



# **POLIO AUSTRALIA INCORPORATED**

Representing polio survivors throughout Australia

## **Report**

### **2013 Polio Health and Wellness Retreat**



### **Stamford Grand, Glenelg, South Australia**

**Thursday 18, Friday 19, Saturday 20 and Sunday 21 April 2013**

#### **Polio Australia Incorporated**

▣ Suite 119C 89 High Street Kew Victoria 3101 ▣

▣ PO Box 500 Kew East Victoria 3102 ▣

▣ Phone: (03) 9016 7678 Email: [office@polioaustralia.org.au](mailto:office@polioaustralia.org.au) ▣

Website: [www.polioaustralia.org.au](http://www.polioaustralia.org.au)

## Table of Contents

<b>1.</b>	<b>Executive Summary</b>	<b>4</b>
<b>2.</b>	<b>Demographics</b>	<b>7</b>
<b>3.</b>	<b>Program</b>	<b>8</b>
<b>4.</b>	<b>Evaluations</b>	<b>14</b>
<b>4.1</b>	<b>Plenary Sessions</b>	<b>14</b>
4.1.2	Comments	14
<b>4.2</b>	<b>Day 2 Polio Survivors</b>	<b>14</b>
4.2.1	Follow-up actions	17
•	Exercise	
•	Orthotics	
•	Pain Management	
•	Physiotherapy	
•	Podiatry	
•	Respiratory	
•	Swallowing	
•	General	
4.2.2	Comments	18
•	Positive feedback	
•	Suggestions for improvement	
<b>4.3</b>	<b>Day 2 Spouse/Carers</b>	<b>18</b>
4.3.1	Follow-up actions	19
4.3.2	Comments	20
•	Positive feedback	
•	Suggestions for improvement	
<b>4.4</b>	<b>Day 3 Polio Survivors</b>	<b>20</b>
4.4.1	Follow-up actions	22
4.4.2	Comments	23
•	Positive feedback	
•	Suggestions for improvement	
<b>4.5</b>	<b>Day 3 Spouse/Carers</b>	<b>23</b>
4.5.1	Follow-up actions	24
4.5.2	Comments	24
•	Positive feedback	
•	Suggestions for improvement	

## Table of Contents - cont'd

<b>4.6</b>	<b>Day 4 Polio Survivors</b>	<b>25</b>
4.6.1	Follow-up actions	25
4.6.2	Comments	25
<b>4.7</b>	<b>Day 4 Spouse/Carers</b>	<b>25</b>
4.7.1	Follow-up actions	26
<b>4.8</b>	<b>Booked Sessions Polio Survivors</b>	<b>26</b>
4.8.1	Follow-up actions	26
<b>4.9</b>	<b>Booked Sessions Spouse/Carers</b>	<b>27</b>
<b>4.10</b>	<b>General Feedback</b>	
4.10.1	Organisational/Activities	27
4.10.2	Future Retreats	27
	<ul style="list-style-type: none"><li>• Positive feedback</li><li>• Suggestions for improvement</li><li>• Miscellaneous</li></ul>	
4.10.3	Venue	28
	<ul style="list-style-type: none"><li>• Positive feedback</li><li>• Suggestions for improvement<ul style="list-style-type: none"><li>~ Access</li><li>~ Meals</li></ul></li></ul>	
<b>5.</b>	<b>Presenters</b>	<b>29</b>
<b>6.</b>	<b>Articles on Retreat</b>	
<b>6.1</b>	<b>Thoughts on the Retreat</b>	
	by Ann Buchan, Neurophysiotherapist – South Australia	40
<b>6.2</b>	<b>Reflections of the Polio Health and Wellness Retreat</b>	
	by Douglas Chugg - Tasmania	41
<b>6.3</b>	<b>Reflections on the Retreat</b>	
	by Sylvie Cleret and Marc Adams – South Australia	43
<b>6.4</b>	<b>The 2013 Retreat</b>	
	by Ron Blackwell – South Australia	45
<b>6.5</b>	<b>Congratulations</b>	
	by Jo Gordon – South Australia	46

## 1. Executive Summary

Polio Australia's vision is to ensure that ***all polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed lifestyle choices.***

Since it commenced active operations in January 2010, Polio Australia has run four "Residential Chronic Condition Self Management" programs – also known as "Polio Health and Wellness Retreats". In line with our Strategic Plan, it is the goal of Polio Australia to run these Retreats annually for polio survivors and their partners/carers/family members in every state in Australia.

The ongoing theme of these annual Retreats is based on "The Healthy Body/Mind/Spirit", which takes a holistic approach towards effective self management of the Late Effects of Polio (LEOP) and Post Polio Syndrome (PPS), and associated behavioural change for polio survivors, their families, carers and family members.

In April 2010, the inaugural Retreat was held at St Joseph's Retreat for Reflective Living in Baulkham Hills, New South Wales, for 59 participants. In April 2011, the second Retreat was held in the tranquil setting of the Melbourne Business School in Mt Eliza, Victoria, and was attended by 64 people. In April 2012, the third Retreat was held at the Ramada Hotel and Conference Centre Marcoola Beach on the Sunshine Coast in Queensland, and was attended by 73 people.

According to feedback received, we are very pleased to report that Polio Australia's 4th Annual Polio Health and Wellness Retreat was yet another unmitigated success, thanks to the 70 participants who made their way to the Stamford Grand in Glenelg, South Australia, and the wonderfully generous efforts of the 40 session presenters, most of whom provided their services pro-bono. Many participants were also able to take advantage of the 2 massage therapists, Sharon and George, who were onsite for Friday and Saturday.

This was the most expensive Retreat we have held to date - primarily because we found it very difficult to find an accessible venue in a pleasant environment, which could accommodate 70 participants, in sufficient space, close to Adelaide. There were still a number of 'challenges' with regards to accessibility (showers-over-bath in standard rooms) which necessitated the hiring of several additional bathroom aids.

This year we were privileged to have 2 hardworking volunteers helping out, Vivienne Maxwell and Alex Daniel. Lee O'Connell, Physiotherapist at MS Australia and Lecturer at University of SA, approached me to discuss the possibility of U of SA students undertaking a Project based on the Retreat. In 2012, Lee recruited and supervised Vivienne and Alex, who were then completing their fourth year in Physiotherapy. They then became willing and able assistants for the 2013 activities and were able to see the results of all their efforts. Vivienne and Alex are a great example of the future of our allied health therapists!

## Day 1

The “*Healthy Body*” day began with an overview of “*The Polio Body*” by Ann D Buchan, Neurophysiotherapist at Unley Physiotherapy, Adelaide, followed by sessions on:

- Continence with Confidence
- Powered Mobility
- Falls and Balance Concerns
- Pain and Fatigue Management
- Aids and Equipment Display
- Continence Information Stand
- Guided Deep Relaxation
- Pain & Fatigue Management
- To Brace or Not To Brace
- Foot Care for Polio Feet
- Chi Ball - Gentle Moves
- Partnering Polio
- Safe Swallowing: Suggestions & Strategies
- Understanding Aged Care in SA
- The Holistic Approach to Health
- Respiratory Issues for Polio Survivors

concluding with “*The Sessions*” movie after dinner. There were also opportunities for one-to-one consultations with a variety of the presenting health professionals, as well as appointments with massage therapists.

## Day 2

The “*Healthy Mind*” day commenced with a presentation from Susan Hillier, Associate Professor, Neuroscience and Rehabilitation, University of South Australia, and Fedenkrais Practitioner, entitled “*Neuroplasticity - The Buzz Word in Neuroscience!*” This was followed by sessions on:

- Chair Yoga
- Finding Ease and Efficiency in Daily Moving: a Session Using the Fedenkrais Method
- Mindfulness: What Is It and How Can It Help Me?
- Early Polio Memories
- Guided Deep Relaxation
- Hydrotherapy
- Partnering Polio

There was also a range of fun activities which were introduced as techniques to keep the ‘mind’ active:

- Fantasy Miniature Gardening
- Exploring Your Inner Child Through Art and Music
- Finding Your Story
- Card Making
- Singing Is Good For Your Health!
- Cryptic Crosswords
- The Art of Winemaking and Beer Brewing

concluding with a magic show during dinner by Simon Skinner, Aces Magic Entertainment. This day also included the opportunity of appointments with massage therapists.

## Day 3

The “*Healthy Spirit*” day commenced with a presentation on Professor Ian Maddocks AM, Palliative Care Specialist and Australian Senior of the Year. This was followed by concurrent sessions on: The Gift of the Holy Spirit; Practical Wisdom; and Meditation.

Partners/carers/family members are always encouraged to attend these Retreats as it is vital for the polio survivors to have this support and understanding in order to achieve their own self management goals. It is equally important for the partners/carers/family members to have scheduled and informal opportunities to meet and discuss their own specific concerns which is accommodated in the "Partnering Polio" sessions.

A lot of networking was done during the four days/three nights and people agreed to having their names on a Contact List so they could keep in touch with each other following the Retreat.

### Evaluations

By way of demonstrating how this Retreat has 'changed people's lives', a sample of the evaluation comments follows:

- *I gained valuable information to ease my pain and delay surgery.*
- *All sessions were very informative - knowledge is power.*
- *Hearing other's stories has been interesting and deepened my knowledge about polio sufferers and the extent of post-polio effects.*
- *Chi Ball is a new way to relax - something my husband and I can do together.*
- *Opened my eyes to a whole new supportive companionship group*
- *OMG! The relief to have muscles untangled - that I didn't even realise were there - was heaven.*

### Acknowledgements

We are extremely grateful to all the session facilitators and therapists (see Section 3 – Presenters) for sharing their time, knowledge and expertise, especially as the majority of these presenters provided their services at no charge.

Polio Australia warmly thanks The Marian and E.H. Flack Trust and GlaxoSmithKline for their ongoing and generous support for these Retreats.

Polio Australia also appreciates the sponsorship provided by the Stamford Grand in the form of a deduction on their regular pricing structure.

We also give thanks to a few Retreat participants who followed up with various sized donations to Polio Australia. All contributions were very much appreciated.

This financial support provided the opportunity to provide the 4 day/3 night Retreat at a greatly reduced cost, starting from \$350.00 per person twin share, which included all meals, accommodation and most activities.



*Ann Buchan and student, Ben, presenting Falls & Balance Session*





## 2. Demographics

### Who Came?

Polio Survivors	Spouse/Carers	Total Participants
46	24	70

### Gender Representation

Female	Male
46 Total (32 Polio Survivors)	24 Total (14 Polio Survivors)

### States

SA	NSW	VIC	QLD
25 (8 male / 17 female)	17 (7 male / 10 female)	12 (3 male / 9 female)	7 (2 male / 5 female)
TAS	WA	NT	
4 (3 male / 1 female)	3 (3 female)	2 (1 male / 1 female)	

### Repeat Participants

NSW	VIC	QLD	SA	TAS	Total Repeats
10	7	3	3	3	26

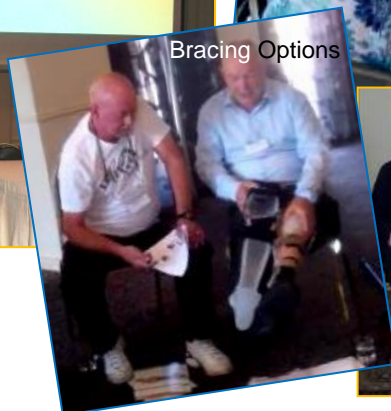
**Participants Year of Birth Range** 1927 to 1965  
**Years Polio Contracted** 1929 to 1965

### Mobility Aids used

Electric Wheelchairs = 2  
 Manual Wheelchairs = 8  
 Electric Scooters = 6  
 Elbow Crutches = 4  
 Walker Frames = 6  
**Walking Sticks = 17**

### Assistive Devices used

Toilet Frames = 8  
 Shower Benches = 15  
 Commode = 1  
**Respirator = 1**



### 3. Program

#### Day 1 - Orientation - Thursday 18 April

Time	Activity
2.00 to 6.30 pm	Hotel Check In Registration, and facility orientation
6.30 to 7.30 pm	<b>Dinner</b>
7.30 pm	Welcome by Dr John Tierney <i>President, Polio Australia</i> and Gillian Thomas <i>Vice President, Polio Australia</i>
7.45 pm	Guest Speaker: The Hon Steve Georganas MP, Member for Hindmarsh
8.15 pm	Program Overview and Brief Announcements
8.30 pm	Participant Introductions
9.00 pm	Relax and Mingle

#### Day 2 – The Healthy Body - Friday 19 April

Time	Activity	Facilitator
7.30 to 9.00 am	<b>Breakfast</b>	
9.15 to 10.00 am	<b>Plenary: Challenges in Polio-Polio</b>	Ann Buchan <i>Neurophysiotherapist</i> <i>Unley Physiotherapy</i>
10.00 to 10.25 am	<b>Morning Tea</b>	
10.30 am to 12.00 pm	<b>Continence with Confidence</b> During the acute polio attack 20% of polio patients experienced voiding symptoms. Theoretically these problems may return with the decline of function experienced by polio survivors in later years. This will be an important session for many. – interactive Q & A session	Rosalie Donhardt <i>Registered Nurse</i> <i>South Australian</i> <i>Continence Resource Centre</i>
	<b>Powered Mobility</b> This session will focus on: <ul style="list-style-type: none"> <li>• powered mobility aids, including powered wheelchairs and mobility scooters (gophers)</li> <li>• wheelchair &amp; scooter features</li> <li>• skills required to use powered mobility aids</li> <li>• road rules, safe use and insurance</li> <li>• transportation of powered mobility aids</li> <li>• overview of the Independent Living Centre SA</li> </ul> – interactive Q & A session	Megan Fechner <i>Occupational Therapist</i> <i>Independent Living Centre SA</i>
	<b>Falls and Balance Concerns</b> A 2010 publication from the Netherlands reported that 74% of 305 polio survivors sustained at least one fall in the previous year, with 60% reporting more than one fall. This session will address the contributing factors and strategies for preventing falls. – interactive Q & A session	Ann Buchan <i>Neurophysiotherapist</i> <i>Unley Physiotherapy</i>
	<b>Pain and Fatigue Management</b> Pain and fatigue can be the most disabling aspects of the late effects of polio. This session explores strategies for how to minimise the impact of these symptoms. – interactive Q & A session	Dr Nigel Quadros <i>Rehabilitation Physician</i> <i>Queen Elizabeth Hospital</i>
	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage Therapists</i>



