

POLIO NSW INC

formerly Post-Polio Network (NSW) Inc

NETWORK NEWS

Incorporating – Polio Oz News

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President's Corner

Gillian Thomas

At our 26th Annual General Meeting held on 29 November 2014 the following members were elected to the Management Committee:

Gillian Thomas	<i>President</i>	Nola Buck
Susan Ellis	<i>Vice-President</i>	Ella Gaffney
Merle Thompson	<i>Secretary</i>	Anne O'Halloran
Alan Cameron	<i>Treasurer</i>	Alice Smart
Charles Anderson		John Tierney
Anne Buchanan		

Sadly, and as foreshadowed in the 2013/2014 Annual Report, declining health meant that Gary and Barbara Fuller both retired at the AGM. Over the last couple of years they have revitalised our Support Group Network and we are very sorry to have lost their valuable services. On the plus side, we are pleased to welcome Ella Gaffney from Mudgee on to the Committee. We do still have a casual Committee vacancy, however. If anyone is interested in offering their skills and experience to the Committee by filling this vacancy we would love to hear from you. Just contact me, or George in our Office, for more details.

Following the AGM, more than 40 members enjoyed our 25th Anniversary celebratory lunch. The special guest speaker was Glenn Gardner, past CEO of the Northcott Society. Pictured below are Polio NSW foundation members Susan Ellis, Nola Buck, Gillian Thomas, Anne Buchanan and Dorothy Robinson – Gillian and Dorothy (Wollongong Support Group Convenor) had the privilege of jointly cutting the cake, symbolically showing the connection Polio NSW has not only with individual members but with our broader network of Support Groups and Regional Representatives. More photos together with videos are on our website.



Congratulations to Bill Bradley for Lifetime Achievement Award

By Gillian Thomas

Winners of the National Disability Awards were announced on Tuesday 25th November 2014, with 23 finalists from across Australia present at the ceremony in Canberra.

Some of Australia's most exceptional individuals, organisations and programs were among the finalists, drawn from the mainstream and disability and community services sector.

Finalists were chosen from more than 200 nominations across eight categories by a 12-strong judging panel representing a wide range of community organisations.

The awards are Australia's foremost celebration of the efforts and achievements of people of all abilities, and are a major part of the Australian Government's acknowledgment of the International Day of People with Disability (IDPwD) which is celebrated on 3 December each year.

The IDPwD recognises disability as diversity, and is a chance to value the everyday – as well as the sometimes extraordinary – contribution people with disability make to society.

The *Lesley Hall Award for Lifetime Achievement in Disability* was named to honour Lesley Hall, a powerful advocate who fought for the equal rights of people with disability for several decades of her life, and who sadly passed away in 2013.

Three exceptional candidates were finalists for the Lesley Hall Award in 2014. There could only be one winner, and we were thrilled to learn that Polio NSW member, **Bill Bradley**, received the Award. Congratulations, Bill!

Bill Bradley from Hornsby has demonstrated outstanding commitment and achievement to volunteer and community work over his lifetime, while raising a family, working and living with significant disabilities himself. Bill has been an active member of his local community for many years, through the Lions Club as well as through his own endeavours, and has done a great deal to improve inclusion and accessibility in a range of sports.

