

Polio Australia

Representing polio survivors throughout Australia



Annual Report
2014/2015

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About Polio Australia

Our Vision

All polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed life choices.

Our Mission

Polio Australia is committed to standardising quality polio information and service provision across Australia for polio survivors.

Our Values

As the national peak body, Polio Australia represents the needs of the post-polio community and works with **passion** and **professionalism** to educate, advocate and **achieve** recognition for polio survivors.



Our Purpose is to:

- Educate and inform polio survivors, their families and carers, and the community at large about the late effects of polio.
- Provide information, education and training to General Practitioners and a range of medical specialists and other health professionals to improve the diagnosis and management of the late effects of polio.
- Facilitate the provision of appropriate and consistent health, disability and aged care support services across all states and territories to improve the treatment and management of the late effects of polio.
- Provide outreach to culturally and linguistically diverse and Aboriginal and Torres Strait Islander polio survivors to ensure their diverse needs are being met in a culturally appropriate way.
- Advise governments on policy development and programs in relation to the late effects of polio.
- Stimulate research into the late effects of polio.
- Assist the state Networks to support polio survivors and their families, friends and carers at the local level.
- Facilitate and encourage the co-ordination and further development of activities within and between the state Networks.
- Support and promote polio immunisation at a national level, and provide assistance to the state Networks to do so at the local level.

Campaigners with Federal Health Minister Sussan Ley





Dr John Tierney



Gillian Thomas



Jenny Jones



Brett Howard

Board

Established in 2008, Polio Australia is a national peak body governed by a Board comprising representatives from the six state Polio Networks. Polio Australia is a consumer founded, consumer focused, not-for-profit, incorporated organisation representing hundreds of thousands of polio survivors who are now living with the Late Effects of Polio (LEoP) or Post-Polio Syndrome (PPS).



Tessa Jupp



John Mayo



Dr Margaret Peel



Deanna Varney



Bev Watson



Peter Wierenga



Geoff Dean



Arthur Dobson



Billie Thow



Mary-ann Liethof



Shylie Little



Jill Pickering



Glenn Gardner



Kristy Rackham

Polio Australia's Board

July 2014—June 2015

- President: Dr John Tierney OAM (NSW)
- Vice President: Gillian Thomas (NSW)
- Secretary: Jenny Jones (WA)
- Treasurer: Brett Howard (SA)
- Tessa Jupp (WA)
- John Mayo (Qld)
- Dr Margaret Peel (Qld)
- Deanna Varney (Vic)
- Bev Watson (Vic)
- Peter Wierenga (SA)

Observers

- Geoff Dean (Post Polio Victoria)
- Arthur Dobson (Tas)
- Billie Thow (Tas)

Staff

- National Program Manager: Mary-ann Liethof (Vic)
- Administration Officer/Bookkeeper (Part-time): Shylie Little (NSW)
- Health Educator Consultant (Casual): Kristy Rackham (Qld)
- Fundraising Consultant (Casual): Glenn Gardner (NSW)

Regular Volunteer

- Jill Pickering (Vic)

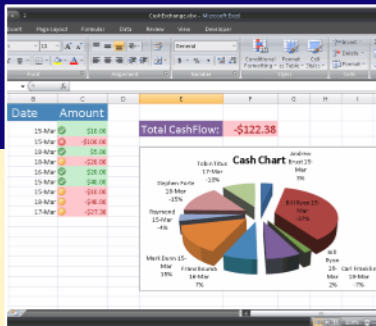
National Program Manager



Mary-ann Liethof

Mary-ann is the only full-time staff member employed by Polio Australia and is responsible for developing and implementing all program areas. Mary-ann was appointed as Polio Australia’s National Program Manager in early January 2010.

Bookkeeper/Administration Assistant



Shylie Little

Shylie is employed by Polio Australia for one day a week. She is not only our bookkeeper but she also capably manages a myriad of administrative tasks.

Capacity Building and Health Education Consultants



**Glenn Gardner AM
Kristy Rackham RN**

Private donations enabled Polio Australia to engage two part-time consultants: Glenn Gardner has been working on building capacity; and Kristy Rackham has contributed to the production of resources and the development of clinical practice workshops for health professionals.

Business Manager and Web Manager



Gillian Thomas

Gillian works day and night to ensure Polio Australia meets all its business and financial responsibilities. Using her considerable technical expertise, she designs, populates and manages Polio Australia’s four websites, and provides input across all program areas based on her expert and personal knowledge of polio and its late effects.