### 3. Program – cont'd

12.15 pm	<b>Lunch</b>	
	<b>Aids and Equipment Display</b> Public equipment display, enquiries line and information brochures	Megan Fechner <i>Occupational Therapist Independent Living Centre SA</i>
	<b>Continence Information Stand</b>	Rosalie Donhardt <i>Continence Nurse Continence Resource Centre</i>
1.00 to 2.00 pm	<b>Rest &amp; Relaxation</b>	
	<b>Guided Deep Relaxation</b> – 20 min session at 1.30pm	Mary-ann Liethof <i>Polio Australia</i>
	<b>Physiotherapy Consultation</b> – booked 30 minute one-to-one session ( <i>free</i> )	Ann Buchan <i>Neurophysiotherapist Unley Physiotherapy</i>
	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage Therapists</i>
2.00 to 3.30 pm	<b>Pain &amp; Fatigue Management</b> Pain and fatigue can be the most disabling aspects of the late effects of polio. This session explores strategies for how to minimise the impact of these symptoms. – interactive Q & A session ( <i>repeat session</i> )	Dr Nigel Quadros <i>Rehabilitation Physician Queen Elizabeth Hospital</i>
	<b>To Brace or Not To Brace</b> This is an important question for anyone who is tripping more often, or is noticing progressive muscle weakness. Don't wait until you break a bone! – interactive Q & A session	Adam Holden <i>Orthotist Orthotics Prosthetics South Australia (OPSA) Repatriation General Hospital</i>
	<b>Foot Care for Polio Feet</b> The more limited your mobility, the more important it is to look after your feet! – interactive Q & A session	Daniel Gibbs <i>Podiatrist/Director Posture Podiatry</i>
	<b>ChiBall - Gentle Moves</b> This is a restorative mind/body exercise program, promoting balance and wellbeing, assisting to improve posture, gain greater strength, flexibility, co-ordination and fitness. An hour of movement to music, seamlessly combining the benefits and practice of Tai Chi-Qi Gong, Dance, Yoga, Pilates and deep Relaxation - designed for those seeking a more adaptable, less strenuous, class structure and may be practiced from both sitting and standing positions. - practical session	Judy McKenzie <i>ChiBall Instructor</i>
	<b>Partnering Polio</b> This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio	Graeme Smith <i>Partner of Joan Smith</i>
	<b>Physiotherapy Consultation</b> – booked 30 minute one-to-one session ( <i>free</i> )	Ann Buchan <i>Neurophysiotherapist Unley Physiotherapy</i>
	<b>Orthotics Consultation</b> – booked 20 minute one-to-one session ( <i>free</i> )	John Santos <i>Orthotist OPSA Repatriation General Hospital</i>

### 3. Program – cont'd

	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage Therapists</i>
3.30 to 3.55 pm	<b>Afternoon Tea</b>	
4.00 to 5.30 pm	<b>Safe Swallowing: Suggestions and Strategies</b> Swallowing is a complex process requiring the precise coordination of a number of muscles and structures within the mouth and throat. If these muscles are not working properly because they are weak, slow or poorly coordinated, then health complications can result. It is something we take for granted but what do we do if day to day activities like drinking, taking medications or mealtimes start to become more difficult? The session will provide practical advice and simple strategies to reduce difficulties related to swallowing so come with questions and stories of your own. – interactive Q & A session	Natasha Glynn <i>Speech Pathologist</i> <i>Queen Elizabeth Hospital</i>
	<b>Understanding Aged Care in SA</b> Learn more about how older people in SA can be supported to stay in their own homes or be assessed to move into residential care. – interactive Q & A session	Lyndal Gerrard <i>Team Leader</i> <i>Access2HomeCare</i>
	<b>The Holistic Approach To Health</b> The application of herbs, long proven as safe and effective in professional hands, effectively helps in the treatment of many common problems such as arthritis, asthma, migraines, headaches, depression, allergies, fluid retention, trauma recovery, hypertension, chronic fatigue, hormone imbalance, menopause, hyperactivity, bad digestion. Virtually any condition can benefit from natural herbs - helping to optimize the body's ability to take care of itself and survive. Rob also uses Iridology as a primary tool for assessing the needs and condition(s) of each patient. – interactive Q & A session	Robert Elliott <i>Herbalist/Iridologist</i> <i>Elliott Herbal Health &amp; Iridology</i>
	<b>Respiratory Issues for Polio Survivors</b> Respiratory problems can impact on many aspects of daily living including chronic fatigue and the inability to concentrate. Is this you? – interactive Q & A session	Feng Tam <i>Practice Principal and</i> <i>Respiratory Physiotherapist</i> <i>Respiratory PhysiO2</i>
	<b>Physiotherapy Consultation</b> – booked 30 minute one-to-one session ( <i>free</i> )	Ann Buchan <i>Neurophysiotherapist</i> <i>Unley Physiotherapy</i>
	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage Therapists</i>
5.45 to 6.15 pm	<b>Choir Practice</b>	Mary-ann Liethof <i>Polio Australia</i>
6.30 to 7.30 pm	<b>Dinner</b>	
8.00 to 9.35 pm (95 mins)	<b>Movie: "The Sessions"</b> <i>is</i> based on the poignantly optimistic autobiographical writings of California-based journalist and poet Mark O'Brien, <i>The Sessions</i> tells the story of a man confined to an iron lung who is determined - at age 38 - to lose his virginity. With the help of his therapists and the guidance of his priest, he sets out to make his dream a reality.	

### 3. Program – cont'd

#### Day 3 – The Healthy Mind - Saturday 20 April

Time	Activity	Facilitator
7.30 to 9.00 am	<b>Breakfast</b>	
9.15 to 10.00 am	<b>Plenary: Neuroplasticity - The Buzz Word in Neuroscience!</b>	Susan Hillier <i>Associate Professor - Neuroscience and Rehabilitation University of South Australia</i>
10.00 to 10.25 am	<b>Morning Tea</b>	
10.30 am to 12.00 pm	<b>Chair Yoga</b> Yoga is a wonderful way for people to experience better breathing techniques, gentle movement of nearly every muscle in your body from head to toes, and complete mind and body relaxation - practical session / seated	Maria Merlino <i>Yoga Teacher</i>
	<b>Finding Ease and Efficiency in Daily Moving: a Session Using the Feldenkrais Method</b> In this workshop participants will experience some fundamental principles of the Feldenkrais method; how to move with more ease and therefore more efficiently, with less fatigue. Come prepared to move – the lesson will be in a seated position and loose comfortable clothes are recommended. - practical session / seated	Susan Hillier <i>Feldenkrais Practitioner and Associate Professor - Neuroscience and Rehabilitation University of South Australia</i>
	<b>Mindfulness: What Is It And How Can It Help Me?</b> Mindfulness, the art and skill of living in the moment, helps us to relate to our life experiences in a way that is healing, connecting and wise. - practical and interactive session	Georgie Davidson <i>Physiotherapist Mindful Movement Physiotherapy</i>
	<b>Early Polio Memories</b> Personal experiences of the early years. – interactive discussion group	Gillian Thomas <i>Vice President Polio Australia</i>
	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage Therapists</i>
12.15 pm	<b>Lunch</b>	
1.00 to 2.00 pm	<b>Rest &amp; Relaxation</b>	
	<b>Guided Deep Relaxation</b> – 20 min session at 1.30pm <b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Mary-ann Liethof <i>Polio Australia</i>  Sharon Misan and George Leaman <i>Remedial Massage Therapists</i>
2.00 to 3.30 pm	<b>Hydrotherapy</b> Because of the buoyancy of water, hydrotherapy allows people to do things they can't perform on land. Water resistance provides a workout that can be fine-tuned to each person's strength. - practical session in the pool	Lee O'Connell <i>Physiotherapist MS Society</i>

### 3. Program – cont'd

	<b>Fantasy Miniature Gardening</b> Create your own fantasy garden in a jar! This is a practical terrarium making session where participants will make a small terrarium, receive a bottle top waterer to occasionally water their terrarium, stones, charcoal, sphagnum moss, potting mixture and plants.	Andrew Ward <i>President</i> <i>SA Bonsai Society</i>
	<b>Exploring Your Inner Child Through Art and Music</b> Learn how playing with textas and water colour pastels can help you find the joy and laughter of childhood.	Nola Stewart <i>and</i> Ekaterina (Kat) Panourgias <i>Creative Types</i>
	<b>Finding Your Story</b> We all have a story, so how will you tell yours?	Joan Smith <i>Secretary, Post-Polio</i> <i>Victoria</i>
	<b>Partnering Polio</b> This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio	Graeme Smith <i>Partner of Joan Smith</i>
	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage</i> <i>Therapists</i>
3.30 to 3.55 pm	<b>Afternoon Tea</b>	
4.00 to 5.30 pm	<b>Card Making</b> Make your own, personalised greeting cards. Explore elements of colour and design and learn techniques of punch-work, shaping, layering and cut-outs. All materials supplied, and you will create 3 unique cards to take home. If possible, it would be useful to bring own tweezers, scissors, embossing tool (the larger size ball, rather than the finer point) and soft mouse pad – all available at Spotlight and art & craft suppliers.	Joan Smith <i>Secretary, Post-Polio</i> <i>Victoria</i>
	<b>Singing Is Good For Your Health!</b> Singing in groups has proven benefits for general wellbeing – and it's fun. Don't be afraid to raise your voice at this session!	Doris Henderson <i>Singing Teacher</i>
	<b>Cryptic Crosswords</b> Cryptic crosswords can seem dauntingly nonsensical at first glance. But the fundamental principles of cryptic clueing are actually quite simple. Practice your mental gymnastics in this practical session.	Gillian Thomas <i>Vice President</i> <i>Polio Australia</i>
	<b>The Art of Winemaking and Beer Brewing</b> Amateur winemaking gained popularity in the sixties when wine consumption in Australia generally became accepted. The Amateur Winemakers and Brewers Club of Adelaide was formed in 1972 with six members, and membership grew rapidly. Following a discussion on beer brewing and wine making, this session finishes off with a tasting.	<i>Amateur Winemakers and</i> <i>Brewers Club of Adelaide</i>
	<b>Therapeutic Massage</b> – Pay Therapist Directly (\$30.00 for half hour / \$60.00 for one hour)	Sharon Misan and George Leaman <i>Remedial Massage</i> <i>Therapists</i>
5.45 to 6.15 pm	<b>Choir Practice</b>	Mary-ann Liethof <i>Polio Australia</i>
6.30 to 7.30 pm	<b>Dinner</b>	
8.00 to 9.30 pm	<b>Simon Skinner</b> Magician Aces Magic Entertainment	

### 3. Program – cont'd

#### Day 4 – The Healthy Spirit - Sunday 21 April

Time	Activity	Facilitator
7.30 to 9.00 am	<b>Breakfast</b>	
9.15 to 10.00 am	<b>Plenary: The Healthy Spirit</b>	Professor Ian Maddocks AM <i>Palliative Care Specialist and Senior Australian of the Year 2013</i>
10.00 to 10.25 am	<b>Morning Tea</b>	
10.30 am to 12.00 pm	<b>The Gift of the Holy Spirit</b> The Comforter: Strengthening Us In Our Daily Life – interactive discussion group	Bishop Bruce Rosier ( <i>Ret</i> )
	<b>Practical Wisdom</b> Part philosophy, part mindfulness but primarily personal experience in navigating common dilemmas. This includes open discussion on what gives life value and meaning. Practical wisdom is an applied reflective and spiritual skill that builds resilience and leads toward us becoming “experts by experience”. – interactive discussion group	Seamus Baker <i>Tutor Adelaide U3A</i>
	<b>Meditation</b> People who meditate regularly often find that they become healthier and calmer, with an improved outlook on life. Regular meditation, and the mental peace that it gives us, can improve our understanding of our psychological, physical and spiritual being. It also helps us understand others so that we become more compassionate and positive towards the people around us. Scientific research done both overseas and in Australia has shown how meditation can improve physical and psychological wellbeing. – interactive session	Tony Esposito, Sue Nickson and Noel O'Brien <i>Yoga Practitioners Sahaja Yoga</i>
12.15 pm	<b>B-B-Q Lunch</b>	
1.15 to 2.30 pm	<b>Choir Performance</b> and <b>Closing Plenary</b>	Mary-ann Liethof and Gillian Thomas <i>Polio Australia</i>



## 4. Evaluations

### 4.1 Plenary Sessions

1 = Below standard to 5 = Excellent	1	2	3	4	5
<b>Day 2 (Body)</b> Ann Buchan - Challenges in Post Polio	0	0	3	12	31
<b>Day 3 (Mind)</b> Dr Susan Hillier - Neuroplasticity - The Buzz Word in Neuroscience!	0	1	1	8	33
<b>Day 4 (Spirit)</b> Professor Ian Maddocks AM - The Healthy Spirit	0	0	2	8	22

#### 4.1.2 Comments

- Plenary session very useful – wide range of possibilities for post polio & explanation of medical terms (Ann Buchan)
- Could have listened to Susan longer **x 3**
- Susan were fantastic as was her subject **x 2**
- “Neuroplasticity”; have you heard about it? We hadn’t. Not only was the talk stimulating it was informative and positive.
- Must apply neuroplasticity examples in everyday life to maintain/improve our brain functions
- Today was very interesting, especially associate Professor Susan Hillier
- Thought Susan Hillier’s talk was excellent – a view shared by many people afterwards
- Ian’s talk was beautifully structured, a meaningful, great way to start the day
- Very satisfactory and enlightening plenary today (Professor Ian Maddocks)
- Professor Ian Maddocks was really great, and I’m sure all enjoyed his talk and slides
- Congratulations on the selection of the plenary speakers & session leaders. They were all excellent.
- Morning plenary talks were most informative and interesting