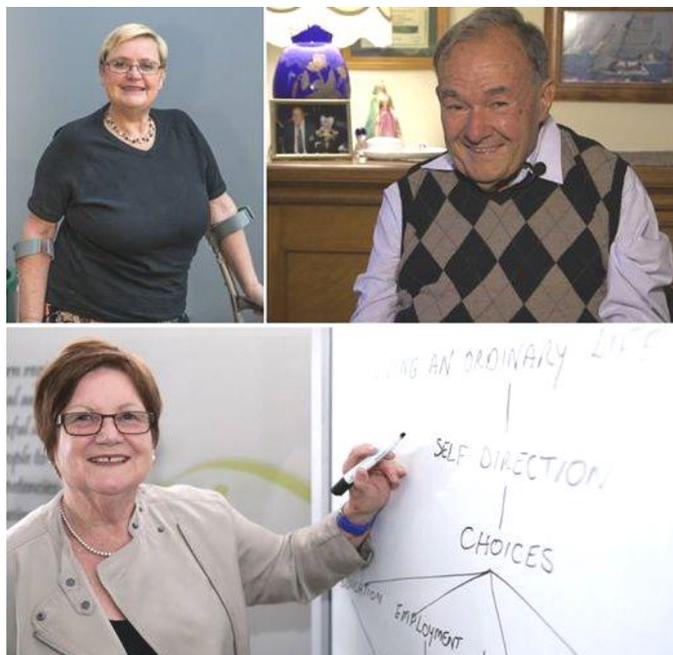
Bill contracted polio in 1950 as a 14-year-old. Part 1 of his polio story was published in *Network News*, Issue 78, September 2009 – visit the Polio NSW website to read part 1. Bill keeps promising me part 2 of his story (*although, since Bill is only a young 79, I suspect there will be enough of his story as yet untold to warrant at least a part 3 as well*) – time to chase him up again!

Bill featured on our 2014 Polio Awareness Month poster and flyer. The poster and flyer (*and the picture below*) show Bill sailing solo in the "Clover Dawn" (*named after his wife*).



In 2006, at the age of 70, Bill was in training to qualify to represent Australia in sailing at the 2008 Paralympic Games in Beijing. What was more remarkable was that Bill had only taken up the sport a couple of years before and yet already had competition victories under his belt. He spoke to Polio NSW members at our Seminar in August 2006 about his quest, as well as about some of his other sporting achievements in, for example, lawn bowls.

Runners up for the Award were Tricia Malowney (polio survivor from Victoria) and Jill Wishart (South Australia). Congratulations to them both.



Tricia Malowney is a leader in advocating for the rights of women with disabilities, especially preventing violence. Tricia's input is valued by many well-respected groups and organisations, and she was at the forefront of establishing the Victorian Women with Disabilities Network Advocacy Information Service and in the further development of Women with Disabilities Victoria.

Jill Wishart became involved in advocacy after the birth of her son, Ben, who has Down Syndrome. More than 30 years later, she has helped develop a not-for-profit organisation and, as a parent and role model, she continues to show that people with disability can lead a fully inclusive life, with great success.

Membership Renewals - Can You Help Us?

Members have responded very promptly to the reminder notice that their membership renewal for the financial year 2014/15 was due. However, we have two "anonymous" membership renewals which we can't identify.

- 1) Deposited by direct credit on 15 July 2014. \$20. Reference is: "Deposit Seven Hills". We need a member's name so that the deposit can be correctly credited to that person.
- 2) Deposited by direct credit on 13 November 2014. \$10. Reference is: "MACU member fees". We also need a name for this deposit.

If you made either of these deposits, could you please contact the Polio NSW Office.

Canberra Conference – On Saturday 18 October, a beautiful Spring day in Canberra, an enthusiastic contingent of Polio NSW members took the opportunity to attend our biennial Country Conference. Those who weren't camera-shy lined up after the lunch break for a group photograph. Photos, videos and presentations from the day are being progressively uploaded to our website.



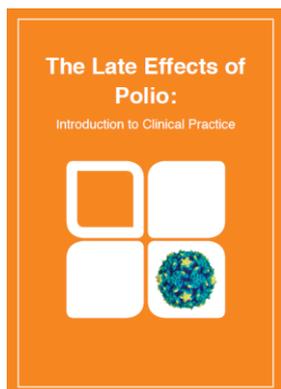
Polio Australia Update - Clinical Practice Resources



Polio Australia is committed to standardising quality polio information and service provision across Australia for polio survivors. **Polio Australia's latest clinical practice resource for health professionals – “The Late Effects of Polio: Managing Muscles And Mobility”** – 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 polio survivors can receive accurate diagnosis and timely, appropriate and effective care.

This 92-page book 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 polio survivors as they age with LEoP.

