

*Issue 144*  
*Summer 2021*

**In this edition**

1. A message from the President.
2. Disability Doesn't Discriminate
3. Greens accessibility plan
4. Congrats Raja
5. Assistive Equipment available
6. Wheelchair & Rotary details
7. Managing Muscles & Mobility
8. Community Info Sessions –SA
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

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 Summer Edition of the Polio SA Newsletter

As 2021 comes to a close, hope of a normal lifestyle still appears to be a far distant dream. Just as we thought 80% of the population would do the trick and we could go back to being our normal (different) people up it goes to 90%!

Sadly, one of the last vulnerable groups to reach even 80% are those with disabilities, we know that NDIS are scrambling to offer vaccinations to its clients, reports that over 20% are still waiting for their second, one cannot but ask, what of the non NDIS people with disabilities who live independently with limited support?

However, being overly optimistic, I think us “oldies” members seem to have managed to be within the 80% plus, if you are like me, your good Doctor has already booked you in for your third jab next year, wonder when the fourth will be offered?

So on to our own SA group, we do need to think hard on how we are going to reach out and contact non-members of POLIO SA, with a view to meeting our major goal of offering support, information and current therapy and treatment being researched and offered.

These ongoing challenges, Polio-survivors, with age-polio, need a Peer Support Group, we need more members to maintain Polio SA over the coming years.

Ah! speaking of which, a few more Committee Members with new ideas, suggestions and inspirational plans would be most welcome to support our dedicated COMMITTEE, meeting monthly at our luxury meeting rooms, we can offer I Pad link ups or even taxi support to join us. As the AFL anthem goes “UP THERE AND AT THEM”!!

**HAVE A GREAT CHRISTMAS and  
NEW YEAR.**

**SEE YOU THEN!**

**Kyp  
President Polio SA**



# DISABILITY DOESN'T DISCRIMINATE

**BUT THE GOVERNMENT DOES**

Did you know that in 2013, the Federal Government deliberately amended the Age Discrimination Act allowing the NDIS to legally exclude people over the age of 65 from the NDIS?

We're more motivated than ever to urge the Government to end this form of age discrimination. Sign the petition at: [www.disabilitydoesntdiscriminate.com.au](http://www.disabilitydoesntdiscriminate.com.au)

We are sure you would have seen in the media the Disability Doesn't Discriminate Campaign which is being run by Spinal Life Australia.

Polio SA support this campaign and urge you to sign the petition see above website link . Also, in recent meetings we have had it would be great to get individual stories which you can submit directly to the website at [www.disabilitydoesntdiscriminate.com.au](http://www.disabilitydoesntdiscriminate.com.au)

Mr. Mark Townend, CEO of Spinal Life Australia, the organisers of the Disability Doesn't Discriminate campaign, said there were many Australians who found themselves excluded from the NDIS entirely on the basis of age.

"There are many Australians who should be eligible to participate in the NDIS, but their age has been used as a reason to exclude them from the scheme, resulting in very poor outcomes for people with disability," Mr. Townend said

"We have been working hard to raise awareness of this discrimination through the Disability Doesn't Discriminate campaign and have secured nearly 20,000 signatures.

"While we have approached both major parties, they have indicated that the NDIS was 'not designed to replace existing programs of support such as the My Aged Care Scheme'.

"This is a clear cop-out, and all politicians need to seriously consider this issue and play their part in ending age discrimination now."

**[Voices against age cut off for NDIS growing louder click on link below for full story](https://www.developingauscommunities.com.au/news/voices-against-age-cutoff-for-ndis-growing-louder)**

<https://www.developingauscommunities.com.au/news/voices-against-age-cutoff-for-ndis-growing-louder?fbclid=IwAR2EAalcWuVZ2J-z7LhOxKXagtwXcvZGXw19IMdHcTuBLn43bz9EphMZby0>



Greens Announce Accessible Australia Plan for Disabled Australians - Commit to Properly Funding the NDIS

Here is the link below to access media release

<https://greensmps.org.au/articles/greens-announce-accessible-australia-plan-disabled-australians-commit-properly-funding-ndis>

We did share this on Polio SA Facebook page but for those that do not access this thought we would let you know

Greens plan will:

- **Fully resource the NDIS** so it meets the needs of disabled people, their families and carers
- **Make disabled people's physical and digital worlds accessible**, including by establishing a new \$3 billion Accessible Infrastructure Fund
- **Champion inclusive education and employment** by establishing a 20 per cent quota for full disabled employee representation by 2030
- **Create more accessible housing and healthcare** through co-designed planning, policies, and implementation of Liveable Housing Australia Silver Standard across the country
- **Ensure disabled people are at the centre of decision-making**, policy and planning through a \$30 million increase in Commonwealth funding for disability advocacy organisations over four years

## Congratulations Rajanathan Subramaniam



Many Congratulations to Polio SA Member Raja who recently received an award from the Tamil community radio station named Vaagai. Vaagai started to cater for the South Australian Tamil community.

Raja received the award under the category 'Undeterred Self Assurance' for his volunteer work that he contributed towards his community in the past 25 years since coming to Adelaide.



**Building Better Homes**

A National Building Code **for All Australians**

This topic came up in a recent zoom meeting with Polio Australia.

This is the website for more details <https://www.buildingbetterhomes.org.au/>

The Building Better Homes Campaign is determined to see minimum accessibility standards included in the National Building Code, ensuring the Code meets the needs of all Australians.

