

Using the Late Effects of Disability Clinic at Fiona Stanley Hospital

Thank you to those who completed and returned the questionnaire that was in the last newsletter regarding how the two clinics for polios at the Fiona Stanley Rehab Hospital are working for you.

It is not too late if you haven't sent the questionnaire in yet but please do so **ASAP**. **We need your feedback**. Some people have been having problems while for others, their appointments have been going smoothly. We want to make it a satisfactory experience for all so please help us by **sending in your comments** - or ring me and **we can do it over the phone** if that is easier.

One common thing we have indentified is that people are having problems getting thru by phone. So what I have found out is that **Dr Mei Ang** is back for LEDC and Orthotics, and **Lucy Oliver** is the physio for LEDC

Phone is 6152 7420 - Reception for LEDC and Orthotics and - 6152 7450 for Amali at Orthotics.
Your GP Referral - fax to 6152 9762 or email to FSH.Referrals@health.wa.gov.au

Sonya and Jega have jotted down a few words below to help you understand how to get the most out of appointments you might have at these clinics. The way hospitals do things is changing and we need to understand how to still get the results we need. Do read this article. Tessa

The Late Effects of Disability Clinic assists people with a long-term disability to manage their physical condition and daily functioning. Referrals and treatment plans are based on each person's own goals and current concerns. The Clinic doctor will assess people to identify the cause of the current complaint which may or may not relate to their past polio. The physiotherapist and occupational therapist will assess the person and provide a treatment plan to achieve the goals identified by the person. Treatment plans may include exercises, learning new ways to do daily tasks, managing daily activities or using new equipment.

What is a goal?

A goal is simply - what you want to achieve.

It can be difficult for many people to know what problem or concern requires treatment and how to set a goal for their treatment. Many people with a long-term condition/s often assume their problem is normal and everyone has the same complaint. For example, people ageing with a disability may experience pain or discomfort in some form and assume that this is the norm; they may experience tiredness and fatigue and assume everyone else must have the same problem or they may dismiss the problem as just being part of getting old.

What is your goal?

Deciding on a goal for attending the Late Effects of Disability Clinic can start by thinking what activities or tasks you would like to be able to do.

It can be helpful to think about your day from morning to night, both at home and in the community. Then, think about what is it at that time that you find challenging?

You may notice that:

- some activities are becoming harder for you to do but you want to continue doing them
- you are avoiding some tasks or situations because it is becoming more difficult
- your body feels different, such as pain, when you do some tasks or at certain times in the day

Think about all aspects of your life, for example walking and moving; personal care; domestic tasks; socialising; health and wellbeing.

As an example, you notice you get pain in your shoulder after looking after your grandchild. Your goal then could be - *"to be able to look after my grandchild without getting pain in my right shoulder"*.

Wanting to maintain your ability to keep moving and doing daily activities independently is also an important goal.

If you think that attending the Late Effects of Disability Clinic may assist you, then you need to **contact your General Practitioner for a referral to the LED Clinic at FSH.**

Ask your **GP to list your complaints and goals** in the letter of referral to Fiona Stanley Hospital.

Sonya Horsman,
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