Printed copies of “*The Late Effects of Polio: Managing Muscles and Mobility*” are now available for purchase through Polio NSW. To order your copy, please complete the enclosed Order Form and return it with your payment to the Office. In January 2015 printed and digital copies will also be available from Polio Australia's new website – www.poliohealth.org.au – which has been specifically created to make these and other resources available to health professionals. The website is currently under development but will be launched within weeks so please be sure to visit it soon.



A reminder too that also available from Polio NSW, and included on the enclosed Order Form, is the first resource module in the series, which was commissioned by Polio Australia and completed in October 2012. “*The Late Effects of Polio: Introduction to Clinical Practice*” was professionally written and reviewed by a team of volunteer medical professionals, with content drawn from a large number of pre-existing resources based on best-practice principles.

The module is a great resource to pass on to your doctor. The content provides an overview of the broad range of symptoms associated with the Late Effects of Polio and Post-Polio Syndrome, and will assist your health team in managing your problems.

Looking After Your Pets

Most of us love animals and may have a pet or an assistance animal in our lives. What happens when they get sick or need things like vaccinations or desexing? Or what about if you get sick? Even if you have an assistance or therapy animal, generally the responsibility of care and vet costs is your responsibility – not the organisation that provided you with the animal.

Quite often these expenses can be hard to pay, especially if you're on a limited income. So IDEAS has put together a list of services that might be able to assist you and your furry friend in a time of need.

Pets in the Park runs free pet health clinics at two locations in Sydney: Darlinghurst and Parramatta. At each pet clinic veterinarians and vet nurses provide free health checks, vaccinations, flea treatment, worming treatment and basic medication for pets owned by Sydney's homeless and severely disadvantaged. To access this service you must get a referral from one of the participating organisations to state that you're under hardship. You can find a list of referral organisations via the Pets in the Park website at: <www.petsinthepark.org.au>.

Desexing your animal has many behaviour and health benefits. For instance desexing female animals reduces the risk of cancers in their mammary glands.

The National Desexing Network (NDN) has enlisted the help of around 170 vets around the country to promote responsible pet ownership by encouraging people to desex their pets through offering subsidised rates. Many local councils are part of the scheme and can provide you with a voucher to give to your vet for the procedure. You can visit <www.ndn.org.au> or call your local council.

Pets of Older Persons (POOPS) is provided by the RSPCA and can assist people 65 years of age or older, or palliative care patients of any age, who are socially isolated. The assistance can be temporary foster accommodation and/or emergency boarding of the pet should the owner require medical treatment, respite or other assistance. The program can also help with veterinary treatment, assist with pet grooming, and conduct home visits to assist with basic pet care. Contact via email <poops@rspcansw.org.au> or phone (02) 9782 4408.

With the **Safe Beds for Pets Program** families can now leave domestic violence situations and not fear for the safety of their pets. It offers temporary housing for pets of people who are seeking refuge from domestic violence and helps to address the link between animal and human abuse and child protection.

In most cases, these animals are referred through to the RSPCA from a domestic violence counselling service. For more information you can email <safebeds@rspcansw.org.au> or phone (02) 9782 4408.

Paws and Recover – This service is available to anybody who is unable to care for their pet. Situations may include people who have been hospitalised, undergoing chemotherapy, kidney dialysis, mobility problems, have a disability, are in a refuge, suddenly homeless,

aged or frail. Services offered to help you range from dog walking, dog transport, and short term foster care until you recover. The areas covered are Sydney and the Southern Highlands. Visit: <www.pawsandrecover.org>.

The **Pet Medical Crisis Fund (PMCF)** has been created to help pensioners and disadvantaged pet owners who cannot afford surgery to keep their family pet alive. It works in cooperation with the vet and family. After consultation with a vet and a plan of care and cost is known, the family assess whether they can afford to go ahead with the proposed plan. If they are facing euthanizing the pet the vet should contact the PMCF to see if funds are available, negotiate minimising their costs and reapproaching the family to see if the reduction in vet fees and the PMCF assistance is sufficient to get their pet over-the-line. Visit: <www.petmedicalcrisisfund.com.au>.