National Patron and Lobbyist



Dr John Tierney OAM

John Tierney is Polio Australia’s National Patron, and was elected President in December 2012. Since 2007, John has taken a delegation to Canberra on a semi-annual basis to lobby for special funding for the half a million Australians experiencing the Late Effects of Polio (LEoP). John has done this in his capacity as a pro bono government relations consultant to Polio Australia.

Administration/Project Assistant



Jill Pickering

Jill commenced volunteer work one day a week with Polio Australia in February 2011. She assists with various project administration tasks such as compiling and summarising feedback information from the Health and Wellness Retreats, and other report work.

Strategic Priorities 2015–2018

At its 2014 Annual General Meeting and Strategic Planning Meeting, Polio Australia's Board decided on five priorities to work towards over the next three years, which this Annual Report reports against.

Priority One: Education



Promoting enhanced knowledge and management of the late Effects of Polio across the health and community sectors

Priority Two: Advocacy



Lobbying and advocating for recognition of and appropriate service provision for Australia's polio survivors

Priority Three: Capacity Building and Resources



Building resources—financial and human

Priority Four: Visibility



Creating positive visibility in the community

Priority Five: Partnership Development



Enhance external and internal relationships for mutually beneficial outcomes

Year at a Glance

**July
2014**

- Refreshed Polio Australia's logo design

August

- Completed draft of new clinical practice resource "*The Late Effects of Polio: Managing Muscles and Mobility*"

September

- "*Walk with Me*" participants in New South Wales, South Australia, Victoria, and Western Australia raised a total of \$15,686 in donations

October

- Polio Awareness Month - Launched the "*LEoP: Managing Muscles and Mobility*" resource at Parliament House, Canberra

November

- Polio Australia's AGM and 3 year Strategic Planning Meeting held in Sydney with all State Polio Networks

December

- Participated in the launch of a new film and resource pack "*All Walks of Life*" produced by the Bayside Polio Support Group, Victoria

**January
2015**

- Launched new website resource for health professionals: www.poliohealth.org.au

February

- Received positive responses from dozens of national and international post-polio specialists to speak at the 2016 Australasia-Pacific Post-Polio Conference

March

- Negotiations with 2016 Conference organisers relating to schedule and progress updates

April

- Promoted and finalised planning and preparations for the Health and Wellness Retreat in Torquay, Victoria

May

- 6th annual Polio Health and Wellness Retreat

June

- First Conference Steering Committee meeting

President's Report



Dr John Tierney OAM

Polio Australia
continues to
widen and deepen
our involvement
with Rotary
with the aim of
developing a
long-term
partnership with
this organisation

Polio Australia has had another great year with the development of initiatives, resources, programs and partnerships. As usual this has been achieved with very few resources and people to do the work. My special thanks go particularly to Mary-ann Liethof and Gillian Thomas who continue to give their all to the vital work in support of Australia's 400,000 polio survivors.

Polio Australia is Planning a World's Best Practice Post-Polio International Conference in Sydney in September 2016

Probably the most exciting current development is our continued planning for our September 2016 Australasia-Pacific Post-Polio three-day conference in Sydney. Please put this in your diaries because we want many polio survivors and their carers from Australia and beyond to be there. Our New Zealand friends are very aware of this Conference and we are expecting strong support from that part of the Pacific region.

Planning for this event is now well advanced with Mary-ann working miracles with international and Australian speakers. This is largely the fruit of the strong representation and presence by Aussie polio survivors at both European and US Post-Polio Conferences. Strong international alliances have been forged over the last five years. There is now a high level of interest in attending and speaking at our Conference next year. Interpoint Events is our professional Conference organiser and in areas like advance publicity their professional touch is already lifting this event to a new level.

There is a growing level of international involvement in the Conference, with both Joan Headley, Director of Post-Polio Health International (USA), and John McFarlane, President of the European Polio Union, being members of the Steering Committee. They are taking part in our Conference calls and lending their expertise as organisers of past international Conferences. We also welcome Gordon Jackman to the Steering Committee, who is representing the Board of Polio New Zealand.

Although we expect this Conference to attract a large number of health professionals, we would also like to see as many polio survivors attend as possible, so please pencil the 20-22 September, 2016 into your diaries and keep an eye out for developments in forthcoming months at www.postpolioconference.org.au.

Strengthening Links With Polio New Zealand

Polio Australia continues to forge strong bonds across the ditch since I spoke about our Australian programs to assist polio survivors at their 25th Anniversary Conference in Christchurch in October 2014. The New Zealanders are now rapidly catching up to us.