### 4.2 Day 2 Polio Survivors

10.30am to 12.00pm

Session	Most useful Aspects	What other information would have liked
<b>Continence with Confidence</b>	<ul style="list-style-type: none"> <li>• All good, broad coverage of the topic, very helpful <b>x 6</b></li> <li>• Clear explanation of services, products and information available <b>x 2</b></li> <li>• Where and how to get help from doctors and government services <b>x 2</b></li> <li>• Information on aids available, diet and subsidized products <b>x 2</b></li> <li>• Relevant responses to each person present on what they needed to know</li> </ul>	
<b>Powered Mobility</b>	<ul style="list-style-type: none"> <li>• Explanation of different types, styles, comfort &amp; uses of each scooter and wheelchair <b>x 3</b></li> <li>• Made me more aware what’s available in the market</li> <li>• Free flowing group discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Maybe scooter/produce brochures</li> <li>• More models to test drive</li> <li>• Repair options</li> </ul>

#### 4. Evaluations – *cont'd*

<b>Falls &amp; Balance Concerns</b>	<ul style="list-style-type: none"> <li>• Interesting demonstrations on how to fall correctly to minimise injury to wrist/shoulder <b>x 9</b></li> <li>• Excellent coverage of different issues and how to cope with them <b>x 2</b></li> <li>• Shared experience that the polio body gives way without warning</li> <li>• Exercise for balance, e.g. stood up to 'walk to car' and fell</li> <li>• Walking patterns</li> <li>• How to get out of a chair</li> <li>• Problem with tripping and back pain</li> <li>• Recommended splint supplier/s in SA</li> <li>• Richard Bruno's 10 Commandments handout for PPS e.g. listen to yourself &amp; conserve to preserve</li> </ul>	<ul style="list-style-type: none"> <li>• Where to find the book on "Explaining Pain" written by a physio giving details on cramp, etc.</li> <li>• Maybe add information on strengthening exercises, e.g. is Pilates OK?</li> <li>• More written and photo/diagram information</li> <li>• The value and use of mobility aids, e.g. walking sticks, crutches, calipers etc.</li> </ul>
<b>Pain &amp; Fatigue Management</b>	<ul style="list-style-type: none"> <li>• Good session, information all useful and practical <b>x 5</b></li> <li>• Very good presentation &amp; very informative <b>x 2</b></li> <li>• Great to see a doctor who knew the subject, will pass information to my doctors</li> <li>• To hear my own fatigue wasn't unique to me and the need to 'know yourself'</li> <li>• Information on medication &amp; controlled exercise</li> <li>• Tension between the benefits &amp; asks of exercise</li> <li>• The circle group is a good idea</li> </ul>	<ul style="list-style-type: none"> <li>• General drugs <u>not</u> to use for polios, and known side effects</li> <li>• Knew about medicines but would not engage in practicalities of living with pain &amp; fatigue</li> <li>• More personal tips on coping with fatigue</li> <li>• Alternatives for pain management</li> </ul>

2.00pm – 3.30pm

Session	Most useful Aspects	What other information would have liked
<b>Pain &amp; Fatigue Management</b>	<ul style="list-style-type: none"> <li>• Dr was obviously well aware of polio - presentation was very informative <b>x 7</b></li> <li>• General information on medication used in pain management <b>x 3</b></li> <li>• Able to answer all our questions <b>x 3</b></li> <li>• To pace myself and not feel guilty about resting - pain is part of post polio</li> <li>• Seeing I am not alone in my problems</li> <li>• Information on alternative medications &amp; life style choices</li> <li>• Pain medication discussion</li> </ul>	<ul style="list-style-type: none"> <li>• More info re physical management of pain, stress &amp; fatigue - can't all have <i>home help</i> as suggested</li> <li>• Printed list of medicines to help</li> <li>• Easy to say 'just adapt' to manage fatigue but not that simple</li> </ul>
<b>To Brace or not to Brace</b>	<ul style="list-style-type: none"> <li>• Most helpful, learnt a lot about actual braces available <b>x 4</b></li> <li>• Well presented information and practical advice <b>x 2</b></li> <li>• Showed the ankle foot orthosis for drop foot I may need one day</li> <li>• Gave an update on latest materials</li> </ul>	<ul style="list-style-type: none"> <li>• Prices, photos/diagrams &amp; written information on various orthotics</li> </ul>

#### 4. Evaluations – cont'd

<b>Foot Care for Polio Feet</b>	<ul style="list-style-type: none"> <li>• 10/10 actual treatment, assessments &amp; professional information x 3</li> <li>• Foot exercises x 2</li> <li>• The value of seeing a podiatrist</li> <li>• Useful things to do at home to stay on our feet and walk longer</li> <li>• Use of massage to ease the pressure</li> <li>• Gained valuable information to ease my pain and delay surgery</li> </ul>	<ul style="list-style-type: none"> <li>• Information on where to find correct fitting shoes</li> </ul>
<b>Chi Ball</b>	<ul style="list-style-type: none"> <li>• Fantastic introduction to this healthy, non-weight bearing, gentle exercise, loved it x 5</li> <li>• How easy it was to exercise sitting down in a relaxed atmosphere x 2</li> <li>• Not what I expected, but useful for balance, stabilizing and flexibility x 2</li> </ul>	<ul style="list-style-type: none"> <li>• Chi ball exercise OK for some but caused discomfort in others</li> </ul>

4.00pm – 5.30pm

Session	Most useful Aspects	What other information would have liked
<b>Safe Swallowing</b>	<ul style="list-style-type: none"> <li>• Excellent presentation and diagrams, precise, clear, great! X 5</li> <li>• Had answers to problems we all face and more x 2</li> <li>• Excellent session, had everyone freely expressing their swallowing issues experienced</li> <li>• Great handout information on swallowing difficulties x 2</li> <li>• Helpful hints, strategies to avoid risk of choking i.e. head movement</li> <li>• Strategies to deal with gastro problems</li> <li>• Useful strategies on dry mouth – especially at night</li> <li>• Information on breathing &amp; sinus problems</li> <li>• Discussion confirmed our similar problems</li> <li>• 10 minute talk to set the scene was needed but provided when asked by the group</li> </ul>	<ul style="list-style-type: none"> <li>• Tongue exercise charts available in handout form</li> </ul>
<b>Understanding Aged Care in SA</b>	<ul style="list-style-type: none"> <li>• Information on temporary respite care for one parent</li> <li>• What is available and contact/s to put something in place</li> <li>• Information about future changes and opportunity for individual questions</li> </ul>	<ul style="list-style-type: none"> <li>• Current Aged Care information x 2</li> <li>• Speaker was not aware of changing policies x 2</li> </ul>
<b>The Holistic Approach to Health</b>	<ul style="list-style-type: none"> <li>• All covered well</li> <li>• Explained doctors treat the problem, holistic way treats the cause</li> <li>• Importance of the mind/emotions to physical health</li> <li>• General discussion re herbal medicine</li> </ul>	<ul style="list-style-type: none"> <li>• Information on results of using potions discussed</li> <li>• More specific to pain &amp; fatigue</li> </ul>

## 4. Evaluations – cont'd

<b>Respiratory Issues for Polio Survivors</b>	<ul style="list-style-type: none"><li>• Good information about problems associated with the LEOp x 7</li><li>• Bulbar polio relationship to coughing &amp; lung problems</li><li>• Made me think more about my breathing - lot more research to do</li><li>• Very helpful with questions</li></ul>	<ul style="list-style-type: none"><li>• More on breathing techniques when tired</li></ul>
---	--	---

### 4.2.1 Follow-up actions

---

#### Exercise

- Bought a chi ball for more flexibility to use by myself or in a class x 2

#### Orthotics

- Get fitted with a proper brace x 2 and built up shoe
- Help to prevent falls by having a splint prescribed to limit foot drop when walking x 2
- Explore orthotic options x 3
- Foot wear & orthotic advice x 2
- Orthotic visit to adjust my orthotic x 2
- Reassessment of orthotic needs and meet those needs

#### Pain Management

- Seek information on pain management x 2

#### Physiotherapy

- See neurologist x 3
- Investigate neurophysiotherapy x 3
- Physiotherapy assessment information x 2
- Find a new physiotherapist

#### Podiatry

- See podiatrist x 3
- Follow suggested foot-care massage technique, exercises & stretches
- Buy good walking shoes, use walking stick and massage feet & legs
- Try and see podiatrist privately

#### Respiratory

- Seek information on breathing issues x 2
- Have a lung capacity test, sleep study conducted

#### Swallowing

- Get referral to Ear/Nose/Throat specialist for tracheal/throat/coughing x 5
- Find more safe swallowing information

#### General

- All sessions were very informative, knowledge is power
- All helps me to better manage my health into the future
- Give information to my GP and my friends
- Clean up the gutter at home to make for a safer home

## 4. Evaluations – cont'd

### 4.2.2 Comments

#### Positive feedback:

- Excellent day, learnt a lot from helpful range of speakers - another great Retreat **x 13**
- Fantastic, full of information from presenters, group participants and people Australia wide **x 4**
- Very tiring day but well worth it, learnt new things to old problems **x 4**
- I will be coming to the next Retreat – there must be one!
- Great to see new Retreat participants settling into the spirit of the evening and joining in
- Good movie “The Sessions” on the true wonder of love, carer’s sincere feelings and great to share people’s reactions through laughter and tears
- Physio carefully handled my very sore ‘polio’ arms
- Massage was beneficial
- Lovely food
- Not feeling well today so took time to rest, something I have not done in the past

#### Suggestions for improvement:

- Need to display more aids that help polios so they can learn and not be intimidated by them
- More info on weight and post polio diet
- Sessions too long and ran out of puff after an hour, maybe short introduction to bite on
- Hard for ‘late arrivals’ to join in a session
- Maybe brief summary of all sessions on the internet for those who could not attend
- Sad to miss pain management, to brace or not to brace, foot care & respiratory issues
- Ramp access impossible for large wheelchair - includes some doorways

## 4.3 Day 2 Spouse/Carers

### Which sessions did you attend today?

10.30am to 12.30pm

Session	Most useful Aspects	What other information would have liked
<b>Continence with Confidence</b>	<ul style="list-style-type: none"><li>• Good speaker, lots of information</li></ul>	
<b>Powered Mobility</b>	<ul style="list-style-type: none"><li>• Excellent presentation on wide range of mobility practitioners <b>x 2</b></li><li>• General discussion on problems to avoid when buying products</li><li>• Airline attitudes in relation to mobility assistants</li><li>• Hearing other people’s views and experiences</li></ul>	<ul style="list-style-type: none"><li>• Handouts</li></ul>
<b>Falls &amp; Balance Concerns</b>	<ul style="list-style-type: none"><li>• Safety tips for your home &amp; garden</li><li>• How to minimise injury from an imminent fall</li><li>• Interaction &amp; advice on correct falling</li></ul>	
<b>Pain &amp; Fatigue Management</b>	<ul style="list-style-type: none"><li>• Wonderful to hear a doctor who knew about PPS &amp; cared about polio sufferers</li><li>• Good explanation of various reasons for pain and the necessity to pace yourself</li><li>• Interesting to hear what others have found helpful (Q &amp; A) <b>x 2</b></li></ul>	<ul style="list-style-type: none"><li>• What happens when nothing works and sufferer is in pain, depressed &amp; looking at euthanasia?</li></ul>



## 4. Evaluations – cont'd

2.00pm – 3.30pm

Session	Most useful Aspects	What other information would have liked
<b>Pain &amp; Fatigue Management</b>	<ul style="list-style-type: none"> <li>• Presenter's knowledge and experience - a very patient man</li> <li>• Advice on use of pain relief drugs and problem self-analysis</li> </ul>	
<b>To Brace or not to Brace</b>	<ul style="list-style-type: none"> <li>• Raising awareness of the wide range of orthotics available <b>x 2</b></li> </ul>	<ul style="list-style-type: none"> <li>• Brisbane suppliers</li> </ul>
<b>Foot Care for Polio Feet</b>	<ul style="list-style-type: none"> <li>• Excellent session</li> <li>• The explanations for reasons for pain</li> <li>• Various types of shoes available</li> </ul>	
<b>Partnering Polio</b>	<ul style="list-style-type: none"> <li>• Well conducted session</li> <li>• Listening to problems &amp; experiences of other carers, practical and emotional solutions <b>x 3</b></li> <li>• Support available in the community <b>x 3</b></li> <li>• Impressed by the strength, length and devotion of many partnerships</li> </ul>	<ul style="list-style-type: none"> <li>• Some discussion of terminal care &amp; anxieties regarding this</li> </ul>
<b>Chi Ball</b>	<ul style="list-style-type: none"> <li>• Gentle form of exercise for people not used to exercise</li> <li>• Surprised at feeling so relaxed by simple exercises, felt so energized afterwards <b>x 2</b></li> </ul>	

4.00pm – 5.30pm

Session	Most useful Aspects	What other information would have liked
<b>Safe Swallowing</b>	<ul style="list-style-type: none"> <li>• Ways of combating dry mouth &amp; safe swallowing</li> </ul>	
<b>Understanding Aged Care in SA</b>	<ul style="list-style-type: none"> <li>• Being made aware of the types of government funded assistance available to 65yr olds plus</li> <li>• Complicated area explained well, questions satisfactorily dealt with where possible <b>x 2</b></li> </ul>	
<b>The Holistic Approach to Health</b>	<ul style="list-style-type: none"> <li>• Finding out just what the holistic approach means</li> <li>• That doctors treat the problem and herbalists treat the cause</li> <li>• Interesting the association of physical illness and mental problems</li> <li>• My first introduction to vegetarian ways</li> </ul>	
<b>Respiratory Issues for Polio Survivors</b>	<ul style="list-style-type: none"> <li>• Found the session very informative</li> <li>• Appreciated the need for proper diagnosis of developing respiratory symptoms</li> </ul>	

### 4.3.1 Follow-up actions

- See a neurologist, neurophysiotherapist & podiatrist
- Encourage partner to go ahead with the respiratory function test, booked for next week
- Find a Brisbane practitioner to properly adjust shoes for height and get a carbon fiber support
- Will find Chi ball practitioner for continued wellbeing
- Check up on using liquid magnesium for muscle spasms and multi-vitamins
- Look long term & see what needs to be in place both now and later
- Construct new concrete pathways, remove some trees, and level areas around the yard
- Try to keep abreast of ever changing policy directions
- Will find out more about the Carers association

