Polio). Contact your energy supplier for details.

Cooling allowance (also includes PPS & Late effects of further savings of 17% is available under the MS is eligible for 17½% discount on electricity bills. From Nov 1 to 30th April a further savings of 17½% is available under the MS Cooling allowance (also includes PPS & Late effects of Polio). Contact your energy supplier for details.

For half the year save 35% on electricity bills

Bentleigh Bayside Community Health Centre
Gardener Road Bentleigh East 9575 5333
55A Edward St Sandringham 3191 9598 2808
www.bbcch.org.au
A wide suite of health services and counselling are provided including diabetes education, hydrotherapy, physiotherapy, podiatry. For information or referrals contact the Intake worker on 9575 5322

Independent Living Centre
Yooralla (ILC) 9362 6111
705 Princess Hwy, Brooklyn Victoria 3025
Independent Living Centre at Brooklyn and Blackburn provides information, advice and trial of equipment to enhance the quality of life for people with disabilities of any age. ILC is staffed by Occupational Therapists and Physiotherapists. A small fee is charged for an individual consultation.

State Wide Equipment Program (SWEP)
Ph: 1300 PH SWEP (1300 74 7937)
PO Box 1933 Bakery Hill Victoria 3354
The Victorian State-Wide Equipment Program provides people with a permanent or long-term disability with subsidised aids and equipment to enhance independence in their home, facilitate community participation and support families and carers in their role.

Equipment Funding

Funding can be fully or partly arranged through SWEP by a physiotherapist or occupational therapist.

Rehabilitation Services

Polio Services Victoria (PSV) 9288 3900
St Vincent's Hospital Ground Floor Bolte Wing, PO Box 2900, Fitzroy, 3065
PSV Est. 1998 to provide ongoing expertise and support for people who had polio. Through a core team of allied health professionals PSV offers: Access to a rehabilitation consultant (Referral required); specialist assessment; referral to and collaboration with mainstream health providers to develop client service plans; information and education service to health providers, clients who had polio, & the wider community. Blaize Doran - Coordinator and physiotherapist
Stephen Hughes - Orthotist
Margaret Petkoff - Occupational Therapist
Dr Kathleen Ooi - Rehabilitation Consultant
PSV on line resources: www.psv.svhm.org.au

Epworth Rehabilitation 9809 2444
888 Toorak Road Camberwell Vic 3124
Dr Stephen de Graaff is Director of Pain Services and Senior Rehabilitation Physician at Epworth Healthcare. Dr de Graaff is a member of the Clinical Advisory Group for Polio Australia www.polioaustralia.org.au/

Caulfield Hospital 9076 6000
260 Kooyong Rd Caulfield 3162
A team approach to therapy is provided by a medical, nursing and allied health professionals such as physiotherapists, occupational therapists, speech pathologists, neuropsychologists, social workers, dieticians & pharmacists. GP referral required.

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Victorian Respiratory Support Service 9496 3685
Level 1, Bowen Centre Austin Hospital
145 Studley Road Heidelberg 3084
Appointments Ian Batchelder 9496 3679
GP Referral Required. The Victorian Respiratory Support Service (VRSS) has extensive experience with polio survivors and continued support after the closure of Fairfield Hospital. Their services include diagnostic sleep studies, ventilator supply, equipment maintenance and respiratory review. The VRSS has 700 clients, 600 of whom use a ventilator to help maintain their respiratory health. Approximately 10% of clients are people living with the late effects of Polio.

Alfred Hospital: Depart. of Allergy, Immunology & Respiratory Medicine 9076 2000
5th floor, Main Ward Block, Commercial Rd Prahran.
The Service cares for patients with respiratory or sleep disorders - inpatient and ambulatory. This involves the use of non-invasive ventilatory support, tracheostomy management, oxygen therapy, pulmonary rehabilitation, all forms of pulmonary & sleep monitoring. G.P. Referral required.

Orthotic Services

There are a number of orthotic services available in Victoria. We strongly recommend that you first get an assessment from Polio Services Victoria, St Vincent's Hospital to best ascertain your needs. They may refer you to an orthotist in your area.

Neuromuscular Orthotics 9543 4009
Suite 29, 15 Ricketts Rd Mt.Waverley 3149
www.neuromuscular-orthotics.com.au
Darren Pereira - Principle Orthotist
Priya Davis - Orthotist
Louise Thomas- Physiotherapist

O.P.C. Orthotic & Prosthetic Centre 9681 9666
151-159 Turner St, Port Melbourne, 3207
www.opcheath.com.au
Sally Cartledge, Orthotist

Orthotic Specialist Centre 9510 2578
311 High Street Prahran 3181
Mitcham Suite 2 / 603 Whitehorse Rd Mitcham 3132
Danny Keogh, Damian Woolley Orthotists

Orthopaedic Appliances Pty Ltd 9419 2499
OAPL 93-97 Webb St Fitzroy 3065
www.oapl.com.au
Lynne Tait, Orthotist (Fitzroy Clinic)

Pain Management Options

The following practitioners have been successful with pain relief. Consult with your GP, seek their advice and support and always remind those treating you that you had polio a child.