As a result of this contact, two of their senior executive took part in Polio Australia's three-year strategic planning meeting in November 2014. Already the Kiwis have embraced our "Walk with Me" program and gone one step further and plan to involve Rotary, which could be something Polio Australia considers in future.

It was really great to have them join our Retreat in Torquay in April when Polio New Zealand President, Barry Holland, and Treasurer, Diane Mathews, took part. As we were on the international stage, I am very glad that it was our best Retreat ever. In August, Polio NZ are putting on their own Health and Wellness Retreat in Hamilton, NZ, and to further strengthen the growing bonds between our two national organisations, Mary-ann and I will be taking part. Both of us have been invited to be guest speakers at the Polio NZ Retreat dinner.

Re-Establishing Polio Survivors' Links with Rotary at the Club Level

Polio Australia continues to widen and deepen our involvement with Rotary with the aim of developing a long-term partnership with this organisation, which will assist Australians with the Late Effects of Polio.

Queensland-based polio survivor, Sue Mackenzie, and I have now each spoken to dozens of clubs and this has become a significant part of our fundraising for Polio Australia. However, we need more speakers. I was heartened by the response to my call for Rotary speakers at the Victorian Retreat, and we now have a pool of twenty-two polio survivors who have agreed to arrange to speak to Rotary Clubs in their area. This pool will be managed by Sue Mackenzie, and if you would like to join the list and receive our speaker's package please contact office@polioaustralia.org.au. Donations from Rotary Clubs now make up 6% of Polio Australia's budget.

Clinical Practice Workshops

In March, I conducted a LEOP stall over two days at the Rotary District 9685 (covering the northern half of Sydney and the central Coast) Annual Conference in the Hunter Valley to promote, in particular, Rotary's involvement in our international Conference next year.

After that, something really wonderful happened. Rotary District 9685 approached us and is now working closely with Polio Australia to set up a joint program and provide \$25,000 dollars in funding to support 10 clinical practice workshops in 2015-16 These are modeled on a successful pilot program run in Victoria in 2014.

"Walk with Me" is Growing

In September, 2014, Polio Australia took part in Ability First Australia's "Walk with Me" fund-raising event, doubling the number of our states and survivors participating when South Australia and Western Australia took part. This has now become one of our top fund raising events. I became the top fundraiser across the Australian Ability First network, raising \$9,180 dollars by applying a few 'tricks of the trade'. These are easy techniques that you can apply in future when you take part in "Walk with Me". The generous \$5,000 dollar donation from a single donor was a great help. The total raised for Polio Australia in 2014 was \$16,670 – a record!

Another World-Class Health and Wellness Retreat in Torquay, Victoria

Everyone who attended the 2015 sixth annual Health and Wellness Retreat in Torquay, Victoria, acclaimed it as the best ever. Ahead of their first Retreat, we again had New Zealand representation.

Although I have been to all of the Retreats, I really learnt a lot this time, thanks to the variety of topics and the quality of the invited speakers. Mary-ann, as usual, did an excellent job in putting this together and managing the day-to-day program. This will be the last Retreat for two years as next year's big event for learning about the Late Effects of Polio (LEoP) will be at the Australasia-Pacific Post-Polio Conference in Sydney. So if you missed Torquay this year, please join us in Sydney from 20-22 September 2016.

"We're Still Here!" Once Again Returns to Canberra

In late October 2014, we returned 30 strong to the Canberra halls of power prominently wearing our "We're Still Here!" T-shirts. The highlight of the day was the morning tea launch of the resource "Managing Muscles and Mobility" and attended by a number of MPs and Senators. This world-class resource is the second in a series and was funded by private donation. Your lobbying team (John, Gillian and Mary-ann) also held a series of meetings with key health and disability decision makers in the parliament including a very productive meeting with the Health Minister's chief policy advisor. Thanks to all of you who went the extra mile to support this vital lobbying and profile raising work.

World Polio Day

World Polio Day on the 24th October, 2014 just preceded our descent on Canberra and we used this as a media opportunity to raise the profile of Australia's polio survivors and our needs.

Ahead of this day, in Polio Awareness Month, a number of us spoke in the media about the needs of polio survivors and the urgency for the provision of government funding for our LEOP self-management programs.

With the assistance of Health Education Consultant, Kristy Rackham, we were able to set up some excellent media interviews and spread our messages far and wide across Australia at the press of a button. We even used 'Twitter' and 'Facebook' to spread the word that "We're Still Here!".