Care for Pets is a NSW service with volunteers in Newcastle, Lake Macquarie and the Central Coast. The service assists aged, disabled or incapacitated people who live alone to manage their companion animals. They offer practical help on a needs basis such as at-home care or short-term care solutions when a person needs to visit hospital for treatment. Visit: <www.careforpets.org.au>.

No Interest Loan Scheme (NILS) This scheme may be able to assist you with vet costs which you would find difficult to pay. The important thing to remember with this assistance is that you must get a quote from your vet and have it approved by the organisation **before** any work is done. So this assistance would be most appropriate if your animal needs an operation that is not an emergency. You can then make an arrangement to pay this loan back over time. Visit <www.nilsnsw.org.au> or call 1800 409 994.

If you would like any further information on assistance with caring for your companion animal you can give one of the Information Officers at IDEAS a call on 1800 029 904.



Accessible Sydney App

The Association for Children with a Disability (ACD NSW) has developed an exciting new mobile app that will help people of all ages with disability and their families to enjoy the City of Sydney. It provides accessibility information (mobility, sight, hearing and cognitive) about a wide range of services and facilities including restaurants, accommodation, arts and cultural venues, tourist attractions, banking, toilets and parking, and gathers this information in one location with an easy to use interface designed specifically with the needs of people with a disability in mind.

It also provides location sensitive information such as the location of the nearest accessible toilet. The app also has the facility to allow users to comment on and add to the information available. In this way the database of information will be refined and expanded over time.

The app is available in two versions. A free Lite version gives accessibility information about attractions, parking and ATMs. The full version also includes information about toilets, accommodation, restaurants and cafes. The full version only costs \$2.49 to purchase.

For more information visit: <www.acdnsw.org.au>.

National Disability Insurance Scheme Update

The beginning of July 2014 saw a number of new regions throughout the country join the National Disability Insurance Scheme (NDIS).

In NSW, the Lake Macquarie area joined the Hunter trial site and the ACT also started rolling out.

In South Australia children aged 13 and under joined those already under the age of 6 as participants of the Scheme.

The trial of the NDIS commenced in the Barkly region of the Northern Territory and parts of Perth and surrounds in Western Australia also joined the scheme.

Recently the Agency released its 4th quarterly report. The report showed some great improvements since the NDIS was launched in 2013. For instance the average time taken to determine eligibility from launch in July last year to the end of December was 29.7 days. In the last six months to 30 June this has more than halved to 13.3 days. So people are not having to wait as long to find out if they are eligible for the NDIS.

There has also been an improvement on the time for the application process. The average length of time from application to commencement of services was 94 days in this report (down from 101 days in the last report).

The report showed 8,585 people have been found eligible for the NDIS, with 7,316 having approved individualised support plans in place by the end of June. This is only set to grow as the Scheme rolls out across the country.

The average annualised cost of individual packages has risen from \$32,200 to \$34,600 – however it is just under the estimated cost of \$35,000.

On releasing the report (National Disability Insurance Agency – NDIA) chairman Bruce Bonyhady said *“It is important that the NDIA be a continually learning organisation that can listen to feedback and make adjustments as necessary.”*

He also said *“We are committed to listening to, and learning from, people’s experiences with the scheme in order to continually improve it.”*

And it seems as though these words are ringing true with the report finding participant satisfaction remaining very high at 1.66 on a scale of -2 (very poor) to +2 (very good).

The report also highlighted the current work the NDIA is undertaking which includes:

- Implementing a way of measuring outcomes for participants, their families and carers. This will provide feedback about particular groupings of scheme participants and the extent to which the Agency is meeting its objectives.
- Developing strategies and models of support from Indigenous communities, culturally and linguistically diverse (CALD) communities, rural and remote communities, and for mental health.
- Establishing appropriate sector data collection to monitor the price and cost of supports delivered.

Of note Mr Bonyhady said *“Importantly operations are continuously improving and its budget is on track – it is financially sustainable and governed by insurance principles.”*

This work and the improved figures and outcomes contained in the fourth quarter report, can only make the transition a better process for those who are just joining the Scheme as of July and those set to join in the future.



