

*Issue 141*  
*Autumn 2021*

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## 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.

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### Welcome to the Autumn Edition of the Polio SA Newsletter

Again in the absence of our president I, as vice president, take up the metaphoric pen and write for our first newsletter for 2021.

And a belated "Happy New Year" to you!  
Twice! .....once for the Julian calendar,  
and once for the Chinese lunar calendar.  
Either way, may it be good to you, for  
you. So, now to bring you up to speed  
with all the goings on.

Firstly, our president is still taking things  
very quietly and is, as much as one can,  
coping with his treatment regime. We wish him well and hope he can  
resume his duties soon.

Secondly, it is my pleasure to announce that Helen Leach, our  
Community and Membership officer, was offered and accepted a twelve  
month extension of her current contract. Congratulations Helen and  
thanks for all your efforts

Thirdly, this may sound bad, but we think there may be a workable  
outcome.....as you may know, our support funding from the state  
government ceases on June 30 this year. They justify this cut in the belief  
that since disability service delivery is, with the introduction of the NDIS,  
now a commonwealth responsibility, the state owes us nothing! In  
football parlance, they call this "handballing the problem". When it was  
pointed out that most of us are over 65, and therefore excluded from the  
NDIS, it has been suggested we go to "My Aged Care". Well, we all know  
how easy it is to qualify, let alone get a package from there!

The moneys we received as grants covered rent and other costs at the  
South Road office, as well as help us to provide you, the members, with  
vouchers for your allied health providers, hydrotherapy sessions and  
information documents as well as inviting speakers.

As a consequence of the impending changes, Helen, our fantastic  
support staff and I, have been to a series of meetings over the past  
weeks. We have met with people from Dept of Human Services [DHS],  
Steve Georganas, the Federal member for Adelaide and I am waiting to  
get a time with the state opposition spokesman for health, Chris Picton.

(Continued page 2)



(continued from page 1)

There are more meetings with DHS, but interestingly Minister Lensink shows no desire to meet with us personally, despite repeated requests.

We also met with a Mr Peter Macklin, owner of the South Road property and the other tenants. Ultimately the building will go in the proposed South Road upgrade, so at this meeting he offered a very generous rent reduction to the tenants as a group. We are still to meet with the other tenants to work out what the cost to us, Polio SA, will be.

In the meantime things are continuing as normal. Continue using your vouchers.....if you feel you could use a couple more, let us know and we will see if we can accommodate your request. Think about the AGM in August.....is there anything you would like to know more about? Anything you would like on the agenda? Perhaps you know of an interesting and entertaining health carer who could address the meeting.

One other matter.....we have tried with a few and actually met with some politicians. You, as citizens of this land have every right to discuss your concerns with YOUR local MP, both state and federal. For your sake, for your fellow post-polio travellers, HAVE A GO!

Remember.....if you don't fight, you lose!

Finally, are you willing, able and prepared to organize fundraising? If so, let us know! On the other hand, if you happen to know a philanthropist who would like to support PolioSA, let us know!

Stay safe, stay well.

Nik Surikov

Vice President Polio SA

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## **IMPORTANT INFORMATION**

In relationship to our Government Grant, funding will cease as of 30th June 2021.

We have had numerous meetings with Dept of Human Services [DHS] to seek continuation of funding. All they could/would offer is to attempt to provide an easier transition to another program.

For this they wanted Polio SA to give your personal details.

We declined on grounds of gross invasion of privacy.

However, they agreed we could offer Polio SA members the right to voluntarily and personally give up their details.

So, they [DHS], have asked us to ask our members, if they are comfortable to do this, to provide them with the following details (see letter on page 3).

Primarily it is for those members who access My Aged Care and also members who have Continuation of Support funding.

If you in either of these cohorts, they [DHS] claim they will use this information so they can recognise Polio SA members to get extra assistance.

All this information has been emailed and posted to members.

We have also included information in autumn edition of the newsletter in case anyone has missed this information.

( Details where to send completed letter are on page 4 )



Ref: A24745186  
Peter Wierenga

President  
Polio SA

Disability Services  
Level 8 North  
Riverside Building  
North Terrace  
Adelaide SA 5000  
GPO Box 292 Adelaide SA 5001  
DX 115

Via email: Poliosa.office@gmail.com

Telephone: 0408 606 02

Dear Mr Wierenga

I refer to a meeting held with Mr Nik Surikov and Ms Helen Leach on 19 February 2021, regarding the information required to facilitate access to My Aged Care for your members. As requested at the meeting this letter has been prepared for you to provide to your members.

As you are aware, because of the national reforms to disability and aged care the Department of Human Services (DHS) funding for Polio SA will end on 30 June 2021. The National Disability Insurance Scheme and My Aged Care services are now fully operational and can be accessed by all Australians to support people that have a disability and people that are ageing.

