



Polio Australia Incorporated

Representing polio survivors throughout Australia



www.polioaustralia.org.au

Reflections of March 2014

This year is shaping up to be full of opportunities to learn, participate, and experience. Next month Polio Australia will be holding its fifth Health and Wellness Retreat in Sydney, New South Wales; from 31st May to 4th June, Post-Polio Health International is running its "Promoting Healthy Ideas" Conference in St Louis, USA; and Amsterdam will host the "Post Polio Syndrome: A Condition Without Boundaries" Conference from the 25th to 27th June. The Daily Living Expo will also be held in Melbourne, Victoria, on the 14th/15th May. Sometimes we are so busy just 'getting on with it' that we miss out on the rejuvenation and sheer pleasure that comes with exposing ourselves to new things. Just something a bit different to 'reflect' on this month . . .

"Live as if you were to die tomorrow. Learn as if you were to live forever."
~ Mahatma Gandhi

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Register Now for the Polio Health and Wellness Retreat!



Body / Mind / Spirit New South Wales in May 2014

Polio Australia will once again be facilitating its 4 day/3 night Polio Health and Wellness Retreat for polio survivors and their partners, this time from Thursday 8 to Sunday 11 May, 2014 at [St Joseph's Centre for Reflective Living](#) in Baulkham Hills, New South Wales. Polio Australia held its first Retreat at this venue, which is a lovely, peaceful environment, and very conducive to sharing and learning new information.

Visit the Polio Australia website [here](#) to download the Retreat Program and Presenters' details, and the Registration Form. To ensure that the Retreat environment is conducive to friendly networking, numbers have been restricted to 70 people. Preference will be given to New South Wales residents and those interstate people who have not attended previous Retreats. This does not preclude previous participants from registering and paying. Bookings are only confirmed when payment is received and places allocated.

Vacancies still available but filling fast!

Below is an overview of each day's plenary and workshop sessions. There will also be displays, consultations and therapy treatments, and entertainment.

Thursday – 8 May 2014

Registration and Welcome Dinner with **Guest Speaker Paul Galy** talking about his book "The 4th of May: The Memories of Paul Galy OAM"

Friday – 9 May 2014

Plenary: The Polio Body with Dr Stephen de Graaff

10:30 am to 12:00 pm - *Concurrent Sessions*

- Post-Polio Exercise Options
- Functional Footwear
- A Breath of Fresh Air: how to work with your respiratory system to maximise speech and swallowing functions
- Pain and Fatigue Management

2:00 pm to 3:30 pm - *Concurrent Sessions*

- Osteopathic in Self Care
- Swollen Polio Legs
- Too Tired to Breathe?
- Managing Arthritis and Osteoporosis
- Partnering Polio

4:00 pm to 5:30 pm - *Concurrent Sessions*

- Mindfulness: Resilience, Performance and Positive Mental States
- Optimal Nutrition
- Avoiding Falls
- Taking Charge of Your Own Health



Saturday – 10 May 2014

Plenary: Healthy Brain Ageing with Dr Loren Mowszowski

10:30 am to 12:00 pm - *Concurrent Sessions*

- Seated Yoga
- Early Polio Memories
- Singing for Fun!
- Mind Matters

2:00 pm to 3:30 pm - *Concurrent Sessions*

- Telling Your Story
- A Family History Taster: Catching the Bug!
- Cryptic Crosswords
- Travelling Options for People Ageing with a Physical Disability
- Partnering Polio

4:00 pm to 5:30 pm - *Concurrent Sessions*

- Card Making
- Making the Most of Our New Reality
- Laughter: The Best Medicine
- Bonsai Magic

Sunday – 11 May 2014

Plenary: The Healthy Spirit with Sister Annie Bond

10:30 am to 12:00 pm - *Concurrent Sessions*

- Awakening the Creative Spirit Within
- Philosophically Speaking
- Meditation



Promoting Healthy Ideas

[Post-Polio Health International](#) (PHI) will be holding its 11th International Conference from Saturday 31 May to Tuesday 3 June in St. Louis, Missouri, USA, in 2014. The theme of this conference will be "Promoting Healthy Ideas" which will explore how people with disabilities can be healthy or, at the very least, strive to be healthy. Check out the conference Program [here](#).