NDIS Scammers

There have unfortunately been some reports recently of scammers targeting people with disability and their families.

If someone calls you or sends you an email saying that they are from the National Disability Insurance Scheme or Agency asking for your bank account or any personal details, do not give them any information.

A good idea is to just delete the email or if it is someone on the phone, tell them that you never give out personal details over the phone and hang up.

The NDIA will not ask for personal information, such as your bank account details, over the phone or in an email. You should provide this information to the NDIA using the Bank Account Details Form.

It is helpful to report all cases of attempted scams to your NDIA contact person or call 1800 800 110 to let them know.

If you would like any further information on the NDIS you can also call one of the Information Officers at IDEAS on 1800 029 904.



Managing your supports and NDIS funding factsheet

This fact sheet provides information for people who are able to access the National Disability Insurance Scheme (NDIS) and are starting the planning process. It will help you decide how to manage the supports and NDIS funding in your personal plan.

The factsheet is now also available in the following languages:

Arabic, Cantonese (transitional Chinese), Greek, Italian, Mandarin (simplified Chinese), Spanish and Vietnamese.

To access a copy of this factsheet visit: <www.ndis.gov.au/document/819> or if you don't have access to the internet call one of the Information Officers at IDEAS on 1800 029 904 and they can send it out to you.

Beach Safety

With the warmer months now approaching some of us start to think about getting our togs out and heading to the beach. Surf Life Saving Australia has a great website that can help you choose the right beach to go to.

The **Beach Safe** site has a search facility that will show you results based on if you want to only visit a patrolled beach, or one with toilets. It will also show if there are accessible toilets available (this isn't a search function yet, but we hear they're working on it). It can also give you the safety rating of the beach – which will show out of 10. This is a great feature if you have kids or mobility issues as these beaches are generally calmer and easier to negotiate.

There is also information on parking and the Surf Life Saving Club contacts. There is increasingly a number of Surf Life Saving Clubs that have beach access wheelchairs that you can use. You can also get in contact with the Local Council who can give you information on where these wheelchairs are located.

If you don't need a wheelchair, but maybe just have some difficulty negotiating the sand we have heard of people with mobility issues hitching a ride on one of the beach buggies that the lifesavers use to patrol the beach – it's perhaps worth asking. To access the site visit: <www.beachsafe.org.au>.



Following are a number of articles reprinted from the Newsletter of IDEAS November/December 2014

New IDEAS website

You may remember a little while ago we spoke of developing a new website for IDEAS. Well we are pleased to let you know that it has been launched and is ready for you to use.

We encourage you to visit it, have a look around and please give us any feedback both good and things that could work a little better.

We are still updating some of the content, and we hope in the coming months it will be full of interesting, relevant and useful information to give you choice and control over your life.

You can navigate the site in a couple of ways. There is the big red “**Start Search**” button on the homepage. Click on this and you can then follow the categories relevant to your enquiry.

Or you can simply type in what you are looking for in the “**Search by postcode and/or keyword**” box on the top right hand side of the page.

There is also the ability to have a live chat via instant messaging on the website if you have any queries. To check out the new site visit: <www.ideas.org.au>.

Of course you can still call the IDEAS free call number – 1800 029 904 – and speak to an Information Officer directly if you prefer a chat with someone on the phone.



From the Service Desk



Some thinking 'outside the box' and a willingness from a business to look after their customers' needs has resulted in possibly Australia's first wheelchair accessible camper trailer.

Couple David and Nicky wanted to go off road together but had limited options available to them due to Nicky using a wheelchair.

They approached Mountain Trail Campers and asked about modifications to one of their existing campers. The result? A great product that allows David and Nicky to holiday in style!

The modifications include lowering the tent entry door to fit a lightweight wheelchair ramp which slots onto the roof-mounted pack rack in transit. There is a wheelchair platform for the tent ensuite, while the external, slide-out kitchen and swing-over benchtop have been lowered, and the under-kitchen drawers removed, to provide a better working height and leg room for Nicky. Inside, there is a swing-arm lift chair mounted at the foot of the double bed that runs off the camper's 12V system.