To assist the transition of Polio SA to the new arrangements DHS will work with the Commonwealth Government to explore options to continue similar funding through a Commonwealth Continuity of Support Program or to support your members into My Aged Care. To do this we will require the following information to provide to the Commonwealth Government:

|   |     |    |
|---|-----|----|
| Name:   |     |    |
| Date of Birth:  |     |    |
|   | Yes | No |
| Are you currently a client of My Aged Care?   |     |    |
| Do you receive any Allied Health/Therapy Services, e.g. hydrotherapy, podiatry, physiotherapy, counselling etc from Polio SA? |     |    |
| Does Polio SA provide you with any transport services such as taxi vouchers?  |     |    |
| Do you receive any social support from Polio SA, e.g. phone calls, or by attending group activities?                          |     |    |
| Does Polio SA advocate on your behalf or provide you with information?  |     |    |

If the members agree to send their details, please collate, and forward them to me and I will follow up with the Commonwealth Government. To try to avoid any gaps in services it is encouraged to provide this information as soon as possible

If members prefer not to provide their details, I will try to identify a point of contact in My Aged Care to facilitate a smooth transition for your members into this service. Your members can also choose to contact My Aged Care directly by phoning 1800 200 422.

If you have any questions about this process, please contact Kathryn Walsh on telephone 0427 398 826 or email Kathryn.Walsh@sa.gov.au

Yours sincerely

Joe Young Executive Director Disability Services Department of Human Services 24 /02/ 2021

Please return completed letter on page 3 to

Kathryn Walsh  
Senior Project Officer  
Regional Partnership Team  
Community Services Directorate  
Department of Human Services  
GPO Box 292 Adelaide SA 5001

Or email letter to [Kathryn.Walsh@sa.gov.au](mailto:Kathryn.Walsh@sa.gov.au)

**On the next few pages these are details that were given to us by Dept of Human Services which you may find useful.**

## **ADVOCACY**

### **Aged Rights Advocacy Service**

ARAS provides advocacy assistance to support older people to uphold their rights and their responsibilities

- Providing information about My Aged Care.
- Aged Care System Navigator Trial in Northern Metro Adelaide, providing individualised support to:
  - register with My Aged Care;
  - identify home care needs and service options;
  - communicate with My Aged Care on your behalf;
  - activate aged care services with your local provider;
  - follow-up after services commence to ensure you are satisfied that the service meets your needs.

<https://www.sa.agedrights.asn.au/file/download/1681?v=903>

## **EQUIPMENT INFORMATION**

### **Independent Living Centre**

[https://ilcaustralia.org.au/search\\_category\\_paths](https://ilcaustralia.org.au/search_category_paths)

### **DHS Equipment Program**

The Equipment Program is part of the Department of Human Services (DHS).

The Equipment Program funds South Australians who are otherwise ineligible for mobility and support equipment and home modifications, through Commonwealth options (like the NDIS). Equipment and home modifications, as well as the delivery, repair, maintenance and replacement of items (if needed) are organised by the Equipment Program for eligible clients, and then sourced from preferred suppliers.

Please contact us if you have questions about eligibility or if you are an Equipment Program client and need equipment services or home modifications.

Telephone: [1300 130 302](tel:1300130302)

Email: [DHSEquipmentProgram@sa.gov.au](mailto:DHSEquipmentProgram@sa.gov.au)

The DHS Equipment Program will continue to be administered and managed by the South Australian Government.

Prescribers and clients should continue to contact the DHS Equipment Program via [dhsequipmentprogram@sa.gov.au](mailto:dhsequipmentprogram@sa.gov.au) or [1300 130 302](tel:1300130302).

## **DHS Equipment Program Medical Grade Footwear (MGF)**

### **Eligibility**

#### Assessment and Ordering

Medical grade footwear and orthotics must be assessed by a suitably qualified allied health professional who will submit all paperwork to the Equipment Program.

People receiving Continuity of Support (CoS) services, may be eligible to access assessment services through their CoS provider.

An assessment can be arranged (which the individual may need to pay for) through:

- a Medicare Chronic Disease Management Plan through their GP
- a private therapist (health insurance or self-funded)
- the Commonwealth My Aged Care Programme (people aged 65 years and over only) or SA Health or Country Connect.

#### Submitting a request for Equipment

Details of the requirements of the equipment item must be recorded on the following request forms.

[Foot Ankle Orthoses Medical Grade Footwear Request Form \(DOCX 68.5 KB\)](#)

[Foot Ankle Orthoses Medical Grade Footwear Assessment Form \(DOCX 92.0 KB\)](#)

### **Orthotics and Prosthetics Services**

The Medicare Benefits Schedule Review Taskforce has recommended orthotist/prosthetists be included in Medicare following advocacy by the Australian Orthotic Prosthetic Association.