## 4. Evaluations – cont'd

### 4.3.2 Comments

#### Positive feedback:

- This Retreat has the very best of advisors and lecturers, so informative **x 3**
- Very full day
- A great day well worth the cost and time
- Wonderful day, with so much helpful information
- Really well organised – ran smoothly
- Enjoyed interaction between participants in our sessions and during meals
- So far it has been great; my husband is also enjoying the Retreat
- Great to know you are not alone
- Will do our best to educate our local GP & Rehab Dr
- Hearing others' stories has been interesting & deepened my knowledge about polio sufferers & the extent of post polio effects
- Enjoyed choir singing
- Encouraged by how some have made the most of things but saddened by those now suffering from polio's late effects and seeing how hard it is for them to deal with losing abilities and independence

#### Suggestions for improvement:

- Pity many big topics had to run concurrently and so few repeated

## 4.4 Day 3 Polio Survivors

### Which sessions did you attend today?

10.30am to 12.30pm

Session	Most useful Aspects	What other information would have liked
<b>Chair Yoga</b>	<ul style="list-style-type: none"><li>• All information was useful <b>x 3</b></li><li>• Seeing how to breathe &amp; exercise</li><li>• Gentle, very relaxing exercises</li><li>• Very gentle teacher – most impressive</li><li>• New way to relax, something my husband and I can both do together</li></ul>	<ul style="list-style-type: none"><li>• A few diagrams of the yoga exercises we did</li></ul>
<b>Feldenkrais</b>	<ul style="list-style-type: none"><li>• Feldenkrais is new to me, grateful for the information &amp; understanding <b>x4</b></li><li>• Feldenkrais was excellent, although we only experienced a small introduction</li><li>• Becoming aware of how different movements apply pressure to various body parts <b>x 2</b></li><li>• Practical movements demonstrated, showed how polios can exercise with ease <b>x 2</b></li><li>• All of it – seeing different body maneuvers, process for more flexibility, easier movement <b>x 2</b></li><li>• Discovering my sitting bones</li><li>• Use of the mind to activate your body parts</li></ul>	<ul style="list-style-type: none"><li>• More details on its effectiveness – must follow up</li><li>• More examples of exercises</li><li>• More handouts for future use</li></ul>

#### 4. Evaluations – cont'd

<b>Mindfulness</b>	<ul style="list-style-type: none"> <li>Well covered, interesting information &amp; information shared <b>x 3</b></li> <li>My second choice, but surprisingly found it was a great session</li> <li>Enjoying the moment</li> <li>Sharing ideas/strategies, relaxation practice</li> <li>Facilitator well informed about polio</li> <li>Relaxation and concentrating on different stages</li> <li>Best presented program with potential to bring up many emotions</li> <li>Exercises with a raisin, seeing, feeling, smelling on the tongue, then eating</li> <li>Proud I concentrated on moments we did in the quietness of each activity</li> </ul>	<ul style="list-style-type: none"> <li>Maybe a page of steps</li> <li>Names of mindfulness books</li> </ul>
<b>Polio: The Early Experience</b>	<ul style="list-style-type: none"> <li>Hearing how different our early experiences of polio &amp; treatment were <b>x 2</b></li> <li>Just listening to the different stories <b>x 2</b></li> <li>Good to talk about areas that I've never discussed</li> <li>Was not too bad</li> </ul>	

2.00pm – 3.30pm

Session	Most useful Aspects	What other information would have liked
<b>Hydrotherapy</b>	<ul style="list-style-type: none"> <li>Excellent session, all information and handouts were great <b>x 4</b></li> <li>Exercises showed my good leg was overworked compensating for my bad leg</li> <li>Learning a range of new exercises to add to my pool exercises <b>x 5</b></li> <li>Good fun afternoon</li> <li>Too short to take full advantage, still very good</li> </ul>	
<b>Fantasy Miniature Gardening</b>	<ul style="list-style-type: none"> <li>Information on how to make a terrarium.</li> <li>Fantastic, great session, showed how manageable the activity is for disabled people <b>x 2</b></li> <li>All of it – very interactive, fun, amiable presenter</li> <li>Very relaxing – not emotional</li> <li>Buzz chatting to each other while waiting for Andrew to assist</li> </ul>	<ul style="list-style-type: none"> <li>More time to make the item and less talking</li> </ul>
<b>Explore Your Inner Child Through Art/Music</b>	<ul style="list-style-type: none"> <li>Combined with Mindfulness this was a moving experience</li> <li>Our class had a great time</li> <li>Showed I'm not artistic, which I already knew</li> <li>Valuable session, great presenters, lots of tears though</li> </ul>	<ul style="list-style-type: none"> <li>Maybe a demo prior to starting</li> </ul>

#### 4. Evaluations – cont'd

<b>Finding Your Story</b>	<ul style="list-style-type: none"> <li>Well-presented, helpful information x 5</li> <li>Hints/alternative approaches to start my story x 7</li> <li>Other people's experiences &amp; the approach to writing you own story x 2</li> <li>Presenter explained patiently to all of us different ways to write</li> <li>Liked the handout sheets on ways to start our story, etc.</li> </ul>	
<b>Partnering Polio</b>	<ul style="list-style-type: none"> <li>Hearing what partners have to put up with</li> </ul>	<ul style="list-style-type: none"> <li>Like to have seen other polios there</li> </ul>

4.00pm – 5.30pm

Session	Most useful Aspects	What other information would have liked
<b>Card Making</b>	<ul style="list-style-type: none"> <li>Fantastic</li> <li>Making a bird from a seed pod and hydrangea flower</li> <li>Creating with others</li> <li>A new hobby for me</li> </ul>	
<b>Singing</b>	<ul style="list-style-type: none"> <li>Fantastic presenter, great fun and plenty of choice x 4</li> <li>A good rollicking time, fun way to end the day and a great mood lifter x 3</li> <li>Working together as a happy team and everyone singing at their own level x 3</li> <li>First time but I enjoyed it especially Amazing Grace x 2</li> </ul>	<ul style="list-style-type: none"> <li>Found it hard singing sitting down, I prefer to sing standing up</li> </ul>
<b>Cryptic Crosswords</b>	<ul style="list-style-type: none"> <li>Thought I'd be banging my head by the end but not so - Gillian was very helpful</li> <li>Learning to do a cryptic crossword, great instructor</li> <li>How to work out the cues x 4</li> <li>Solve crosswords as a group was very helpful</li> </ul>	<ul style="list-style-type: none"> <li>Crossword book/s to buy</li> <li>Brief summary of what clues mean, i.e. back = word backwards</li> </ul>
<b>The Art of Wine making &amp; Beer Brewing</b>	<ul style="list-style-type: none"> <li>Learning about different aspects of wine making and home brewing x 4</li> <li>Tasting non-commercial wines</li> <li>Relaxing, interesting and enjoyed talking to new people x 2</li> <li>Generous with sample tasting x 2</li> <li>Made me want to take up wine making</li> </ul>	<ul style="list-style-type: none"> <li>More to do with brewing</li> <li>Thought it would be more hands on</li> </ul>

##### 4.4.1 Follow-up actions

- Gentler, relaxing muscle stretch Feldenkrais exercises x 5
- Work on writing my history with renewed vigour x 5
- Continue/start local hydrotherapy classes x 5
- Work on cryptic crosswords x 3
- Investigate chair yoga x 3
- Practice recommended exercises x 2
- Maybe join a beer/wine making club x 2
- Investigate mindfulness sessions x 2
- Explore scrapbooking & card making x 2
- Make terrarium at home
- Use these sessions to tailor programs for myself
- Check local groups
- Follow-up emails to some participants

## 4. Evaluations – cont'd

### 4.4.2 Comments

#### Positive feedback:

- Great day - practical, informative and relevant sessions with plenty of alternatives **x 3**
- Pretty weary today, but felt sessions worthwhile **x 3**
- Gillian was fantastic **x 2**
- Congratulations on plenary speakers and session leaders selected - all excellent **x 2**
- This day was easier to get through – better night's sleep helped
- Try to slow down and value what I can do
- Still meeting new people to talk to and share stories
- New exercises to add to my hydrotherapy routine
- Love group singing, but must keep my throat moist as my post polio voice cuts out at times

#### Suggestions for improvement:

- Today seemed rushed very tired tonight & didn't enjoy the day as I should have **x 2**
- Card making session not long enough
- Maybe a fan in the smaller session rooms would keep the air moving

## 4.5 Day 3 Spouse/Carers

### Which sessions did you attend today?

10.30am to 12.30pm

Session	Most useful Aspects	What other information would have liked
<b>Chair Yoga</b>	<ul style="list-style-type: none"><li>• Simple ways to maintain relaxation</li><li>• Chance to reinforce my learning</li><li>• Excellent presenter</li><li>• Never had to repeat instructions as presenter projected her voice</li><li>• Very relaxing</li></ul>	
<b>Feldenkrais</b>	<ul style="list-style-type: none"><li>• Very helpful</li><li>• Understanding the Feldenkrais awareness of body movements</li><li>• Relaxing, good to know even imagining the movements is helpful</li><li>• Very interesting session</li></ul>	<ul style="list-style-type: none"><li>• Could have been extended</li></ul>
<b>Mindfulness</b>	<ul style="list-style-type: none"><li>• Learning to live in the moment – savour every experience</li><li>• The exercises</li></ul>	<ul style="list-style-type: none"><li>• Mindfulness evidence of effectiveness</li><li>• Additional tips on using mindfulness in everyday living</li></ul>
<b>Polio: The Early Experience</b>	<ul style="list-style-type: none"><li>• Very interesting, presenter just let the session flow <b>x 2</b></li><li>• Fantastic session, a real insight into life with polio</li><li>• History &amp; story of participants</li><li>• Wide variation of cases &amp; family reaction to early polio cases</li></ul>	

2.00pm – 3.30pm

Session	Most useful Aspects	What other information would have liked
<b>Hydrotherapy</b>	<ul style="list-style-type: none"><li>• Tips in the pool</li></ul>	
<b>Fantasy Miniature Gardening</b>	<ul style="list-style-type: none"><li>• Wonderful &amp; informative</li><li>• Enjoyable but rushed</li></ul>	<ul style="list-style-type: none"><li>• More time</li><li>• Wish the session had been longer</li></ul>



#### 4. Evaluations – cont'd

<b>Finding Your Story</b>	<ul style="list-style-type: none"> <li>• Tips on different types of writing for different audiences</li> <li>• What others have done and what I wish to do in this area</li> </ul>	
<b>Partnering Polio</b>	<ul style="list-style-type: none"> <li>• Kindred spirit shown by all participants and the help gained <b>x 3</b></li> <li>• Contributing &amp; listening to other partners &amp; their experiences - common themes <b>x 3</b></li> <li>• Excellent mediator <b>x 2</b></li> <li>• Very useful</li> <li>• Sharing experiences with other partners and learning of similarities in behavior of those cared for</li> <li>• Interesting to hear other similar stories - dealing with stubbornness, independence etc.</li> <li>• Demand on carers is similar at each life stage – some stages more demanding than others</li> <li>• Reinforced that we, as carers, are not alone</li> </ul>	<ul style="list-style-type: none"> <li>• Information on carer support available in other state authorities</li> <li>• Contact details for carer support groups</li> </ul>

4.00pm – 5.30pm

Session	Most useful Aspects	What other information would have liked
<b>Card Making</b>	<ul style="list-style-type: none"> <li>• Learnt a new technique about card making – fun &amp; enjoyable</li> <li>• Plenty of creative materials, clear instructions &amp; fun!</li> </ul>	<ul style="list-style-type: none"> <li>• Card making wonderful but need a longer session</li> <li>• Too much fun to stop</li> </ul>
<b>The Art of Wine making &amp; Beer Brewing</b>	<ul style="list-style-type: none"> <li>• Tasting their handmade wines and beers <b>x 2</b></li> <li>• Learnt a great deal – great people</li> <li>• Explanation of process of wine making &amp; beer brewing</li> <li>• The science required for such a hobby</li> <li>• Informal and yet very informative session on wine &amp; beer making</li> <li>• Very thorough, helpful presenter and invited new members to join</li> </ul>	

##### 4.5.1 Follow-up actions

- Encourage partner to write his story
- Have joined the wine making club
- Do more card making
- More pool-work
- Join chair yoga class
- Follow up on advice given in partnering polio
- Buy & begin using a computer, printer, even email!
- Investigate everything further

##### 4.5.2 Comments

- Brilliant day again
- Congratulations to all organisers for the high standard of speakers and most interesting programs
- Overall, as one participating for the first time in a secular Retreat, after many religious ones, I found it infectious, instructive and really helpful

## 4. Evaluations – cont'd

### 4.6 Day 4 Polio Survivors

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful Aspects	What other information would have liked
<b><i>Gift of the Holy Spirit</i></b>	<ul style="list-style-type: none"><li>• Feeling people's experience with the spirit was wonderful</li><li>• I can only say 'brilliant'</li><li>• Confirming where we are is OK and we have the spirit to look forward</li></ul>	
<b><i>Practical Wisdom</i></b>	<ul style="list-style-type: none"><li>• All interesting and enjoyable x 3</li><li>• Practical, insightful discussion between participants x 2</li><li>• Easy to ask questions and contribute in a small group</li><li>• How to think of others when they not thinking the same of you</li><li>• Curiosity drew me to this presentation</li><li>• Practical wisdom very thought provoking</li></ul>	<ul style="list-style-type: none"><li>• Handouts</li></ul>
<b><i>Meditation</i></b>	<ul style="list-style-type: none"><li>• Calming effect on mind &amp; body x 2</li><li>• The relaxation practice x 2</li><li>• Practical, wonderful, informative session</li><li>• General information about a different type of meditation</li><li>• Music helped me connect to body systems</li></ul>	<ul style="list-style-type: none"><li>• Different types of meditation explained</li></ul>

#### 4.6.1 Follow-up actions

- Promise myself to meditate regularly x 4
- Follow up more information x 2
- Be more aware of what the spirit of God can do

#### 4.6.2 Comments

- Great participation from group, interesting information
- Feel better, more energised today

### 4.7 Day 4 Spouse/Carers

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful Aspects	What other information would have liked
<b><i>Gift of the Holy Spirit</i></b>	<ul style="list-style-type: none"><li>• Opportunity to embrace the spirit of humanity and this Retreat</li><li>• Sharing of our spiritual beliefs &amp; just realising spirit is our life</li></ul>	
<b><i>Practical Wisdom</i></b>	<ul style="list-style-type: none"><li>• Practical, very informative</li><li>• I learnt a lot about my past problems in life!</li></ul>	
<b><i>Meditation</i></b>	<ul style="list-style-type: none"><li>• Relaxing x 2</li><li>• Chance to think</li><li>• Going to sleep!</li></ul>	

## 4. Evaluations – cont'd

### 4.7.1 Follow-up actions

---

- Continue to live, pray & thank God for all that comes our way
- Strive to think about 'spirit'
- Read more about meditation and listen to the tape supplied
- Maintain contact with some we met at the Retreat
- Stay connected via website information
- Find a local group

## 4.8 Booked Sessions Polio Survivors

Which sessions did you attend?