Mountain Trail Campers have said they are more than willing to work with future customers in modifying their range to assist with accessibility. To find out more visit: <www.mountaintrailcampers.com.au> or call (02) 6040 4488.

Telstra has become the first operator to follow the directives laid out by the Australian Communications and Media Authority (ACMA) to make calling an 1800 number in Australia from a mobile phone free of charge.

This applies to all of Telstra's mobile plans whether they are pre or post-paid. The Australian Communications Consumer Action Network (ACCAN) has been lobbying the major telcos to make this happen since 2010.

ACMA has proposed a deadline of 1 January 2015 for the other telcos such as Optus and Vodafone to follow suit. We will keep you informed on the progress of this as it develops.

Book your seat for the NYE fireworks

Reprinted from the Spinal Cord Injury Association newsletter, ACCORD, Spring 2014

The New South Wales Department of Premier and Cabinet (DPC) and the City of Sydney will be facilitating access to viewing areas in the Sydney CBD for the 2014 New Year's Eve fireworks celebrations. There will be a number of sites allocated. For anyone with accessibility requirements who would like to register for any of these sites, please contact Paul Nunnari, Event Access and Inclusion Manager, NSW DPC.

Phone (02) 9228 5667 or 0477 318 481, or email: <Paul.Nunnari@dpc.nsw.gov.au>

Free smoke alarm and battery replacement

Fire and Rescue NSW (FRNSW) provide the free Smoke Alarm and Battery Replacement (SABRE) program. If you are a senior or a person with a disability and unable to install and/or maintain a smoke alarm, you can have a firefighter visit your home to install a battery-operated smoke alarm or replace existing smoke alarm batteries. Although the service is free, you must supply the battery-operated smoke alarm or batteries. You are eligible for the program if you are unable to access family, friends or neighbours who can assist you to replace smoke alarms and batteries and are living in your own or privately rented home in a FRNSW fire district.

For more information, visit: <www.fire.nsw.gov.au/page.php?id306>

The following articles are reprinted from the Disability and Aged Information Service Inc newsletter, The DAISI Link, Winter 2014

New Ageing Disability and Home Care Charter

A new service charter setting out the rights and expectations of people with disability and older people when they access supports and services has been released by NSW Family and Community Services. It outlines the standard of service people can expect from Ageing Disability and Home Care (ADHC) services and contains practical and easy-to-follow advice to ensure people get the most out of ADHC services.

The Charter includes information about the role of ADHC and its commitment to service users; the state and national service standards; the rights and responsibilities of service users, their carers and families; how to access services; and providing feedback or making complaints about breaches of the Charter.

For more information and to download the charter visit:
<www.adhc.nsw.gov.au/about_us/adhd_service_charter>

Public Toilet Map

If you are looking for public toilet facilities across Australia you can search the National Public Toilet Map that shows the location of more than 14,000 public toilets. You can also use this map to browse toilet facilities, find toilets in your area and use the trip planner to identify toilet stops for your journey.

If you are one of the many people affected by incontinence, the toilet map can improve your independence and quality of life by providing:

- The location of the nearest public toilet
- Details of opening hours, accessibility and parking
- The capacity to plan toilet breaks for short or long journeys
- The ability to save toilet information and trip plans
- Access anytime using a mobile phone

The toilet map is also convenient for people with young families and those holidaying or travelling to new locations.

For more information visit: <<http://australia.gov.au/service/public-toilet-map>>



The following articles are reprinted from the Disability and Aged Information Service Inc newsletter, The DAISI Link, Spring 2014

After Hours GP Helpline - healthdirect 1800 022 222

As part of its National Health Reform, the Australian Government is committed to improving access to after-hours care, particularly in those areas where people currently struggle to get the care they need when they need it.

When a person calls the helpline, their call is answered by a registered nurse who triages the caller. If the nurse determines that the patient would benefit from speaking to a GP, the patient is then transferred to a helpline GP. The GP talks with the person, assesses their condition, and provides medical advice.