Rebates may be available to people with Private Health Insurance, and people eligible for NDIS or with a DVA Veteran Gold Card can get assistance

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/hospitals/rehabilitation+services/orthotics+and+prosthetics+services/orthotics+and+prosthetics+services>

### **FINANCIAL ASSISTANCE**

Concessions SA - South Australians on low or fixed incomes can access a range of concessions to help with household and other expenses.

<https://www.sa.gov.au/topics/care-and-support/concessions-and-grants/concessions/concession-finder>

My Aged Care Financial Assistance

<https://www.myagedcare.gov.au/financial-hardship-assistance#eligibility>

### **TRANSPORT**

**Community Passenger Networks** <https://affordablesa.com.au/programs/transport/community-passenger-network>

**Community Transport**

[https://sacommunity.org/az/14715-Community\\_Transport](https://sacommunity.org/az/14715-Community_Transport)

## **INFORMATION**

### **Catalyst Foundation**

Provides information on:

- Housing and low-cost rental accommodation
- Residential aged care
- Concessions and benefits
- Independent living and home support Retirement housing

Services include:

- Ageing SA -accommodation placement and aged care service assistance
- Disability Information resources for people living with disability
- **Support to navigate My Aged Care, myGov, NDIS, service websites**
- Legal Services including Legal Brokers and Legal Services Clinic
- Seminars and Community Education on Aged Care, Home Care, Accommodation Options, Retirement Living and lifestyle matters including Estate Planning and Advanced Care Directives, Financial Planning and accessing Public Transport
- IT Training and support including learning to use computers, tablets and smart phones  
Tax Help

## **MENTAL HEALTH SERVICES/COUNSELLING**

A comprehensive list of mental health services

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/mental+health+services/mental+health+services>

### **Medicare - Help with costs**

<https://www.servicesaustralia.gov.au/individuals/subjects/whats-covered-medicare/mental-health-care-and-medicare#a2>

A mental health treatment plan lets you claim up to 20 sessions with a mental health professional each calendar year.

To start with, your doctor or psychiatrist will refer you for up to 6 sessions at a time. If you need more, they can refer you for further sessions. Health professionals set their own fees, so we may only cover some of the cost. Ask how much you'll pay and what you'll get back from us when you make your appointment. If they [bulk bill](#), you won't have to pay anything. If you have [private health insurance](#), you may be able to get some money back. You can check with your insurer.

Your doctor can refer you to mental health professionals including:

- psychiatrists
  - psychologists
  - counsellors
  - social workers
- occupational therapists.

### **Medicare Benefits Schedule for allied health**

<http://www9.health.gov.au/mbs/fullDisplay.cfm?type=item&q=10960>



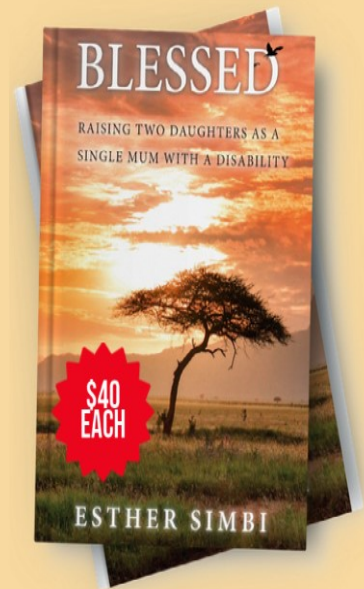
# BLESSED

RAISING TWO DAUGHTERS AS A SINGLE MUM WITH A DISABILITY

## Book Launch & Entertainment

Date: 26 June 2021  
Time: 6:30pm  
Venue: Thebarton Community Centre  
Corner South Road and,  
Ashwin Parade, Torrensville

**Donations welcome at the door**



For more info contact:

Esther Simbi 0423443599

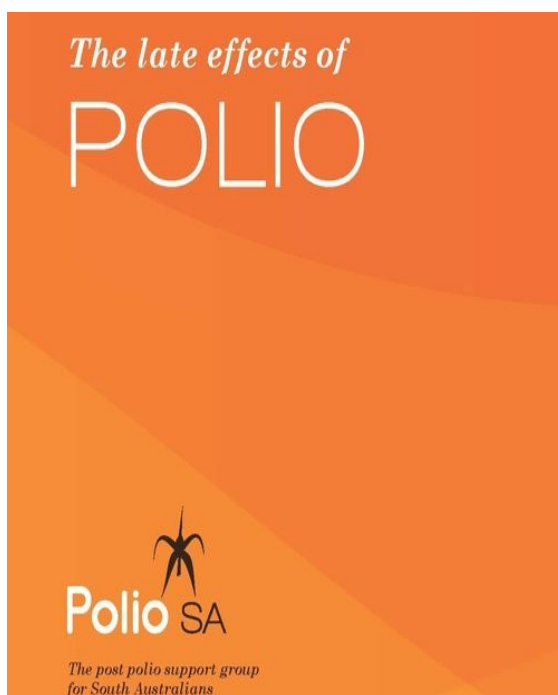
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### **Polio SA member Esther Simbi has kindly invited members to her book launch on the 26th June 2021**

Esther asked that if you need any more details you are welcome to contact Esther directly on 0423443599 for more information or if anyone would like to make a donation before the event.