Session	Most useful Aspects	What other information would have liked
<b>Massage (Sharon)</b>	<ul style="list-style-type: none"><li>• Great - very relaxing, ongoing way to gain pain relief <b>x 3</b></li><li>• Massage was excellent <b>x many</b></li></ul>	
<b>Massage – (George)</b>	<ul style="list-style-type: none"><li>• Best massage ever had</li><li>• Great relief as muscles tight from travelling</li><li>• To be relaxed and get my neck more mobile, lots of helpful advice</li><li>• Enjoyed massage, released a lot of shoulder tension</li><li>• Had 2 massages – wanted more, but overlapped other activities</li></ul>	
<b>Orthotic Assessment (John)</b>	<ul style="list-style-type: none"><li>• All my interests and needs were met</li><li>• Useful assessment information to take home &amp; seek further advice <b>x 2</b></li><li>• Guidance on improving my orthotics</li><li>• So much to choose from</li><li>• Learnt plenty of different things to help</li></ul>	
<b>Physiotherapy Assessment (Ann Buchan)</b>	<ul style="list-style-type: none"><li>• Useful and informative assessment <b>x 5</b></li><li>• Practical, gentle, full of useful personal points</li><li>• Physiotherapy assessment was very reassuring and helpful</li></ul>	<ul style="list-style-type: none"><li>• Veins and how to go up/down stairs with a walking stick</li></ul>

### 4.8.1 Follow-up actions

---

- Try to plan regular remedial massage sessions **x 7**

## 4. Evaluations – cont'd

### 4.9 Booked Sessions Spouse/Carers

Which sessions did you attend?

Session	Most useful Aspects	What other information would have liked
<b>Massage (Sharon)</b>	<ul style="list-style-type: none"> <li>Relaxing but a shame it interfered with another session</li> <li>Sharon did a great job and sensitive to needs</li> </ul>	
<b>Massage (George)</b>	<ul style="list-style-type: none"> <li>OMG! The relief to have muscles untangled that I didn't realise were there, was heaven</li> </ul>	
<b>Orthotic Assessment (John)</b>	<ul style="list-style-type: none"> <li>Hearing the equipment available</li> </ul>	
<b>Physiotherapy Assessment (Ann Buchan)</b>	<ul style="list-style-type: none"> <li>Access to physio assessment &amp; orthotic issues</li> </ul>	<ul style="list-style-type: none"> <li>Information on Government, State &amp; Federal support</li> </ul>

### 4.10 General Feedback

#### 4.10.1 Organisation/Activities

1 = Below standard to 5 = Excellent	1	2	3	4	5
Organisational Standard	0	0	1	5	41
Standard of Retreat activities	0	0	2	6	38
Standard of Retreat entertainment	0	0	9	12	23

#### 4.10.2 Future Retreats

Would you recommend this type of Polio Health and Wellness Retreat to others?		Would you attend another Polio Health and Wellness Retreat in future?	
Yes	No	Yes	No
47	0	45	1

#### Positive feedback:

- Wonderful Retreat, lovely people, great presenters, entertainment, all expectations met x 9
- Well done Mary-ann and organisers for the high Retreat standard - big warm felt thank you x 4
- Excellent Retreat - congratulations to Mary-ann & organisers x 3
- Roll on Baulkham Hills 2014! x 2
- Very worthwhile experience x 2
- Thanks Mary-ann, terrific job organising this & for all you did for others behind the scenes
- Alex & Viv (Volunteer Physiotherapists) were terrific support - hope they learnt a lot more about polios
- Mary-ann you're a joy! Your energy and organisational skills are exceptional - yet another excellent Retreat!
- Congratulations to all those who help organise and coordinate
- Movie was a good idea
- A most enjoyable Retreat, our first, but hopefully not our last
- My first Retreat, look forward to the next!
- Great, great time
- Wonderful, sensitive people
- Glad I came, obtained such good advice.
- Fantastic Retreat, appropriate speakers, ocean views were spectacular
- Friendly presenters with relevant information and practical advice
- Thank you for the opportunity to attend
- Impressed with presentations
- Liked the encouragement to attend as many, or few, Retreat activities as wanted

## 4. Evaluations – cont'd

- To see & talk to others with similar problems was very helpful and reassuring
- Everyone seemed to join in and it all flowed well
- Meeting and sharing with other polio sufferers & their partners was rewarding
- Opened my eyes to a whole new supportive, companionship group
- Speakers were all interesting & supportive

### Suggestions for improvement:

- Longer Retreats x 3
- Many interesting sessions clashed - maybe more session repeats x 2
- Less paperwork – too much is too confusing
- List classes separately to rate priority so where possible you get your top priority
- Many of us have health related problems; non PPS problems can aggravate PPS, maybe sessions on (a) Arthritis, (b) diabetes and (c) cardio-vascular
- Suggest a dietary session
- Well done but a bit hectic & trying in the end

### Miscellaneous:

- Calico carry bag plus Polio Australia logo and Retreat location for each attendee?
- Need a card to introduce people to post polio, especially doctors
- A Retreat in Perth
- Next Retreat try on a cruise ship
- Give the “LEoP: Introduction to Clinical Practices” book to local treating GP

### 4.10.3 Venue

1 = Below standard to 5 = Excellent	1	2	3	4	5
Standard of Venue	0	0	7	15	25
Standard of Room Accommodation	0	1	7	16	23
Met any special requirements	0	1	5	8	25
Standard of Meals	3	6	10	18	10

### Positive feedback:

- Service for me was outstanding, no issues at all
- It's hard to find accommodation/venue to suit all, but this Retreat did well in all aspects
- Meals were good (except dinner)
- Impressed with food & accommodation
- Choice of venue was super

### Suggestions for improvement:

#### Accessibility:

- The Grand needs to look at a few of their disabled facilities
- Drop down shower chair in room 303 in disabled room
- No shower bench in disabled room
- Eventually obtained a practical shower chair Casa standard but surprised we had to ask
- Found shower (room 604) not changed from bath connection which I had requested
- Disabled rooms too small for large wheelchairs, unable to turnaround
- Internal ramp too narrow for many wheelchairs x 4
- Standard of furniture in room & bathroom poor



#### Meals:

- Breakfast crash-landed, upset with continental coffee & toast
- Hotel, more vegetables with dinner please!
- Not enough vegetables with dinner
- Disappointed with food - dinners very poor
- Not impressed with the food!





## 5. Presenters (in order of presentation)

Thursday 18 April

	<p><b>Welcome</b></p>	<p><b>Dr John Tierney OAM</b> President and National Patron Polio Australia</p>	<p>From 1991 to 2005 John Tierney gave 14 years of distinguished service to the Australian Parliament, where he served as Senator for NSW. During his time in Parliament, he was a Parliamentary Secretary to the Deputy Leader in the Senate and Shadow Parliamentary Secretary for Communications, Information Technology and the Arts.</p>
<p>John also chaired a number of Senate Standing and Select Committees over a range of portfolio areas, with a particular focus on education, employment, industrial relations, communications, information technology, health and welfare issues. John has taken a passionate interest in the area of disability, having contracted polio at birth, and was a special parliamentary adviser to the Minister for Community Services on disability matters from 1998 to 2001.</p> <p>In 2005 John became a Partner at Government Relations Australia Advisory, a position he retired from in 2011. However, he found it hard to completely retire and is now working part-time as Special Counsel at 1st State Government and Corporate Relations. John provides strategic advice on government matters to corporate clients across a wide range of industries at both a federal and state level in NSW. Additionally, he has undertaken pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.</p> <p>In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): For service to the Parliament of Australia, to education, and to the community.</p> <p>John was elected President of Polio Australia at the 2012 Annual General Meeting. In addition, John continues as Polio Australia's National Patron.</p>			
	<p><b>Welcome</b> and <b>Early Polio Memories</b> and <b>Cryptic Crosswords</b></p>	<p><b>Gillian Thomas</b> Vice President Polio Australia Ph: 02 9663 2402 <a href="mailto:gillian@polioaustralia.org.au">gillian@polioaustralia.org.au</a></p>	<p>For over 25 years I have worked for Polio NSW on a voluntary basis. I was a member of the original Working Party set up in 1988 to establish the Network, was subsequently elected as Secretary, and in 1997 became the Network's President.</p> <p>From 1989 until 2012 I have also been the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i>. In 2002</p>
<p>I was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of my work for polio survivors, while in 2004 I was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 I was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for my outstanding service to polio survivors and the community. I passionately believe in the need for a national voice for polio survivors and my efforts culminated in the highly successful meeting of all Australian State Polio Networks in May 2007 and the unanimous agreement to form Polio Australia. Polio Australia is now a reality and in 2008 I was elected its inaugural President.</p> <p>In accordance with Polio Australia's Constitution, I stepped down from the role of President at the 2012 AGM and now serve as Vice President.</p>			

## 5. Presenters – cont'd





	<b>Guest Speaker</b>	<b>The Hon Steve Georganas</b> Labor Member for Hindmarsh	<p>Steven "Steve" Georganas, Australian politician, is the Australian Labor Party representative for the House of Representatives seat of Hindmarsh in South Australia since the 2004 federal election.</p> <p>Steve was also the Chair for the House of Representatives Standing Committee on Health and Ageing when a Roundtable Discussion was held into the Late Effects of Polio/Post-Polio Syndrome in March 2012.</p>
	<b>Program Overview and Announcements</b> <i>and</i> <b>Guided Deep Relaxation</b> <i>and</i> <b>Choir</b>	<b>Mary-ann Liethof</b> National Program Manager Polio Australia Ph: 03 9016 7678 <a href="mailto:mary-ann@polioaustralia.org.au">mary-ann@polioaustralia.org.au</a>	<p>I worked as the Coordinator of Polio Network Victoria from 2004 to 2009, which included being one of the Victorian representatives on Management Committee for Polio Australia. I was officially appointed as Polio Australia's National Program Manager in early January 2010 on a part time basis, which increased to full time in January 2011 thanks to a three year grant from The Balnaves Foundation.</p>

In 2008, I visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was "*To identify techniques to better manage the late effects of polio*". In 2009, I travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: *Living with Polio in the 21<sup>st</sup> Century* and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, I was able to put together Polio Australia's first Late Effects of Polio Self Management Residential Program (also known as a Polio Health and Wellness Retreat) in April 2010 in Sydney, and on an annual basis in various states ever since.






Friday 19 April

	<p><b>The Polio Body</b> and <b>Falls and Balance Concerns</b> and <b>Physio Consultations</b></p>	<p><b>Ann D Buchan</b> APA Titled Neurophysiotherapist c/o Unley Physiotherapy 160 Unley Rd Unley, 5061, SA Ph: 08 8373 2132</p>	<p><b>Ann Buchan</b> trained in Melbourne then followed many years of Australian and overseas training and experience in Neurological and neuromuscular issues. She has been a tutor, educator and mentor for physiotherapy students and graduates. (She received the top clinical prize as an undergraduate.)</p> <p>In 2004, she qualified as the first titled Neurophysiotherapist in Australia, with involvement in a wide range of statewide community and educational activities, including workshops, clinical research, media production and palliative care.</p>
<p>Ann feels strongly that people with Neuromuscular and Neurological conditions not only need to get the best out of their disability, but the best possible learning and caring environment is needed for that to occur.</p> <p>She has always had a special interest in long term disabilities – especially post-polio issues – and works in private practice at Unley Physiotherapy and at Aldgate Seniors on falls prevention.</p> <p>She helped set up the first Polio Clinic in South Australia and assisted with editing polio information handbooks. In addition she began the first hydrotherapy group for people with Muscular Dystrophy and recently started a singing group for people with Neurological and voice production issues.</p> <p>When her children were growing up there was no opportunity to do a Master's Degree – she believes she has put the "Masters" energy and study into patient care and education.</p> <p>Ann believes that physical, emotional, social, mental and spiritual aspects must all be considered in treatment and a balance is needed between the art and science of Physiotherapy.</p>			
	<p><b>Fatigue &amp; Pain Management</b></p>	<p><b>Dr Nigel Quadros</b> Rehabilitation Physician Queen Elizabeth Hospital Ph: 08 8222 7322</p>	<p><b>Dr Nigel Quadros</b> 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).</p>
<p>Nigel's areas of interest include stroke and general neurological rehabilitation, amputee rehabilitation, pain management, management of post-polio syndrome, and Continuing Professional Development.</p>			
	<p><b>Continence Confidence</b> and <b>Display</b></p>	<p><b>Rosalie Donhardt</b> Registered Nurse SA Continence Resource Centre Ph: 1300 885 886 (SA/NT) / 08 8266 5260 <a href="mailto:Rosalie.Donhardt@dcsi.sa.gov.au">Rosalie.Donhardt@dcsi.sa.gov.au</a> <a href="http://www.sa.gov.au/disability/crc">www.sa.gov.au/disability/crc</a></p>	<p><b>Rosalie Donhardt</b> has been employed as a registered nurse at the Continence Resource Centre for over 10 years. Rosalie has been involved in project work with the Continence Foundation of Australia for many years, and has organised many continence information sessions for both health professionals and community members.</p>