When callers are advised by either the telephone nurse or GP that they need to see a health professional immediately, they are referred to the most appropriate face-to-face after hours service in their area.

If the call is deemed to be an emergency, the caller is immediately transferred to 000.

To speak to a registered nurse for 24-hour health advice phone 1800 022 222, or for more information visit: <www.healthdirect.gov.au/after-hours-gp-helpline>.



Aged Care Complaints Scheme

The Aged Care Complaints Scheme provides a free service for anyone to raise their concerns about the quality of care or services being delivered to people receiving aged care services subsidised by the Australian Government, including residential care, Home Care packages, and HACC services. For more information phone: 1800 550 552.

Supporting End-of-Life Care at Home

If you look after a friend or family member who is unable to look after themselves, you are a carer.

You are still a wife, husband, partner, friend, parent, son or daughter – the carer role is just adding something extra. There is no standard description of a carer as every caring situation is unique. Caring for someone can be a gradual process, or it can happen suddenly. It can last for a few weeks, or several years. It can occupy a few hours each week, or 24 hours a day.

You might help someone wash or dress themselves. You might drive them to hospital appointments or do their shopping. You may also provide company and emotional support.

Caring can be hard work and stressful but very rewarding. It can be a confusing time, with lots of new information to take in and many unexpected changes to deal with.

It is important for you to make sure health and community care workers know you are a carer. You are an integral part of the care team and it is important that healthcare communication should be a two-way process with you included.

You may need to remind health providers that you will require ongoing information, assistance and support to be effective in your caring role.

NSW Health has a booklet containing information for anyone who may be undertaking the role of carer for end-of-life care. The booklet provides carers with information on a range of support services and helpful hints from experienced carers, including dealing with stress and an insight into what to expect as the end-of-life approaches.

To download the booklet visit:

www.cclhd.health.nsw.gov.au/Services/Carer-Support/doc/End_of_Life_GuideBook.pdf



Polio and Polio-like Viruses

By Margaret Cooper, Vice President of Post Polio Victoria. Reprinted with permission.

There have been recent reports in newspapers and on TV about children permanently affected by polio-like viruses in Asia, Australia and California. Although the number of viruses with paralytic effects are small, nevertheless their survivors have to live with disabling impairments.

Polio rehabilitation services, including lifelong access to mobility aids and equipment, will remain as long as people are paralysed by any viruses.

Polio

Poliomyelitis belongs within a group of enteroviruses known as picornaviridae. They are all grown within the gut or gastrointestinal tract. There are three polioviruses: 1, 2 and 3.

Polioviruses are highly contagious and enter the body through the mouth, multiplying in the intestine before invading the central nervous system and spinal cord. People become very ill with fever, vomiting, headache, pain and stiffness. One in 200 patients develops partial or full paralysis caused by permanently damaged nerve connections to muscle cells. Five percent die if their breathing is affected. Bones and spines are twisted by the uneven pull of surviving nerves to muscle groups.

Type 2 poliovirus was believed to have been eradicated by vaccination campaigns. However, researchers have found that the type 2 poliovirus became active within a small number of doses of Sabin vaccine. Sabin vaccine was developed from live but weakened polioviruses. Australia was declared polio free in 2000. To be sure, in 2005, Australia switched to an injected inactivated vaccine.

Other enteroviruses

Viruses are very complicated beings and a lot of research goes on to describe them and their constant evolution. Two uncommon enteroviruses, other than polio, are reported to have caused short-term or long-term paralysis:

Enterovirus 71 has been associated with hand-foot-mouth disease. A small number of Australian and a larger number of Asian children infected with E71 have been partially paralysed.

Enterovirus 68 is suspected to be the cause of paralysis in Californian children in 2014. E68 was first reported as involved in 2005 in the USA.

These cases are unusual and there is almost no published research on their long-term effects. Those survivors, their families, friends and health professionals can learn a lot from people living with polio and post-polio syndrome.

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Merry Christmas and a Happy New Year



*The Management Committee
wishes each and every member
and your families
a joyous Christmas
and a healthy New Year*