**Publications available** we have copies of booklets see below please contact the office if you would require any sent out to you.

Call Polio SA Office 0466 893 402 or email [poliosa.office@gmail.com](mailto:poliosa.office@gmail.com)





# Notice Board

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## Update from Polio Australia

Hello SA! We hope you're all well.

## Health Professional Education

- Michael is continuing to do online sessions for health professionals at least monthly. 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!
- In-person workshops are starting to return. While there are none currently scheduled for SA after the recent cancellation, they will be arranged soon and listed at [www.poliohealth.org.au/workshops](http://www.poliohealth.org.au/workshops).

## Polio Survivor Community

- Alas – while we had planned to come to SA in February, we cancelled due to the uncertainty of interstate travel. As it turns out, Melbourne (where Steph lives) was in lockdown the week those SA sessions were going to be scheduled!
- To keep the community connected, we're meeting informally on Zoom on the first Monday of each month – but please note the April session is the second Monday due to the Easter holiday. 11am Melbourne time, so 10.30am SA time. Please join us!
- We've also got two webinars coming up:
  - 15<sup>th</sup> March: General overview of the Late Effects of Polio, self-management strategies and relevant health professionals
  - 5<sup>th</sup> May: Self-advocacy, with Liz Telford OAM – we'll discuss strategies for assertive and effective communication, particularly with doctors and other health professionals
- 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/).

We hope to see you soon!

From the Polio Australia team

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## “Best Christmas gift ever “

These were the words from Polio SA member Lynda , her husband bought her a Samsung Watch 3 for Christmas . The watch has a fall detection and will call emergency contacts and 000 after 60 seconds if she doesn't respond to the fall detection alert . Lynda asked if we could pass on this information to you all.

## Fact Sheets

If you need copies of any fact sheets please let us know call office on 0466 893 402 or email [poliosa.office@gmail.com](mailto:poliosa.office@gmail.com)

Subjects include: Aids & Equipment , Anaesthesia & Surgery , Bone Density & Health Continece , Disability : Polio & The late effects of Polio , Driving & Vehicle Modifications , Fatigue Footwear/Pedorthics , Health Professionals , Heat & Cold Intolerance , Medications , My Aged Care NDIS , Orthoses/Orthotics , Pain Management , Physical Activity & Exercise, Sleep & Breathing Speech & Swallowing, What to do if you have a fall , Women Health.

## Room For Thought

- **Yesterday I saw a guy spill all his Scrabble letters on the road.** I asked him, "What's the word on the street?"
- **Why can't a leopard hide?** Because he's always spotted. .
- **Why should you never trust stairs?** They are always up to something.
- **What kind of exercise do lazy people do?** Diddly-squats.



- **What do you call a parade of rabbits hopping backwards?** A receding hare-line.
- **What did the bald man exclaim when he received a comb for a present?** Thanks—I'll never part with it!
- **Why can't you hear a pterodactyl go to the bathroom?** Because the "P" is silent.

## 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 31st May 2021

## 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 Road  
Woodville SA 5011  
Phone: 8222 7322

[nigel.quadros@health.sa.gov.au](mailto:nigel.quadros@health.sa.gov.au)

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 office 0466 893 402 and ask for vouchers. There is a limit of 4 vouchers per person with a maximum vale 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

## 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  
booking)

### ROYSTON PARK

#### Magic Hands Massage Centre – Carrol Morgan

Sports & Remedial Mas-  
sage, Reiki, Aromatherapy,  
Foot Reflexology, Neu-  
ralign

254 Payneham Road,  
Royston Park SA 5070  
Mobile: 0409 097 080  
Phone: (08) 8390 1206

### 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 Reeva 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.

### REYNELLA

#### South Side Health Care

Noarlunga Aquatic  
Centre Complex,  
Reynella SA 5161  
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

### STREAKY BAY

#### Tahlia Gosling

Remedial Massage  
19 Alfred Terrace,  
Streaky Bay SA 5680

## 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

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## Please send all mail to:

**Secretary**

**Polio SA**

**302 South Road,  
Hilton SA 5033**