Vice President's Report



Gillian Thomas

By year end we had information on over 100 papers across more than 40 categories on the site...

Our online presence expanded greatly over the 2014-2015 year, with the establishment of two new websites, and increased social media activity. By year end, our Facebook page was approaching 800 "likes", the related Facebook group had more than 50 members, and our Twitter feed had almost 300 followers. Polio Australia online volunteers Ella Gaffney and Lyn Glover kept up a constant stream of posts and tweets to not only inform readers about Polio Australia's activities but to share items of interest from around the world with the post-polio community.

In furtherance of our strategic priorities it was decided that the development of a website dedicated to providing information and resources to health professionals diagnosing and managing the late effects of polio could not wait any longer for dedicated funding to become available. Since its establishment in 2008, Polio Australia has submitted numerous funding submissions to enable production of the website, all to no avail. Accordingly, in December 2014 we engaged a consultant to design the website framework and www.poliohealth.org.au was born. Starting in January 2015, we did what we do best – spending countless volunteer hours populating the site. The website is packed with information yet is very easy to navigate, a boon for busy people. The year also saw online ordering of Polio Australia's clinical practice resources become available on the site, both in downloadable PDF and in printed form.

In March 2015 Polio Australia was approached by Dr Farid Khan, a graduate student enrolled in the final year of a Master of Health Sciences – Health Administration at La Trobe University, having previously completed a Bachelor of Medicine. As part of his course work, Farid was keen to undertake a project related to our work. We agreed on a development of the 'Research' section of our Polio Health website, particularly from the point of view of the health professional. We were keen for Farid to review, critically select, and categorise gold-standard research and clinical practice modalities, including capturing recent data, and then upload the details in a searchable format to the website. By year end we had information on over 100 papers across more than 40 categories on the site, bringing current post-polio research, and condition and symptom treatment options and recommendations to post-polio health professionals.

Also in March, promotion of the 2016 Australasia-Pacific Post-Polio Conference commenced in earnest with the establishment of a dedicated website (www.post-polioconference.org.au) to showcase the presenters and the content of the Conference. Over the next year, and beyond, this website will add yet another rich source of information, research and practical strategies for diagnosis and management of the late effects of polio.

This year we bid farewell to our auditor, Peter Roebuck, who retired from his position as Head of the School of Accounting at the University of NSW to enjoy a quieter life. We thank Peter very much for providing his services pro bono since 2008 and wish him well for the future.

The nature of not-for-profit charities is that there are numerous people and organisations quietly providing support in many, many ways, and we sincerely thank each and every one for their generous contributions.

National Program Manager's Report



Mary-ann Liethof

The 2014-2015 period has seen Polio Australia continue to work miracles with limited resources. The original three-year Strategic Plan concluded in 2014, with most goals having been achieved – apart from the all important funding deficit. At the 2014 Annual General Meeting, the Board agreed to a new three-year Strategic Plan to take us through to 2018. The five Strategic Priorities' Objectives can be found on Pages 6.

I am still the only full-time, paid employee, although we did receive a generous donation which allowed us to engage a part-time Queensland-based Health Education Consultant, Kristy Rackham (RN), for a few months. Kristy contributed to a number of projects in her short time with Polio Australia, including freshening up Polio Australia's logo and, most significantly, putting untold hours into producing a draft of the new resource "*Late Effects of Polio: Managing Muscles and Mobility*". She was also involved in promoting the 2014 Polio Awareness Month and "We're Still Here!" Campaign in Canberra, as well as preliminary plans for facilitating a clinical practice workshop on the Sunshine Coast in Queensland. Unfortunately, health concerns for both Kristy and her children necessitated her withdrawing her services. I certainly miss her support and skills across our range of program areas.

Since attending the Copenhagen Post-Polio Conference in 2011, I have been interested in running an Australasia-Pacific Post-Polio Conference, which has now become a reality. Once we were able to find and partner with Conference organisers, Interpoint Events, in the second half of 2014, we were quickly able to lock in a venue and date. I then started contacting the health professionals I had been speaking with at the European and USA conferences I have attended over the years, and was delighted with the positive response. The next step was to engage a Conference Chair, Steering Committee, and Scientific Committee to review the abstracts. Dr Steve de Graaff took on the role of Conference Chair, and the journey commenced. By March 2015, 24 Guest Presenters from Europe, Scandinavia, the US, and Australia, had accepted the invitation to attend the Conference. Whilst this is a major accomplishment in itself, it is even more amazing to note that these professionals are completely funding their own attendance. The resulting

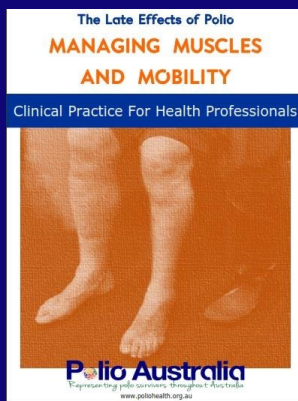
assembly amounts to a real treat for Australia's health professionals seeking to learn more about the late effects of polio, and polio survivors alike.