## 5. Presenters – cont'd

	<b>Powered Mobility and Display</b>	<b>Megan Fechner</b> Occupational Therapist Independent Living Centre SA Ph: 1300 885 886 (SA/NT) / 08 8266 5260 <a href="mailto:megan.fechner@dcsi.sa.gov.au">megan.fechner@dcsi.sa.gov.au</a> <a href="http://www.sa.gov.au/disability/ilc">www.sa.gov.au/disability/ilc</a>	<b>Megan Fechner</b> has been working as an occupational therapist with the Independent Living Centre since 2009. During this time she has regularly provided advice to clients about mobility devices, including powered wheelchairs and scooters. She has also developed and presented educational workshops and training on powered mobility aids to university students, community groups and health professionals.
	<b>Aids and Equipment Display</b>	<b>Independent Living Centre</b> Ph: (08) 8266 5260 <a href="mailto:ilcsa@dcsi.sa.gov.au">ilcsa@dcsi.sa.gov.au</a>	The Independent Living Centre (ILC) of South Australia is a State Government funded service which provides information and advice on equipment, technology and techniques to assist people to improve their quality of life and maintain their independence.
The service is staffed by Occupational Therapists and a Registered Nurse (Continence Resource Centre) and is available to all members of the public, including people with a disability, injury or illness, carers, community groups, health professionals, organisations and students. Services to the public are all free of charge.			
	<b>Continence Resource Display</b>	<b>Continence Resource Centre (CRC)</b> Ph: (08) 8266 5260 <a href="mailto:continence@dcsi.sa.gov.au">continence@dcsi.sa.gov.au</a>	The Continence Resource Centre (CRC) is a statewide continence information and advisory service located at the Independent Living Centre of South Australia. The CRC is affiliated with the Continence Foundation of Australia and is funded by the Department for Communities and Social Inclusion.
Staffed by Registered Nurse/Continence Nurse Advisor, the CRC provides information and advice on bladder and bowel problems. Information is available to all community members including clients, carers, families and health professionals.			
The services provided include: information and advice on continence management, continence services, continence product funding schemes and continence product information (including an extensive product display). Continence health promotion and education sessions are also provided by the service in both metropolitan and rural areas of the state. CRC services are all free of charge.			
	<b>Therapeutic Massage</b>	<b>Sharon Misan</b> Remedial Massage Therapist Gentle Care Therapies Ph: 0423 601 533 <a href="mailto:sharon@gentlecare.com.au">sharon@gentlecare.com.au</a> <a href="http://www.gentlecare.com.au">www.gentlecare.com.au</a>	I am a fully qualified Remedial Massage and Clinical Therapist and an accredited member of the Australian Traditional Medicine Society.  Having consulted since 1992, I have considerable experience with treating a wide range of conditions and people from all ages and backgrounds.
Each consultation is specifically matched to the needs of each individual. Prior to your treatment, we spend a short amount of time to determine your needs and goal for the session.			
I use a variety of techniques during a session to suit your needs on the day; this can include any combination of positional release, myofascial release, craniosacral and sport therapies, relaxation massage and reflexology. As well as a selection of the best methods, I also adjust my touch to your needs, allowing your body to unwind at its own pace.			
I consult in my clinic at Glenelg, but also offer a mobile service and health fund rebates for your convenience or for the mobility impaired. I always strive for the best outcome for ultimate health and wellbeing.			

## 5. Presenters – cont'd

	<b>Therapeutic Massage</b>	<b>George Leaman</b> Remedial Massage Therapist Private Practice Ph. 0407 971 355 george.leaman@yahoo.co.uk	<p>I have been involved in massage therapy for 10 years attaining a diploma in sports/remedial in 2006 after graduating at 'The Natural Health Academy'. I am a registered healthcare provider for all major health funds and also an accredited 'WorkCoverSA' therapist. I am also a member of the 'Australian Association of Massage Therapists'.</p>
<p>During the last 7 years I have worked mostly in full-time practice treating people of all ages from young to the very old and mobility impaired. I also provide maintenance bodywork for those involved in sport and athletic pursuits. Each treatment is specifically designed to provide the best possible care for each individual.</p> <p>I am passionate about my work and would love to see a world where everyone receives the nurturing holistic care that massage can offer.</p>			
 	<b>Foot Care for Polio Feet</b>	<b>Daniel Gibbs</b> Podiatrist/Director and <b>Ben Lynch</b> Podiatrist  Posture Podiatry Ph: 08 8362 5900 <a href="mailto:contact@posturepodiatry.com">contact@posturepodiatry.com</a> <a href="http://www.posturepodiatry.com.au">www.posturepodiatry.com.au</a>	<p><b>Daniel Gibbs</b> is a Podiatrist who has enjoyed working in private practice among other like-minded professionals for 10 years. Over that time he has developed keen interest in podiatry management of chronic pain. With a dream in mind to provide the best possible care for all people, Daniel opened Posture Podiatry in 2009, which continues to provide outstanding care for people with chronic pain and postural concerns.</p> <p>Daniel sat as a councillor of the Australian Podiatry Association (SA) from 2008-2010, and has been invited to talk with health professionals in various fields.</p>
<p>He consults with Australian Dance Theatre, and is involved with Adelaide's Basketball and Athletic communities.</p>			
<p><b>Ben Lynch</b> is a Podiatrist with a keen interest in helping people to achieve their full potential using a range of treatment techniques. He currently sits on the board of the Australian Podiatry Association, and contributes to the profession through the facilitation of workshops and seminars. Currently being trained by one of the top foot manipulation experts, Ben is keen to share his enthusiasm for improving body function through various means.</p>			
 	<b>To Brace or Not To Brace and Orthotics Assessments</b>	<b>John Santos</b> and <b>Adam Holden</b> Orthotists  Orthotics Prosthetics South Australia (OPSA) Repatriation General Hospital Ph: (08) 8276 9666	<p><b>John Santos</b> graduated in 1998 from La Trobe University with his Bachelor's Degree in Prosthetics &amp; Orthotics. With clinical roles in rural and urban South Australia, John has continually practised the dual streams of orthotics and prosthetics. A senior clinician at OPSA, his professional interests include knee orthoses for sports injury rehabilitation, and Trans-femoral socket design and knee selection and high level orthotic management technologies.</p> <p><b>Adam Holden</b> has been practicing in South Australia since 2011 and has had experience in both prosthetic and orthotic streams. With a keen interest in custom orthoses and advanced management practice, he has applied this knowledge to clinics in both the northern and southern areas of South Australia.</p>



## 5. Presenters – cont'd

	<b>ChiBall</b>	<b>Judy McKenzie</b> ChiBall Instructor Ph: <a href="tel:0414781942">0414 781 942</a> <a href="mailto:nanaju@bigpond.com">nanaju@bigpond.com</a> <a href="http://www.chiball.com">www.chiball.com</a>	<p>As Master Trainer for Older Adults for the ChiBall programme, Judy has been deeply committed and involved in the modifications required to make the benefits of ChiBall available to a wider population. She has witnessed the benefits, both physical and personal, for participants with a wide range of special considerations, including those requiring standing and seated support.</p> <p>A 'retired' High School educator, with a lifetime love of music and movement, Judy now has credentials and experience within the Fitness Industry which has been acknowledged at a National Level, presenting the Gentle Moves program to the Filex Convention and Exhibition in 2011. As a Registered Group Fitness Instructor and Pilates Instructor, Judy has also seen the value of undertaking Courses including Tai Chi, Chi Kung, Flow Yoga, Falls and Balance and Heart Moves.</p> <p>Judy works 1-1, with small groups, and also with Community based classes. One of her Community classes, supported by Resthaven Therapy Services, has now been linked to the newly launched Gtrak (Geriatric Training) for 5<sup>th</sup> Year medical students from the University of Adelaide.</p> <p>Judy's aim, indeed her passion, is to have her participants experience not only functional improvement, but also the joy to be found in gentle, flowing and graceful movement to music with the ChiBall.</p>
	<b>Partnering Polio</b>	<b>Graeme Smith</b> Spouse/Partner/Carer <a href="mailto:joansgra@bigpond.com">joansgra@bigpond.com</a>	<p>As the husband of a polio survivor, I have learned about a whole new part of my wife's childhood. I have also learned to share and partly understand her current issues dealing with post-polio and very recently, cancer.</p> <p>Being a carer created many new issues for me. I found that sharing with others who understand can be very helpful.</p> <p>Through my membership of our polio support group I have been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given me the opportunity to gain more information about the condition and how I might be able to help, for example, by modifying our lifestyle and living arrangements. Sharing with trusted friends can also allow a good measure of humour to ease the way.</p>
 	<b>Respiratory Issues for Polio Survivors</b>	<b>Feng Tam</b> Practice Principal and Respiratory Physiotherapist and <b>Frances Hardy</b> Respiratory Physiotherapist  Respiratory PhysiO2 Ph: (08) 83643706 <a href="http://www.respiratoryphysio.com.au">www.respiratoryphysio.com.au</a>	<p><b>Feng Tam:</b> I immigrated to Australia as a teenager from Beijing, China in 1985 and graduated from the University of South Australia in 1992 with a Bachelor of Applied Science in Physiotherapy degree.</p> <p>I then had many years of hard but enjoyable working at the Repatriation General Hospital and in 6 private hospitals across Adelaide where I gained valuable experience in intensive care, cardiac rehabilitation, pulmonary rehabilitation and chest physiotherapy.</p> <p>Cardio-respiratory physiotherapy has been my passion ever since I was in university and so to further my career I completed a</p>
<p>Postgraduate Certificate in Cardio-respiratory Physiotherapy in 1997 at the University of South Australia. I followed this up with a Cardiac Rehabilitation course in Brisbane and a Pulmonary Rehabilitation course in Perth.</p> <p>After many years working in the private cardiorespiratory physiotherapy sector, including three years as part owner of Lifespan Physiotherapy Rooms Pty Ltd, I began a new practice - Respiratory PhysiO2 at Hazelwood Park in August, 2010.</p> <p>In May 2011 the practice expanded with a second branch at Morphett Vale.</p>			



## 5. Presenters – cont'd

**Frances Hardy** graduated from the South Australian Institute of Technology in 1974. After several years of full-time general practice, followed by fourteen years of part-time work in women's health, she began teaching at the University of South Australia, specializing in cardiorespiratory physiotherapy.

Frances worked as a clinical educator at the Queen Elizabeth Hospital for two years and then at the Royal Adelaide Hospital for nine years.

She was promoted to Senior Lecturer in 2000 and was the Program Director at UniSA from 1999 to 2002 and again from 2009-2011.

Frances completed a Masters in Physiotherapy by Coursework in 1995 and a Masters in Physiotherapy by Research in 2005. Her research topic was the effect of diaphragm movement on the regional distribution of lung ventilation. Frances has been an active member of the Australian Physiotherapy Association since 1974 holding both state and national committee positions.

She is also a reviewer for the Australian Physiotherapy Council and continues to teach at both the University of South Australia and Flinders University. Her teaching involves clinical supervision of students as well as curriculum development and face to face teaching in the areas of exercise physiology and cardiorespiratory physiotherapy.



### **The Holistic Approach to Health**

#### **Robert Elliott**

Herbalist/Iridologist  
Elliott Herbal Health & Iridology  
Ph 0439 990 327  
[www.elliottherbalhealth.com.au](http://www.elliottherbalhealth.com.au)

**Rob Elliott's** qualifications include more than 10 years of clinical experience, a Bachelor Health Science in Natural Medicine, a Diploma Herbal Medicine (Dorothy Hall), a Bachelor of Commerce, and a Senior First Aid Certificate. He is also a Member Australian Traditional Medicine Society.

Rob uses the benefits of Herbal Medicine for: Nutritional Support, Hormone Balance, Organ System Support, Inflammation Control, Immune Boost and Support, and Emotional Balance. He also incorporates Iridology as an accurate, ancient and dependable diagnostic technique – a virtual roadmap - for providing insight into the inner health and hidden causation(s) of problems and imbalances within the body.



### **Understanding Aged Care in South Australia**

#### **Lyndal Gerrard**

Team Leader  
Access2Home Care  
Ph: 1300 130 551  
[access2homecare@dfc.sa.gov.au](mailto:access2homecare@dfc.sa.gov.au)

**Lyndal Gerrard** managed the operational development and roll out of SA's central access point for aged care services across the Adelaide metropolitan area. Having worked within Intake since 2004, Lyndal has a wide knowledge of the services available for older people and how to access them. Lyndal is an Occupational Therapist and has worked in a variety of settings, including palliative, manual handling, service coordination, rehabilitation and mental health.



### **Safe Swallowing**




#### **Natasha Glynn**

Speech Pathologist  
Queen Elizabeth Hospital  
Ph: 08 8222 6000  
[www.tqeh.sa.gov.au](http://www.tqeh.sa.gov.au)

Working as an adult speech pathologist for the past 5 years, I have worked in a range of acute and rehabilitation settings across Adelaide. The diversity of these settings has provided an exposure to a range of different neurological populations and swallowing disorders. Areas of interest include ageing populations and neurological diseases such as stroke, motor neuron disease and Parkinson's disease.