Innovative Physio 9771 7188
93 Wells Road Chelsea Heights 3196
www.innovativephysio.com.au
Tess Hines - Physiotherapist/Clinical Pilates

Massage Therapy 0438 556 706
Annette Vince Glen Iris Wednesday and Thursday

Health Horizons (Feldenkrais) 9598 2122
Ruth Frommer 566 Hampton Street Hampton
/healthhorizons/3533

GENERAL SUPPORT SERVICES

Polio Australia 9016 7678
www.polioaustralia.org.au
Mary-ann Liethof National Program Manager
Complete the Australian Polio Register-numbers matter

Post Polio Victoria Inc. 9725-8943
P.O. Box 6 Clifton Hill 3068 www.postpoliovictoria.com
A new group formed in 2011 to promote the interests of the Victorian Polio Community.

Polio Network Victoria 1300 704 456
(Independence Australia) www.polionetworkvic.asn.au/

TADVIC 1300 663 342
Royal Talbot Rehabilitation Centre
1 Yarra Boulevard Kew 3101
www.tadvic.asn.au/
TADVIC’s volunteers make custom equipment for people with a disability throughout Victoria.

Commonwealth Respite and Carelink Centre
Southern Region 1800 052 222
The Centre helps to meet the needs of carers in Melbourne’s south through practical and emotional support, information provision, referral, respite coordination and respite planning.

Multi Purpose Taxi Program 1800 638 802
The Multi Purpose Taxi Program provides eligible members half price taxi fares, up to $60 per trip. Wheelchair/scooter users include details with your application.

Companion Card 1800 650 611
Phone for details or visit www.companioncard.gov.au

Internet
Polio Today (Salk Institute for biological studies) www.poliotoday.org
Polio Australia www.polioaustralia.org.au
Post Polio Victoria www.postpoliovictoria.com
Post Polio Health International www.post-polio.org

POST POLIO DIRECTORY
This Post Polio Directory was compiled from services that have been used by the members of the Bayside Polio Group.

Bayside Polio Group
Proudly sponsored by
The Rotary Club of Bentleigh / Moorabbin Caulfield Park Community Bank (Bendigo Bank)

Monthly Meetings
First Tuesday of the Month 12.30-2.30pm
Fully accessible venues in the bayside area
Phone Shirley or Peter about our next meeting

Conveners:
Shirley Glance
9592 8212 / 0411 660860
howshirl@optusnet.com.au
Peter Willcocks
9578 5953
PGWillcocks@gmail.com

ASK FOR ONE OF OUR MONTHLY NEWSLETTERS

Polio Today
9016 7678
www.polioaustralia.org.au

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National Program Manager
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Post Polio Health International www.post-polio.org

POLIO: THEN & NOW
In Australia there have been few new cases of polio since SALK and SABIN vaccinations became available in the mid 1950’s. Between 1930 and 1988 tens of thousands of people were diagnosed with paralytic polio. The true number affected by the polio virus is much higher as only 1 in 100 infections cause paralysis. Today many of those infected by the virus are now also affected by new symptoms. The late effects of polio can include:
• unaccustomed fatigue unrelated to activity
• decreased strength and endurance
• pain in muscles and/or joints
• an inability to stay alert
• weakness and muscle atrophy
• muscle and joint pain
• muscle spasms/twitching
• respiratory and sleep problems
• swallowing and/or speaking difficulties

Assessments are available from
Polio Services Victoria, St Vincent’s Hospital
(over page for details)

BAYSIDE POLIO GROUP
Our monthly meetings generate friendship and understanding, we have 59 active members. We are one of 15 Polio Groups in Victoria. Speakers share their expertise and experience at our meetings to create focus and discussion.
We publish a monthly newsletter and are kept up to date from Polio Health International, Polio Australia, Polio Network Victoria, Polio Services (St. Vincent’s Hospital) and other post polio specialists.

Lifestyle Modification
There is no cure for the late effects of polio and/or post polio syndrome and it is unlikely that there will be in our lifetime. So good management is the trick.
The key for people with Post Polio Syndrome is to understand that “pushing through” pain and fatigue is no longer acceptable. It is important to realise that pain and fatigue are signs that an activity is too stressful for the muscles and may lead to permanent damage and weakness. Prolonged or repetitive high demand activities, which result in pain and fatigue, must be moderated or discontinued.
-Source Mary Clarke Atwood & Rancho Los Amigos Post-Polio Support Group Newsletter Sept. 1998