Polio Australia was very happy to team up with Victoria's Bayside Polio Support Group in 2014 to contribute to their "*All Walks of Life*" video, and assist in the promotion of the video and associated "Post-Polio Awareness Pack". The Pack includes a USB drive containing a high definition version of the film, digital copies of "*Iron Wills, Victorian Polio Survivors' Stories*" produced by Polio Network Victoria, and "*Calliper Kids*", produced by the Knox-Yarra Ranges Polio Support Group. There were also hard copies of "*Iron Wills*", and the two Polio Australia resources "*The Late Effects of Polio: Introduction to Clinical Practice*" and "*The Late Effects of Polio: Managing Muscles and Mobility*". The packs were distributed to local health services providers, as well as being for sale at a cost of \$50 for a single pack, with all proceeds going to Polio Australia. What a great initiative!

The 2015 Polio Health and Wellness Retreat held in Torquay, Victoria, proved to be yet another successful event, with 70 participants attending. We always have a core group of 'Retreat Junkies' who attend regularly, but there is also a larger percentage of 'new' polio survivors learning valuable self-management strategies from their participation. Of course, there is always a lot of work involved, but we benefit greatly from a broad range of fantastic session presenters wherever we go, most of whom offer their services pro-bono, and this was no different.

As indicated in the President's Report, Polio Australia is much closer to achieving its Vision: "*All polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed life choices*" thanks to a partnership formed with Rotary District 9685 to fund a pilot series of 10 Clinical Practice Workshops for health professionals in Sydney's northern suburbs in 2015-16. However, in order to achieve this, Polio Australia needed to call on the services of one of our Clinical Advisory Group members, Melissa McConaghy. Melissa is a neuro-physiotherapist and the Principal of Advance Rehab Centre in St Leonards, New South Wales. As a keen peer educator, Melissa was interested in contributing her skills, time, and staff to the project. We are very pleased that Melissa and her staff are on-board for this pilot. Of course, if these workshops prove successful, Polio Australia and Rotary International will need to negotiate significant funding for resources, including employing a physio-trained workshop facilitator, and administration support. However, we are very excited at the prospect of what this partnership with Rotary District 9685 might achieve.

Priority One Education



The Late Effects of Polio: Managing Muscles and Mobility Resource

In October 2014, Polio Australia launched its second clinical practice resource for health professionals "The Late Effect of Polio: Managing Muscles And Mobility". This resource aims to assist health professionals to more quickly recognise the symptoms of Post-Polio Syndrome (PPS) and the Late Effects of Polio (LEoP), so that clients can receive accurate diagnosis and timely, appropriate and effective care.

It is a collaborative effort by Polio Australia's Clinical Advisory Group experts and integrates personal accounts from 'Lived Experience Experts' – the survivors of polio themselves. Information found within includes the very latest in best-practice methods of treatment and care of clients as they age with LEoP.

This resource was made possible thanks to a private donation.



All Walks of Life Video and Post-Polio Awareness Pack

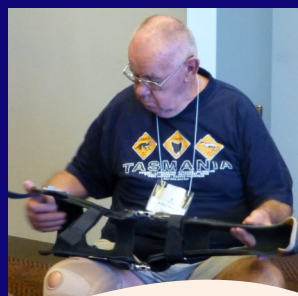
The 'All Walks of Life' mini film and awareness project was created by the Bayside Polio Group in Victoria to illustrate the work of the polio community. It was launched in December 2014. During the project it was recognised that a tool could be developed that could be of use to the wider community – the Post-Polio Awareness Pack was born.

The Bayside Group formed a partnership with the Rotary Club of Bentleigh Moorabbin Central and Individual Films to produce All Walks of Life. Mary-ann Liethof participated in the filming and Polio Australia provided resources to include in the Awareness Pack. The video was uploaded to the website and all proceeds of the sale of the Awareness Packs went to Polio Australia to assist with the 2016 Australasia-Pacific Post-Polio Conference.