Post Polio Syndrome: A Condition Without Boundaries

Following the successful conference in Copenhagen in 2011, the 2nd [European Polio Conference](#) will be held in Amsterdam from 25-27 June 2014. This Conference aims to promote better care for the large number of 700,000 Europeans suffering from late effects of polio by exchanging knowledge between health care professionals, researchers, polio survivors and patient organisation representatives from Europe and world wide. Keep checking the conference website for details: <http://polioconference.com/>



The Daily Living Expo



In 2014, [ATSA](#) will hold a [Daily Living Expo](#) at the Melbourne Showgrounds on Wednesday 14 May and Thursday 15 May, from 9am-4pm. There is plenty of parking onsite and easy access via public transport.

The exhibition will have over 100 exhibitors displaying a wide range of products and services for people with disability and the elderly. On display will be the latest in assistive technology, mobility solutions, pressure care, employment support, accessible recreation/holiday ideas, modified motor vehicles and a lot more.

A key feature of the Expo is the FREE Clinical Education Program – run over 2 days in rooms conveniently located next to the exhibition floor. The three track seminar program has over 20 speakers.

Admission is **free** to therapists, the general public, end users & ATSA members for both events.

Private Vehicle Access, Modification and Trip Planning by People with Disability

This is a notice about a research study being conducted by the University of Technology, Sydney & OT Solutions for the NSW Department of Family & Community Services on private vehicle access, modification, and trip planning by people with disability.

Your participation in this study is highly valued whether you are a driver with disability, have a modified vehicle for yourself or a family member with disability for private transport purposes or would like a modified private vehicle but have been unable to obtain one.

This part of the study involves a questionnaire to gather your experiences in driving, having a vehicle modified, finding funding for the modifications, trip planning, and your service and parking station access.

The questionnaire has been developed in collaboration with the Physical Disability Council NSW. The information provided will be used to better position the Department for future development and provision of information in this important area of citizenship.

The questionnaire will take approximately 15-25 minutes to complete depending on whether you are a driver, owner of the vehicle or somebody who wishes to own a private modified vehicle. To begin the questionnaire please click on the following link to the survey [here](#).

For further information about the research project or any other inquiries please contact the project coordinator: Prof Simon Darcy (02) 9514-5100 simon.darcy@uts.edu.au

NDIS Rollout in a Holding Pattern?

by Kymberly Martin in [News](#)

Source: [freedom2live](#) - 26 March 2014

Review of NDIS Agency reveals more effort needed to confirm if rollout timetable is doable. An independent review of the capability of the NDIS Agency, charged with delivering the NDIS was described by the review authors as: ". . . like a plane that took off before it had been fully built and is being completed while it is in the air."

The review found that the previous government's compressed timeframe has been at the expense of planning. This is said to have compromised the capacity of the Agency to learn from the trial sites and develop participant assessment and planning capabilities.

The Agency's foundation needs work in order to deliver and sustain the full NDIS. In response, the Agency has developed an action plan and will provide further advice as to whether the current implementation timetable is consistent with a successful full scheme rollout.

The Minister said the government was determined to deliver the NDIS in full. *"This objective can only be achieved by an honest assessment of the capabilities of the Agency, an understanding as to why issues have arisen and a determination to lay sound foundations for the full national scheme."*

Details: www.ndis.gov.au

Coalition Committed to NDIS

Reporter: Sarah Ferguson

Source: ABC 7.30 - 31/03/2014

Minister for Aged Care and Disabilities Senator Mitch Fifield says all Coalition Senators and members are committed to the full delivery of the National Disability Insurance Scheme.

Western Australia joined the rest of the country today, with the state's Premier and Tony Abbott agreeing to trial sites for the National Disability Insurance Scheme.



