and don’t) use or rely on, the support you use and how that support could be improved. Please fill out our survey via the link below. It will close at the end of October. |  |  |  | | --- | --- | | |  | | --- | | [Click here to take the survey](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSdg2D7IhHGiCvgtF--DpRyyO3IwRU7dF7WwC0kdFS6PU-BuFA%2Fviewform%3Fusp%3Dsf_link&cf=32980&v=6d160087e3607fb9a5e03e52cdc2578d88bb48946a2dc754f7df18616feac8f5) | | | |  | | --- | |  | |  |  | | --- | | **Share Your Story:**  We want to give more people the opportunity to share their story with us. We’ll then post your stories on our “[Still Here](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.stillhere.org.au%2F&cf=32980&v=f5478ea8431b483620e0e613f59afd10c8cd6d56076d568ae0efafbe6c144c07)” website, and also share some of them on our [Facebook page](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.facebook.com%2FPolioAustralia%2F&cf=32980&v=11856ea421f60447994eb86aed59bd5d79c6bdffc442eec5b1a2dc7b1b7703ca) as well. We’ll have a few people share on the Zoom sessions too. |  |  |  | | --- | --- | | |  | | --- | | [Click here to Share Your Story](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.stillhere.org.au%2Fshare-your-story%2F&cf=32980&v=c2d7231eece39c67aae3767ec02c02dd4354a04e5fe87dc21bc01d6c7a61a607) | | | |  | | --- | |  | |  |  | | --- | | **Information:**  We want to use the [Polio Awareness Month website](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.polioaustralia.org.au%2Fpolio-awareness-month&cf=32980&v=0a955abbe2de5cb2cbbba07bddb8e0aebcf9b7fa19950e9b8c31a2b4684aa23e) to guide health professionals and polio survivors to our post-polio information and resources. |  |  |  | | --- | --- | | |  | | --- | | [Resources for Polio Survivors](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.polioaustralia.org.au%2Fliving-with-polio%2F&cf=32980&v=8fd06a62688e2210b623c1a416eca2153bdf0b38c0563eda03fbb3473d49d65a) | | | |  | | --- | | [Resources for Health Professionals](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.poliohealth.org.au%2Fpost-polio-resources%2F&cf=32980&v=f571a86429c0c06b77669ae7aade500d5eec19be355fc02230a663461d11e496) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | **Media Release:**  We’ll endeavour to get the word out about Polio Awareness Month through the media. We’ll share our media release on the website. If you have any media contacts you think might be able to run a story for us, please let us know. |  |  |  | | --- | --- | | |  | | --- | | [Let us know about media contacts](mailto:office@polioaustralia.org.au?subject=I%20have%20a%20media%20contact%20to%20share!) | | | |  | | --- | |  | |  |  | | --- | | **Donations:**  Polio Awareness Month is also a good opportunity to remember that our activities don’t come without a cost. If you’d like to make a donation to support our work, please go to [www.polioaustralia.org.au/donations-bequests](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.polioaustralia.org.au%2Fdonations-bequests&cf=32980&v=d579d78bbac9cfdbf2015ad2b0461020e21b12f068b2e11245cc25da5c3e923c). We appreciate your support. |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | |  | | | Once again, to see what we’re up to, keep an eye on the Polio Awareness Month web page: [www.polioaustralia.org.au/polio-awareness-month](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.polioaustralia.org.au%2Fpolio-awareness-month&cf=32980&v=0a955abbe2de5cb2cbbba07bddb8e0aebcf9b7fa19950e9b8c31a2b4684aa23e).  Let’s get the word out – polio survivors are still here!  **\***Unlike COVID-19, polio wasn’t actually declared a pandemic, because it broke out in localised epidemics. But we’re using the term to acknowledge the fact that many of you have faced some kind of lockdown, restrictions or isolation before. |  |  | | --- | | Sincerely, |  |  |  | | --- | --- | | |  | | --- | |  | | | *Community Programs Manager*  **Polio Australia Incorporated**  PO Box 500 Kew East Vic 3102  Phone: 0466 719 013  Email: [steph@polioaustralia.org.au](mailto:steph@polioaustralia.org.au)  Websites: [www.poliohealth.org.au](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.poliohealth.org.au%2F&cf=32980&v=6fbca9c7bb6c7f54ac0f20c50ddfc7972368a552c581ac31a49279f65dd831ac) / [www.polioaustralia.org.au](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=http%3A%2F%2Fwww.polioaustralia.org.au%2F&cf=32980&v=3faaf979e9231bce4894f410a618c6cb0a9c91b946c442612ec2cd21c98179dc) |  |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | FOLLOW US |  |  | | --- | |  |  |  |  | | --- | --- | | |  | | --- | | [Donate](https://click.icptrack.com/icp/relay.php?r=96907327&msgid=95862&act=RD1O&c=1800743&destination=https%3A%2F%2Fwww.polioaustralia.org.au%2Fsupport-us%2F&cf=32980&v=5f854d6adea3c36f255ceca573b28d654c10f029c3b1f8bdd70746b075f6c09d) | | | **Questions?** |  |  | | --- | | Contact us today 03 9016 7678 | |  |