2016 Australasia-Pacific Post-Polio Conference

At the end of 2014, Polio Australia announced that it was planning to host the inaugural Australasia-Pacific Post-Polio Conference: "Polio—Life Stage Matters", in Sydney from 20-22 September 2016. An Agreement with Interpoint Events was negotiated to take on the logistics, marketing, and registration for the Conference. A Steering Committee and Scientific Committee were formed—headed by Dr Stephen de Graaff—and the first teleconference meetings were held in early 2015. There has been significant encouragement and support from Post-Polio Health International (USA) and the European Polio Union, and a number of Keynote Speakers were approached and accepted to present as early as February 2015.



2015 Polio Health and Wellness Retreat

Polio Australia's 6th Annual Health and Wellness Retreat was held in Torquay, Victoria from 30 April to 3 May 2015. Seventy people attended, coming from Queensland, New South Wales, Tasmania, New Zealand, and, of course, Victoria. It was the first Retreat for more than half the participants. The theme of Body, Mind, Spirit continued, and it was reported that although the topics were similar, the presenters and their approaches were refreshingly different and very informative.

As always, this Retreat was as much about educating the presenting health professionals as it was about providing effective management strategies for the participants.

Priority Two

Advocacy



“We’re Still Here!” Campaign—October 2014

Thirty campaigners from various states turned up for Polio Australia’s “We’re Still Here!” Campaign at Parliament House, Canberra. Many made appointments to meet with their local Members and Senators to discuss the lack of resources for Australia’s polio survivors. They were also treated to a morning tea launch of the new “Late Effects of Polio: Managing Muscles and Mobility” resource, together with a “Polio Time Line” display. Two of Polio Australia’s Parliamentary Patrons - Mark Coulton MP and The Hon Catherine King MP - launched the new resource. They both referred to the across-party support we have in our endeavours, and congratulated Polio Australia on their excellent achievements so far.

Dr John Tierney stated in Polio Australia’s press release: *“The NDIS comes way too late for the majority of our polio survivors. It will not be fully rolled out until 2020. Most polio survivors will be ineligible due to the cut off age of 65 years. People need help now because “We’re Still Here!” and will be for decades to come. The personal cost of the late effects of polio and post-polio syndrome for individuals, carers and families, is overwhelming. As the condition is not well known amongst health practitioners, on a macro scale, the burden on the Australian health sector due to mis-diagnosis and inappropriate management also requires major financial contribution from the government. We continue to do everything we can to support people, but it is time for the government to step up and financially stand behind our work.”*

NDIA: ‘Towards Solutions for Assistive Technology’ – Discussion Paper Response from Polio Australia

Polio Australia is grateful to NSW-based Merle Thompson for preparing a submission in response to the National Disability Insurance Agency’s ‘Assistive Technology’ Discussion Paper. The key issues outlined follow.

Polio survivors covered by aged care services

The theory behind making the NDIS cut out at 65 was that there is a significant proportion of older people who may need assistive technologies because of age-related disabilities. It was considered preferable that these needs be met through aged care provisions. The fact that a person has reached the age of 65 does not mean that they need residential or nursing home care. In fact many live independently into their 90s. The increase in the age for entitlement to the aged pension and changes to retirement age notions attest to the independence and capability of older people. Consequently the issues raised above regarding polio survivors not covered by the NDIS are relevant. Where a person does have some eligibility for general assistance with in-home living, the availability and appropriateness of assistive technologies, as discussed, are applicable.

If the NDIS, aged care funding programs and, for example, Veterans Affairs, join in procurement programs then all the issues raised above, both in respect of those covered by NDIS and those who are not, will become relevant to all older Australians with any level of disability and technology needs.