## 5. Presenters – cont'd

Saturday 20 April

	<b>The Healthy Mind Neuroplasticity and Feldenkrais</b>	<b>Susan Hillier</b> Feldenkrais Practitioner and Associate Professor, Neuroscience and Rehabilitation University of South Australia <a href="mailto:susan.hillier@adelaide.edu.au">susan.hillier@adelaide.edu.au</a>	<b>Dr Susan Hillier</b> is a Feldenkrais Practitioner part time and also an academic, teaching and researching in the area of neuroscience. She is interested in the way people learn and how they change the way they function in the world - particularly after a neurological event.
Neuroplasticity is the buzz word in neuroscience – it means the brain (and nervous system) is capable of change. It underpins the way we learn, the way we recover from brain trauma and it can also underpin less desirable processes like chronic pain. Her Plenary presentation will discuss some of the influences on neuroplasticity of the brain and the future for research and practice in this area.			
	<b>Seated Yoga</b>	<b>Maria Merlino</b> Hatha yoga teacher Ph: 0411384486 <a href="mailto:mariamerlino@live.com.au">mariamerlino@live.com.au</a>	I started yoga 15 years ago and obtained a teaching diploma, then holistic yoga teacher training in 2008 with Yoga Spirits Studio. I have practiced many styles of yoga with seniors (chair yoga), MS Society, gentle yoga and wellbeing for everyone.
Feeling deeply the benefits that a regular yoga practice has brought to my life, with awareness and understanding of the whole body mind, heart and spirit.  Yoga is a wonderful way for people to experience better breathing techniques, gentle movement of nearly every muscle in your body from head to toes, and complete mind and body relaxation. The increased awareness that yoga develops in us can be applied to all aspects of life, then it becomes wisdom and a means of inner guidance. Yoga draws the body mind and spirit into greater harmony providing a deep sense of contentment and wellbeing within the body mind and soul.			
	<b>Mindfulness</b>	<b>Georgie Davidson</b> B.App.Sc. Physio, M Musculoskeletal Physio, Yoga teacher, MAPA, IYTSA Mindful Movement Physiotherapy Ph: 08 8389 6919 <a href="mailto:georgie.davidson@mindfulmovement.net.au">georgie.davidson@mindfulmovement.net.au</a>	<b>Georgie Davidson</b> brings to mindfulness teaching her personal mind-body practice and years of professional experience as a musculoskeletal physiotherapist and yoga teacher. She is passionate about bringing a holistic approach to health care and helping people find new ways to respond to their life situation that are physically and psychologically healing, compassionate, wise and connecting.
Georgie lives in a rural setting in the Adelaide hills with her husband and two daughters where she loves to write, paint and spend time in nature.			
	<b>Hydrotherapy</b>	<b>Lee O'Connell</b> Physiotherapist MS Society Ph: 08 8360 0800 <a href="http://www.ms.asn.au">www.ms.asn.au</a>	<b>Lee O'Connell</b> is a physiotherapist with over 35 years' experience in a wide variety of settings both locally and overseas including hospital, private practice, university, rehabilitation and community environments.
For the last 15 years her special interest has been in aquatic physiotherapy and in 2012 she completed an Aquatic 3 Course through the Australian Physiotherapy Association.  She has been employed by the Multiple Sclerosis Society of SA and NT since 2001, conducting hydrotherapy sessions for people with MS and other physical and neurological conditions including running hydrotherapy classes for Polio SA for the last 5 years.			

## 5. Presenters – cont'd

Lee firmly believes in using the unique properties of water to enhance peoples' physical and social functioning and, as a Masters Swimmer, also sees the fitness and psychological benefits of encouraging people, despite their disability, to be able to achieve some form of swimming ability.



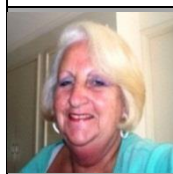
### **Finding Your Story and Card Making**

**Joan Smith**  
Convener, Knox-Yarra  
Ranges Post-Polio Support  
Group, Victoria  
[joansgra@bigpond.com](mailto:joansgra@bigpond.com)

As a polio survivor I have been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for me as Principal of a school for children with severe to profound disabilities.

After early retirement, due to post-polio syndrome, I embarked on writing my life story for my grandchildren.

That developed into the further project of producing and publishing "The Calliper Kids" – a book detailing life stories of eleven polio survivors living in our area. The book has proved a useful tool in educating our medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for our story tellers. I continue in the role as Convenor of the Knox-Yarra Ranges Polio Support Group, where we continually receive and share very positive feedback about our stories.



### **Exploring Your Inner Child Through Art and Music**

**Nola Stewart**  
and  
**Kat Panourgias**

**Nola:** I've always found that art has been the thing that has helped me through my polio 'ups and downs' and have realised that this is something I can use to help others to express themselves. I recently completed a Diploma of Visual Arts, which has provided me with an exciting new avenue for self-expression.



**Kat:** I met Nola several years ago while we were both enrolled at TAFE doing our Visual Arts Diploma. We became friends instantly. Although I haven't had polio, I believe that self-expression through the mediums of art can provide an opportunity to discover a sense of meaning and purpose through a lived experience.



### **Fantasy Garden**

**Andrew Ward**  
President  
South Australian Bonsai Society  
Ph: 0403 883 269  
[www.bonsaisa.org.au](http://www.bonsaisa.org.au)

**Andrew Ward** was a teacher of young people with disabilities from 1996 - 2007. Since 2007 he has transitioned to mainstream high school teaching. Andrew has been passionate about gardening in all forms since his earliest memories. At one stage he worked part time in Woolworths Gardening Department in the early 80s where, amongst other things, he created many terrariums for customers.

Andrew has travelled widely, including China in 2006 where he was able to experience Penjing first-hand. He has travelled to Bonsai Nurseries, exhibits and Private Collections throughout Australia where he has presented bonsai and gardening concepts to a broad audience.



### **Singing Is Good For Your Health**

**Doris Henderson**  
Singing Leader



**Doris Henderson** has been involved with music and singing all her life - coming from a musical family - she believes the joy of music is 'inbuilt' and she enjoys teaching and playing piano and guitar and also sings with several groups.

## 5. Presenters – cont'd

Doris is the coordinator for JUST FOR FUN, a singing group of some 35 members who meet every Thursday night.

The Aged Care Group ACH approached Doris last year about leading a weekly singing session for some of their clients who were being cared for in their own homes and therefore missing out on the benefit of residential care activity programs. After a year the numbers have grown from 5 to around 20 members.

Doris feels strongly about the ideas that some people have – those who may have been told as a child that they “**can’t sing**” and were therefore not allowed to sing in their school choir - holding on to that judgment and never having given themselves the chance to experience the joy of singing, and its benefit to their health and wellbeing! A mixture of well-known sing-a-long songs will be the order of the day, including a few rounds to provide a challenge and some fun too!

	<p><b>The Art of Winemaking and Beer Brewing</b></p>	<p><b>Jane Boroky, Justin Johansson, Edda Johansson, Michael Lineage, Nathan Otto, and John Samuel</b> Amateur Winemakers and Brewers Club of Adelaide <a href="http://www.adelaideferment.org.au">www.adelaideferment.org.au</a></p>	<p>Our members have a wealth of knowledge and home brewing experience. The club strives for the following objectives:</p> <ul style="list-style-type: none"><li>• To maintain the traditions of amateur winemaking and brewing.</li><li>• To discuss methods and exchange ideas for the mutual improvement of amateur wines and beers.</li><li>• To assist beginners in the art.</li><li>• To foster good fellowship amongst winemakers, brewers and the lovers of wine and beer.</li></ul>
	<p><b>Simon Skinner</b> Magician Aces Magic Entertainment Ph: (08) 8264 4491 / 0410 762 500 <a href="mailto:info@acesmagic.com.au">info@acesmagic.com.au</a> <a href="http://www.acesmagic.com.au">www.acesmagic.com.au</a></p>	<p>Popular Adelaide Magician Simon Skinner is a full-time professional entertainer who performs for all age audiences at any event. Simon performs magic interlaced with comedy in a relaxed style. He performs amazing magic using playing cards, coins, sponge balls, silks and borrowed objects including finger rings and banknotes. Simon can make borrowed finger rings vanish into thin air and re-appear in impossible places! Card magic including signed playing cards will also astound. He demonstrates mind-reading and predictive abilities which baffle his audiences. As Simon weaves his magic through the crowd at any event he leaves a trail of wonder and astonishment.</p>	



## Sunday 21 April

	<b>The Healthy Spirit</b>	<b>Professor Ian Maddocks AM</b> Palliative Care Specialist and Senior Australian of the Year 2013	Emeritus Professor Ian Maddocks is an eminent palliative care specialist and a passionate advocate for world peace. A specialist physician in the Australian Administration of Papua New Guinea for 14 years, he became Foundation Dean of the Faculty of Medicine at the University of Papua New Guinea in 1971.
<p>Since 1982 he has worked with medical groups seeking to eliminate nuclear weapons. Ian was President of the Medical Association for Prevention of War when it received an Australian Peace Medal, and Vice-President of International Physicians for Prevention of Nuclear War when it received the Nobel Prize for Peace in 1985.</p> <p>Since 1980 he has advocated improved care for the dying, and was first Chair of Palliative Care at Flinders University, first President of the Australian Association for Hospice and Palliative Care and first President of the Australian and New Zealand Society for Palliative Medicine. Recipient of the inaugural Bethlehem Griffiths Medal for research in palliative care, Ian is recognised internationally for his work in palliative care, tropical and preventative medicine. Now Emeritus Professor at Flinders University, he continues daily care for the terminally ill.</p>			
	<b>The Gift of the Holy Spirit, The Comforter - Strengthening Us in Our Daily Life</b>	<b>Bishop Bruce Rosier (Ret)</b>	<p>I was born in 1928 and grew up in Western Australia, studied physical sciences at the University of WA, and theology in England where I was ordained in 1954.</p> <p>My life was greatly enriched by marriage with Faith in 1954 that same year. Faith was lovely, gentle, good and wise with a wry sense of humour.</p>
<p>We have four children and six grand-children who all owe so much to Faith's nurture and support. Faith helped me in so many ways to be a more rounded person, and I miss her deeply since her death 6 years ago.</p> <p>I worked as a deacon and priest in Sheffield, then in rural WA and as a bishop in WA and in northern SA, and as a parish priest in Adelaide until retiring from active ministry in 1994.</p>			
	<b>Practical Wisdom</b>	<b>Seamus Baker</b> Tutor Adelaide U3A Ph: 08 8359 3307 <a href="http://www.adelaideu3a.on.net">www.adelaideu3a.on.net</a>	Seamus qualified as a teacher in England before moving to Adelaide in 1987. Since then he has enjoyed working as a community educator and counsellor in many South Australian agencies. For 25 years he has practiced mindfulness meditation including 3 years of intensive Zen experience.
<p>Over the past 10 years he introduced mindfulness practice into several community health centres for people dealing with difficulties such as anxiety, depression, chronic stress and recovery from illness and trauma. He finds this work fulfilling because it compliments his own spiritual beliefs and practice.</p>			
	<b>Meditation</b>	<p><b>Tony Esposito, Sue Nickson and Noel O'Brien</b> Sahaja Yoga Practitioners Ph: 1300 724 252 <a href="mailto:info@sahajayoga.com.au">info@sahajayoga.com.au</a> <a href="http://www.sahajayoga.com.au">www.sahajayoga.com.au</a></p>	<p>Tony Esposito, Sue Nickson and Noel O'Brien have been practising Sahaja Yoga meditation for up to 20 years. It has brought a sense of wholeness and integration into their lives life enabling them and others to enjoy each day. They conduct meditation programs throughout Adelaide as well as workshops interstate.</p>

## 6. Articles on the Retreat

### 6.1 Thoughts on the Retreat

by Ann Buchan – Neurophysiotherapist, South Australia



When I was asked last year by a physio student (commissioned by Mary-ann Liethof), to consider being involved in the Retreat in 2013, I didn't really realise what I was in for.

I first became interested in the work as a teenager, meeting as a girl guide and in the school hall at Yooralla Crippled Children's Centre in Balwyn, Victoria. The room was full of standing frames and braces and callipers. My sister had a friend who was also a Girl Guide (Julie), who had been partly disabled by polio. Then I had a physio visit the house to treat my sister for asthma, so I then knew I wanted to be a physio (and that same physio, Pat Cosh, ended up being the head of the physio school.

I have been working as a neuro physio now for 45 years. In my private practice work, I have seen people with the late

effects of polio for 30 years and am still learning.

I have been to a few polio conferences and was on a panel helping to edit the two late effects of polio handbooks with Charlotte Leboeuf (1991).

Contact with Mary-ann by e-mail certainly inspired me to see this Retreat as something rather special.

I have never given a formal plenary talk before, so the job was quite daunting - there are now so many references available and increasingly more evidence and guidelines for effective care. So where was I to start?

And so to **Thursday evening:**

The opening sharing of hopes for the three days ahead were very special, such as . . .

- We thought we had it licked.
- Learning to be better for the carer, in spite of pain and lethargy.
- Hearing other peoples' stories - and goodness, did that become quite confronting!! But exciting too when one person shared that he felt 100% better after the last Retreat!
- Issues of surgery being offered without really considering the whole of the body!
- Some had had no contact with others with PPS.
- Others could have run the whole weekend on their own experience and knowledge of the bigger picture!
- One had "blanked it all out till now"!
- Some saw it as a new chance, some looking for practical tips.
- One had been in an iron lung for 2 years, yet did national service and worked for 30+ years!
- One had been a tap dancer.
- Carers wanted to learn more.

What a great starting point for the weekend and not a bad setting either!!

The plenary talk was hard to keep short yet relevant, not too complex and yet not oversimplifying or minimising the complex range of features in Post-Polio Syndrome (PPS) and the difficulty in diagnosis.

The 'Falls' session could have gone on for two hours - I certainly appreciated people's honesty in telling their falls story. How do you keep a balance between keeping active and not being too fearful of falling, using a crutch or stick and a splint (to effectively 'come out' and admit that there are some problems!).

Having a student, Ben, with me to demonstrate what normal balance is in the 23 year old versus a 60+ year old was helpful. And I hope that getting up off the floor of will now be easier for the frequent fallers amongst the participants.

Having the opportunity to see people and a carer in the consult room was a rare treat. Too often a local pain concern is only treated locally - a painful neck may be from over activity and muscle imbalance.



## 6. Articles on the Retreat – cont'd

For some people, no one has really looked at this or the windup phenomenon of pain. Panic and fear it may be like linked to those early traumas.

Splints need regular checking or secondary nerve compression can cause more disability. It was great to have the other University of SA physiotherapy graduates, Alex Daniel and Vivienne Maxwell, present as volunteers. Let's hope that the next generation of allied health practitioners does really **get it**.

I have some research questions:

- Were there more miscarriages amongst women who had polio?
- Is there a greater risk of bowel cancer for people in a wheelchair?
- What is the incidence of Parkinson's features later in life in people who had polio?

My thanks go to Lorraine, Esther, John and Fay, Pauline, Douglas, and Kate and others for raising further questions and challenging a traditional therapeutic model.

I have provided various handouts including Richard Bruno's "10 Commandments", the "Challenges of Post-polio Syndrome" presentation, and a list of points as a background to the Falls & Balance session.