As of December 2021 SA & WA are the only states who haven't agreed to implement the New National Construction Code

Please check out the website and spread the word !

Thank you Polio SA Committee



## **Free Mobility & Assistive Tech Equipment**

Equipment has been very kindly donated by a lady named Janet .

We have a mobility walker, 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.

Also Janet put Helen in touch with a lady named Briony Cadson from Rotary at McLaren Vale who kindly also donated a wheelchair details are on the following page.



Helen Polio SA & Briony from Rotary McLaren Vale

---

We also had this wheelchair donated from Briony at Rotary McLaren Vale.

It is a Merit brand L239 in excellent condition here are the specifications

Lightweight Travelase Wheelchair L239 Fixed full armrests, aluminium frame, total weight of 9.5 kg

- Invacare<sup>®</sup> compatible swing away footrests with composite footplates
- Folding-down backrest means the seat is space saving and also practical for transportation and storage
- Loop brakes provide slow down, temporary brake and parking brake
- Nylon upholstered seat and back
- 8" x 1" solid tyre casters
- 12-1/2" x 2-1/4" PU flat-free tyre molded Mag. rear wheels as standard Companion activated loop wheel locks

Overall Width 56cm Overall Length 66cm without footplates Overall Height 92 cm Seat Width 48cm Seat Depth 43cm Seat height from ground 46cm Weight Capacity 100kg Total weight 9.5kg Please let me know if anyone could use this wheelchair Helen Polio SA

---

### **WISH LIST**

If there is any assistive tech equipment that you may need can you let me know give me a call 0466 893 402 or email at poliosa.office@gmail.com thanks Helen Polio SA

I have been in touch with Rotary about a inkind donation programme they may be able to help. Things like walkers, walking sticks , wheelchairs , callipers, walking frames, shower chairs that have been donated to Rotary Regards Helen Polio SA.

The End Polio Now campaign for awareness, we have 3 Clubs, McLaren Vale, Seaford and Morphett Vale attending on the morning of Saturday 8th January at the Willunga Market, Willunga High school. From about 9am till 1pm and if any Polio SA members would like to hang out with us, that would be great. Cheers Briony Cadson Rotary McLaren Vale

## 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.



## **Save The Date**

### **Polio SA /Polio Australia Community Information Sessions Late effects of Polio**

#### **In person**

#### **Monday 21st March 2022**

West Adelaide Football Club  
Hisense Stadium  
57 Milner Road  
Richmond SA 5033

#### **Tuesday 22nd March 2022**

Victor Harbor

#### **Thursday 24th March 2022**

Port Augusta

More details to follow in the New Year



# Polio Australia

Representing polio survivors throughout Australia

## Update from Polio Australia

Hello SA! We hope you're all well. Here's an update from us.

## Health Professional Education

- Michael, our Clinical Health Educator, managed a couple of in-person workshops with health professionals in South Australia recently – one in Prospect, and another in Victor Harbor. He also completed an online workshop for staff at a Port Pirie facility.
- Michael is continuing to do online sessions for health professionals at least monthly, and will resume in-person workshops in the new year.
- To view the list of sessions, go to [www.poliohealth.org.au/workshops](http://www.poliohealth.org.au/workshops), and encourage your health professionals to attend!

## Polio Survivor Community

- In-person events are coming to SA! We're holding three events in March:
  - Adelaide – 21<sup>st</sup> March 2022
  - Victor Harbor – 22<sup>nd</sup> March 2022
  - Port Augusta – 24<sup>th</sup> March 2022Full details to follow
- To stay connected, we're meeting informally on Zoom on the first Monday of each. We'd love you to join us.
- We've also started doing occasional Zoom chats for those with Home Care Packages through My Aged Care (or those considering applying), in response to our series of NDIS chats. Both will continue in 2022.
- Other upcoming webinars will include:
  - Post-polio pain
  - Falls prevention
  - Assistive technology
- To view and register for any of these upcoming sessions, go to [www.polioaustralia.org.au/community-information-sessions/](http://www.polioaustralia.org.au/community-information-sessions/).

## Polio Awareness Month

- Thanks to everyone for their support of Polio Awareness Month and our orange lighting campaign!
- We got some good media engagement this year, as well as quite a few structures lighting orange. See [www.polioaustralia.org.au/polio-awareness-month](http://www.polioaustralia.org.au/polio-awareness-month).

## Blog

- And finally, we're still updating our blog with news and resources – check it out at [www.polioaustralia.org.au/team-blog](http://www.polioaustralia.org.au/team-blog).

Wishing everyone all the best for the festive season, and a great start to 2022.

From the Polio Australia team

## Room For Thought

- Why did the scarecrow win an award ?  
He was outstanding in his field
- My dog used to chase people on a bike a lot  
It got so bad, finally I had to take his bike away
- As I suspected , someone has been adding soil to my garden  
The plot thickens



- How do you help someone who has lost their Christmas spirit  
Nurse them back to elf
- Knock Knock Who's There ?  
Nobel , Nobel Who ? No Bell Please  
Knock



## 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](mailto: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 23rd February 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**

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

---

### TOORAK GARDENS

#### The Physio Clinic

Godfree House,  
2 Moore St, Toorak  
Gardens SA 5065  
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 Reeve 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

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**