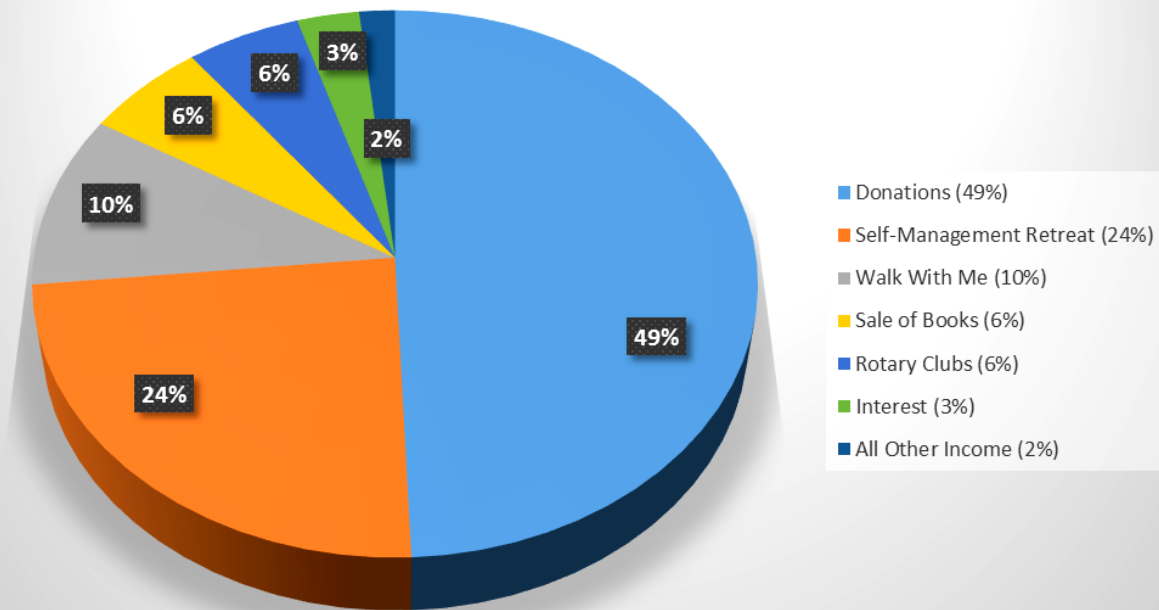
For those who do need residential care the question must be asked whether there is any provision for specialised assistive technology. The paper suggests that aged care providers would be able to source equipment through the same approved providers as under NDIS. We have serious doubt that many residential care providers would include funding for such equipment as part of their care and, even if they did, whether the equipment available would be suitable to the person’s special needs. If funding were not available then they would be in the same position as all others not eligible under NDIS.