But on the same day, Treasurer Joe Hockey has been making strong criticism of the management of those trials, saying the scheme risks ending up as a farce as big as the pink batts program.

So what are we to make of the messages coming from the Government? Is it pulling back from its expensive commitment to the landmark scheme?

The minister responsible for the NDIS, Senator Mitch Fifield, was in Melbourne today making a speech about the future costs of aged care in Australia and the need for more reform as the population ages.

Click [here](#) for the ABC Transcript and/or video.

When Do Adults Need To Be Immunised?

Most of us will receive the majority of our vaccinations in childhood. But Australian adults still die and become disabled from vaccine-preventable diseases. Immunisations are therefore an important preventive health measure at all stages of life. So, when might adults need to be immunised?

Some adults are not up-to-date with today's [vaccine recommendations](#). This can be for a number of reasons, such as having missed vaccine doses that were recommended during childhood or booster doses during adolescence.



In some cases, the immunisation schedule has changed which means adults didn't have the opportunity to get vaccines as part of a childhood program. [Measles, mumps and rubella](#) (MMR) vaccination is a good example of this.

Dr Melina Georgousakis and Associate Professor Kristine Macartney from NCIRS have published an article on *The Conversation* about adult immunisation.

The article called "*Health Check: when do adults need to be immunised?*" covers:

- making sure adults are up to date with current recommendations
- routine vaccinations recommended for adults
- vaccination before and during pregnancy
- vaccinations to be considered based on health and lifestyle risk factors.

The full article is available [here](#).

Displacement, Violence Likely Cause of Iraq's First Polio Case in 14 Years

Source: [IRIN News](#)



DUBAI, 24 March 2014 (IRIN) - Health officials in Iraq are stepping up polio immunization and surveillance following the first [confirmed case](#) of the virus in the country in more than a decade.

"It is a huge blow because for 14 years Iraq has been polio free," Syed Jaffar Hussain, head of mission for the World Health Organization (WHO) in Iraq, told IRIN.

WHO's Eastern Mediterranean Region poliovirus laboratory in Egypt and the Centres for

Disease Control and Prevention (CDC) in the USA both confirmed the outbreak, detected after a six-month-old baby living on the outskirts of Baghdad became paralysed.

The strain's genetic sequence matches the one found last September in Syria - wild polio virus type 1 (WPV1) - but it is not yet clear how the virus made it to the Iraqi capital or how the boy became infected. His family has no links with Syria or record of recent travel there.

Full report [here](#).

Polio This Week

Source: [Polio Global Eradication Initiative](#) - as of Wednesday 2 April 2014

Wild Poliovirus (WPV) cases

Total cases	Year-to-date 2014	Year-to-date 2013	Total in 2013
Globally	51	16	407
- in endemic countries	44	16	160
- in non-endemic countries	67	0	247

Case breakdown by country

Countries	Year-to-date 2014				Year-to-date 2013				Total in 2013	Date of most recent case
	WPV1	WPV3	W1W3	Total	WPV1	WPV3	W1W3	Total		
Pakistan	39			39	5			5	93	08-Mar-14
Afghanistan	4			4	1			1	14	25-Feb-14
Iraq	1			1				0	0	10-Feb-14
Equatorial Guinea	1			1						28-Jan-14
Nigeria	1			1	10			10	53	01 -Feb-14
Cameroon	3			3				0	4	31-Jan-14
Somalia				0				0	194	20-Dec-13
Syria	1			1				0	26	21-Jan-13
Ethiopia	1			1				0	9	5-Jan-14
Kenya				0				0	14	14-Jul-13
Total	51	0	0	51	16	0		16	407	
Total in endemic countries	44	0	0	44	16	0		16	160	
Total outbreak	7	0	0	7	0	0	0	0	247	

Data in WHO as of 02 April 2013 for 2013 data and 01 April 2014 for 2014 data



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Please pass this e-Bulletin on to friends and colleagues who have an interest in the late effects of polio

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- ◆ If you do not wish to receive any further communication from Polio Australia, please email us [here](#).

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