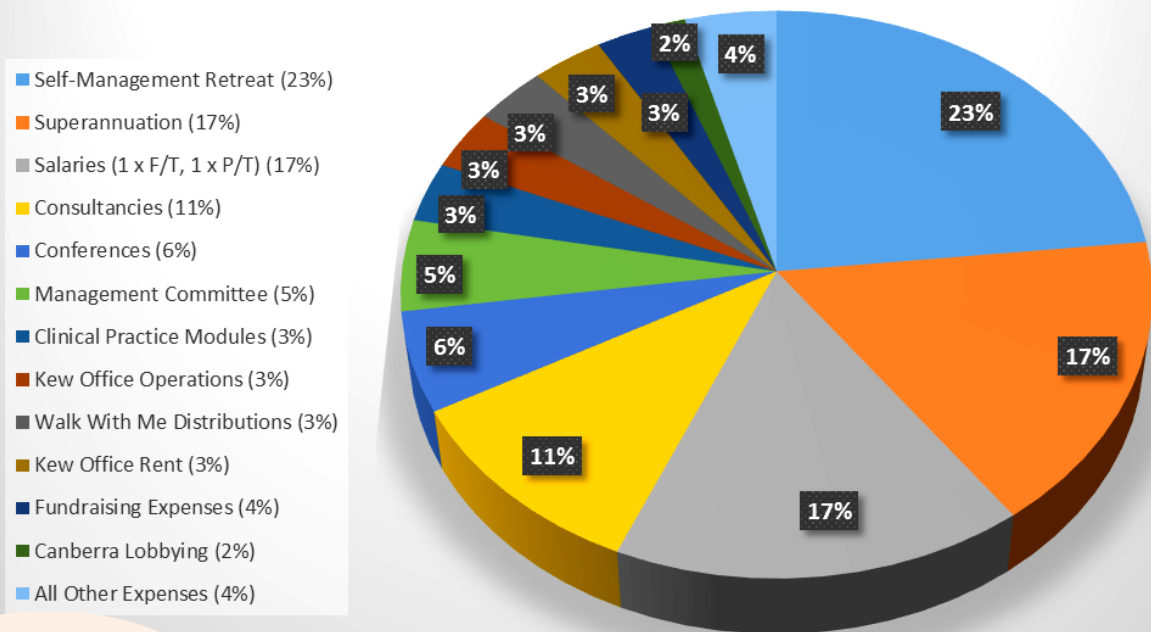
Priority Three

Capacity Building and Resources

Polio Australia Income Sources 2014/2015



Polio Australia Expenditure 2014/2015



Priorities Four and Five

Visibility and Partnership Development



“Walk With Me”—September 2014

As a member of Ability First Australia, Polio Australia has been participating in their annual “Walk With Me” events since 2011. These events are used both for awareness raising in the wider community, and fundraising. AFA’s national members mostly comprise the old ‘Crippled Children’s Associations’, all of whom have welcomed Polio Australia in joining in with their state-based events as a sign of good will. In 2014, Polio WA and Polio SA took up the invitation to join in with Rocky Bay (WA) and Novita (SA), in addition to regular participants, Polio NSW with Northcott, and Polio Australia/Post-Polio Victoria with Scope (Victoria). Each participating state polio network was awarded 50% of whatever donations they received, with the remaining 50% going to Polio Australia. These 4 events were a great success, both in raising awareness for the networks, and receiving a total of \$16,670 in donations.



Rotary International Relations

Over the past year, Polio Australia has continued to build strong links with Rotary International, focussing on the District level. In March 2015, John Tierney set up a LEO stall over two days at the Rotary District 9685 Annual Conference in the Hunter Valley, NSW. This District covers the northern half of Sydney and the Central Coast. As a result of this exposure, subsequent discussions between Polio Australia’s President and a Past District Governor of District 9685 has resulted in the exploration of a joint project to facilitate a series of clinical practice workshops for health professionals in the regions covered by the District—funded by Rotary.

If Polio Australia’s proposal for these workshops is accepted by District 9685’s Clubs, and then successfully piloted, there is the potential to expand this model to other Rotary Districts across Australia.

Whilst this is an exciting prospect, it will then be necessary to discuss the establishment of a Rotary International Trust or Foundation to fund the resources required to facilitate these workshops on an ongoing basis.



Bunnings Sausage Sizzle

During October 2014 Polio Awareness Month, the Rotary Club of Kew members once again volunteered to cook up a storm at Bunnings Hawthorn. It was a very busy Sunday, providing the opportunity to talk about Polio Australia’s work, and raising a healthy \$1,750 in takings.



Australia-NZ Relations

President Dr John Tierney has been actively working on building relations with the new Polio NZ Board by travelling across the Tasman for their annual conference in 2014, where he met his counterpart, Barry Holland, and spoke about Polio Australia’s long term strategic planning. John then invited a delegation to attend Polio Australia’s AGM in 2014 to observe the three-year strategic planning process. Two of Polio NZ’s Board also attended the 2015 Polio Health and Wellness Retreat in Victoria, extending a reciprocal invitation to attend their own inaugural Polio Health and Wellness Retreat later in the year.

Program Overview

Polio Australia strives to develop programs and services to assist both polio survivors and health professionals to achieve effective management of the Late Effects of Polio including:

AUSTRALIAN POLIO REGISTER

The Australian Polio Register was established by Polio Australia in October 2010 to gather information on the numbers of polio survivors living in Australia today.

CLINICAL ADVISORY GROUP

The aim of the group is to advise on quality information and best-practice service provision across Australia, incorporating appropriate diagnosis and management of the LEOP/PPS.

EDUCATIONAL PRESENTATIONS

Polio Australia facilitates Professional Development Workshops for health professionals as opportunities and resources permit.

Speaking engagements are also organised at a variety of service clubs, including Rotary, as a source of promotion and potential funding revenue.

CLINICAL PRACTICE RESOURCES

Polio Australia has produced two in a series of proposed Clinical Practice Resources: *LEoP: Introduction to Clinical Practice* (2012), and *LEoP: Managing Muscles and Mobility* (2014)

LATE EFFECTS OF POLIO SELF-MANAGEMENT RESIDENTIAL PROGRAM

Polio Australia holds an annual Late Effects of Polio Self-Management Residential Program (also known as "*Polio Health and Wellness Retreats*") for up to 70 polio survivors and their families/carers addressing self-management strategies for the post-polio body.

POLIO AWARENESS MONTH

Each October, Polio Australia coordinates awareness-raising activities through its annual Polio Awareness Month campaign.

PUBLICATIONS

Polio Australia publishes its e-Bulletin, "*Reflections*", eight times a year and a quarterly e-Magazine "*Polio Oz News*", both of which are available online.

WEBSITES

Through volunteer efforts, Polio Australia has produced five websites which have been created to promote specific activities:

www.polioaustralia.org.au—general information
www.poliohealth.org.au—for health professionals
www.stillhere.asn.au—campaigns and stories
www.polio.org.au—event promotion
www.postpolioconference.org.au—2016 Australasian-Pacific Post-Polio Conference



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Websites: www.polioaustralia.org.au ^{2/21} www.poliohealth.org.au ^{2/21}

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