In my sorting of polio and post-polio notes, I came across notes given out (when I was a student) on the callipers, splints and support systems available. I was sorry not to hear Adam Holden's session on "To Brace or Not To Brace". There is certainly a greater variety of designs and supports now. But we still need to be careful as too many modern ones end up in the back cupboard. One person I saw was getting a neuropathy from the callipers being too tight.

It was a "treat" to be able to attend.

Suggested additional reading:

- [Explain Pain](#) by Dr David S. Butler and Prof G. Lorimer Moseley (Noi Publications, Adelaide Australia, 2003)
- [Clinical Neurodynamics](#) by Michael Shacklock, published by Elsevier, 2005.
- [The Late Effects of Polio](#): Introduction to Clinical Practice by Polio Australia, 2012
- [The 10 Commandments of PPS](#) (Richard Bruno and Nancy Frick)

### 6.2 Reflections of the Polio Health and Wellness Retreat

by Douglas Chugg - Tasmania



#### GETTING UNDERWAY

Leaving home at Scottsdale at 4 am on Thursday 18th to pick up my grandson, Wade, at Evandale (who was to take custody of my car and collect me from the airport on Sunday 21<sup>st</sup>) was my first move in attending the South Australian Retreat.

However, leading up to this, I was putting up with pinching a nerve in the Sacrum joint (back of my pelvis). On the Tuesday morning before leaving for SA, not really knowing if I would be able to make the trip at all, I made a visit to the Doctor for some anti inflammation tablets and pain killers to gobble to try to get myself fit enough to travel. The pills did help some.

A 6:00 am flight from Launceston Airport saw me heading for a very wet Melbourne.

A three hour delay in Melbourne for my Adelaide flight turned into four hours due to the bad weather. So running into Mary-ann

Liethof (National Program Manager for Polio Australia) was great as we had a good discussion about all things, including Polio Retreats.

## 6. Articles on the Retreat – cont'd

### THE RETREAT

I must admit, on my arrival at the Stamford Grand Hotel, I was somewhat unprepared for meeting so many Polio's in one place. I guess this was an environment I'd not experienced since childhood. I very soon found my place and for a change was not the odd one out with a handicap, as I know we are all so familiar with.

My impressions of the Stamford Grand as a Retreat venue was overall very good, with all facilities being on level 1, and all the house staff were helpful and courteous (I recognise that I was not one of the organising committee though, and they would have their own story to tell).

Maybe a basic 'country meal' would have been nice occasionally but that's just being a bit picky, as all meals were of a high restaurant standard.

### SESSION LEADERS

The calibre of the presenters was second to none and I could not begin to say enough about the ones I experienced. Also, the two Physio volunteers were very pleasant and helpful, and were very much part of the team.

I was most fortunate with being able to attend all my preferred sessions.

### THE SESSIONS

- Falls and Balance concerns - Ann Buchan (Neuro Physiotherapist)
- To Brace or not to Brace - Adam Holden (Orthotist & Prosthetist)
- Holistic approach to Health – Robert Elliot (Herbalist/Iridologist)
- Physiotherapy consultation – Ann Buchan
- Chair Yoga – Maria Merlino (Hatha Yoga Teacher)
- Hydrotherapy – Lee O'Connell (Aquatic Physiotherapist)
- Singing – Doris Henderson (Singing Teacher)
- The Gift of the Holy Spirit – Bishop Bruce Rosier

Every session I attended was excellent, but I make special mention of the hydrotherapy session at the Repatriation Hospital. This fits in so well with life at home, as Sandra (my wife) and I swim in a heated pool twice a week. There was so much Lee taught us I can make use of. I was so lucky to get this session as there were some who missed out due to limited spots available.

Also my time spent with Ann Buchan regarding my physiotherapy assessment was very reassuring and helpful.

Although not previously mentioned the closing presentation "the Healthy Spirit" with Professor Ian Maddocks AM (Palliative Care Specialist and Senior Australian of the Year 2013) was really great, and I'm sure all enjoyed his talk and slides.

### SUMMING UP

The Retreat in all its phases was very well organised and presented, and Mary-ann and co from Polio Australia must be congratulated for all their good work.

I was just starting to get myself organised with the somewhat hectic schedule, sessions, meal times etc, when the time came to pack for home.

The friendships made, shared experiences and fun times will not be easily forgotten, and the closing microphone pass around was a very touching, I must confess. So after making a hasty Retreat at 1.45 pm and a \$28 taxi fare, I arrived at the airport in time to buy Sandra a nice gift before departure for Melbourne. Once there, I had to be prepared for a 3 hour wait before my Launceston flight.

I arrived at Launceston Airport on time to be met by Tori, my granddaughter. There had been a car swap - Wade was in Hobart with his dad helping with the race horses.

I eventually got back to Scottsdale around 10.30 pm, with Sandra waiting up, which was nice. While on Retreat, I had often wished she had been there to enjoy all the goings on, as I know she would have made many friends too.

Well I guess that's about it folks, I may consider doing it all again sometime in the future?

## 6. Articles on the Retreat – *cont'd*

### 6.3 Reflections on the Retreat

by Sylvie Cleret & Marc Adams – South Australia



What a fabulous 3 days. Our feet still haven't touched the ground.

Sylvie & I arrived at the Stamford Hotel on the Thursday afternoon and were seamlessly registered and directed to our lovely room overlooking the Glenelg Pier. The rest of the afternoon was spent exploring the beach and the local shopping precinct.

Thursday evening, everyone gathered for a lovely meal; to meet the other delegates; to hear Dr John Tierny, Gillian Thomas and The Hon. Steve Georganas; and to hear the ever present and effervescent Mary-ann Liethof. A delightful way to start the Retreat.

Many choices of sessions were offered to the delegates; we all had to choose sessions prior to attending the Retreat and this ensured that a maximum of 20 could attend each session apart from the plenary which were open to everyone first thing in the morning.

The plenary on Friday morning started with Ann Buchan, a "Neurophysiotherapist" from Unley Physiotherapy. Ann explained various diseases that have similar symptoms to PPS; some statistics on polio people; various health issues of polios; discussed pain and its management; reflected on the loss of motor neurons and the possibility of other neurons making new pathways to overcome the lost pathways; and also touched on gentle exercise compared to strenuous exercise stressing the adage "Conserve to Preserve".

The next session for the morning was "Pain and Fatigue Management" by Dr Nigel Quadros, director of Rehabilitation Services at the Queen Elizabeth Hospital. Dr Nigel opened up a general discussion on central and specific pain, providing comment on various pharmaceuticals (mainstream and alternative). He then went into management of PPS, together with some of the other conditions that effect PPS such as carrying too much weight, etc.

Dr Nigel advocated "some" exercise by everyone even if it was only stretching, but keep to only a third of our maximum ability. The endorphins created by exercise bring about a "feel good" situation. He advocated soft massages, neurophysiotherapy and advised that if a patient was at the stage where referral was needed to a "Pain Clinic" in Adelaide then there was up to a two year waiting list.

He also believes that the term Post Polio Syndrome should be replaced with "The Late Effects of Polio", a term not agreed with by everyone.

Friday afternoon brought Adam Holden, Orthotist from "Orthotics Prosthetics South Australia" which is part of Repatriation General Hospital. His topic of "To brace or not to brace" was a great success as people looked at and discussed various braces and orthotics and compared them to their own as well as their experiences.

Adam's theme was to increase quality of life, safe mobility and preservation of existing musculature/joints as well as providing optimal function with minimal inconvenience.

The next session on Friday was "Understanding Aged Care in SA" by Lyndal Gerrard from "Access 2 Home Care". Lyndal discussed how home care and its access are about to change in that the various services are about to be centralised. Lyndal provided some contact numbers and advice and gave an indication how people are assessed currently for the various services.

The option after the evening meal was a movie "The Sessions" or free time. Whilst many saw the movie we opted for free time in order to absorb the daily events.

## 6. Articles on the Retreat – *cont'd*

Saturday morning started with a buzz as we were treated to an address from Susan Hillier, Associate Professor of Neuroscience and Rehabilitation from the University of South Australia. Her topic was “Neuroplasticity”. Have you heard about it? We hadn’t. It means the brain is capable of change. It underpins the way we learn and the way we recover from brain trauma as well as how the brain processes chronic pain. Not only was the talk stimulating it was informative and positive.

Susan’s theme was to get out there and do as much as you can, taking into mind fatigue, ability, etc. She advocated that we should be positive and not scared to do things, that we should pursue mental stimulation, not lock ourselves away but to create a purpose in our life.

Next session for the morning was “Mindfulness” by Georgie Davidson. What a fabulous follow up from the previous session. Georgie has been a professional musculoskeletal physiotherapist and yoga teacher who brings a holistic approach to health care.

By bringing to mind the present moment, the taste, the look, the feel, we can learn to appreciate life as it is now instead of stressing over the past that we can’t change, nor control our future. By appreciating the now we can appreciate ourselves and the world we live in.

The first session for the afternoon was “Partnering Polio” a session mainly for the partners of polios. This session was run by Graeme Smith a partner of Joan Smith one of the polios. He opened up the group with a “tell your story and experience” from each member. This brought forth many strategies and coping methods and certainly showed everyone areas where they had to let go as well as how to introduce new ideas. Communication and negotiation skills were emphasised. A great session.

The next session was well attended. The subject was “Exploring Wine”. It was well worth waiting for. A number of members from “The Amateur Winemakers & Brewers Club of Adelaide Inc” introduced the group to the art of beer and wine making.

Not only were we taught some of the manufacturing concepts and the appreciation of wines, we continually tasted the products. The wines tasted were superior to many commercial quality wines.

Everyone caught up at the evening meal and whilst eating were entertained by Simon Skinner a magician from Aces Magic Entertainment. He proved to be very entertaining with his tricks performed at people’s tables. You could tell he was good by the stunned and delighted faces of the various people.

Sunday morning commenced with a talk from Professor Ian Maddocks, AM. Professor Ian is an Emeritus professor at Flinders University who is a specialist in palliative care and is recognised internationally for tropical and preventative medicine.

Professor Ian spoke on the subject “The Healthy Spirit”. He related his experiences in Papua New Guinea where he was enthralled by the co-operation between members of the village where he stayed for 14 years. Not only was there co-operation but friendship, camaraderie and thought of the other person. This he regarded as a healthy spirit. Unfortunately as time has moved and Western influences felt, this “Spirit” has changed. Professor Ian commended everyone for being part of Polio Australia especially the Retreat as it showed the spirit of helping and supporting each other.

Once again the next session supplemented the first. Bishop Bruce Rosier (Ret) introduced “The Gift of the Holy Spirit, The Comforter – Strengthening us in our Daily Life”. The group was made up of people from many faiths but all showing an interest in their fellow man, all being guided by “The Spirit”. Bishop Bruce explained his definition of The Holy Spirit and why. He quoted some of the Bible passages in particular from John’s Gospel, quoting Jesus saying “Do not let your hearts be troubled. Trust in God, and trust in me.” A wonderful way to finish the sessions.

Our final lunch where everyone could discuss the events of the last few days, to swap addresses and to say goodbye, but not quite yet – Mary-ann and her new choir were there to enthrall us with their virtuosity and talent. What a great show.

The only way to finalise these notes is to say thank you to Polio Australia in particular Mary-ann, Gillian, John together with all of the volunteers, but a special thank you to everyone who attended and made the Retreat the success that it was.



## 6. Articles on the Retreat – *cont'd*

### 6.4 The 2013 Retreat

by Ron Blackwell – South Australia



What Retreat you may ask! There was no Retreat, it was advance all the way through, until perhaps by 2.00pm Sunday when the final call was made.

The strength of **Body, Mind and Spirit** was well expressed by all participants and presenters.

At a personal level I began unsure of what was in it for me. Very little thought given to what I might contribute. However both were fulfilled by the time Sunday afternoon came around. I listened to many who expressed issues in their journey that I had not - the pain and attempts to straighten limbs and backs, to say nothing of the pain inflicted by society attitudes to calliper wearing sufferers.

Of the Retreat itself: The choice of topics and presenters were many and varied, it was a pity that there were not alternative time slots for attending some activities.

#### Day 1 – Body

I attended a “falls and balance concerns” with Ann Buchan who had opened the day’s proceedings. Though, like some present, falls are not a big issue for me, it was a valuable session. The major point I took from the session was not to attempt to lift someone to their feet, but rather

provide assistance so they get themselves on their feet. The human body is an awkward thing to lift, but providing some supporting device, a chair, set of steps, even your own body on hands and knees may be helpful (writer’s own idea).

In the same time slot, were three other sessions and maybe other attendees will give some insight to those.

Polio feet: subject of the 2pm session, which opened my eyes to what this field can do to assist, well beyond simply helping your feet. I will be following up on the programme - Posture Podiatry.

The first day was rounded off with the “Holistic approach to Health”, and later screening of the movie “The Sessions”. A worthwhile serious but light hearted look at extreme polio and one man’s struggle.

#### Day 2 - Mind

Began with a presentation by Susan Hillier, titled Neuroplasticity - basically the adaptability of facets of the brain and the advances in knowledge of the brain from the Egyptians who didn’t seem to think much of that body organ, through to the notion that removing parts of the brain to overcome illnesses, to the modern understanding of the complexities of our brain including that we still don’t have a complete map of the brain.

Yoga, Feldenkrais, Mindfulness, Early polio memories to lunch, and then Hydrotherapy, Miniature gardening, Art and Music, Writing your story, Partnering polio, to afternoon tea. Believe me when I say, the food breaks came around regularly.

The 4pm session of Card making, Singing, Cryptic crosswords, Wine and Beer making were on offer to stimulate the mind in the run up to dinner. As in all time slots it would have been great to have been involved in all sessions, and no, the writer did not attend Beer and Wine making!

A Magician entertained us during dinner.

#### Day 3 – Spirit

Once again following the 9.15 plenary from Dr Ian Maddocks A.M., three sessions were available; The Gift of the Holy Spirit, Practical Wisdom, and Meditation.

Dr Maddocks spoke of the Community Spirit as evident in Papua tribal villages and the decline as the modern world imposed itself. He talked of the spirit of will that drives us as human beings.





## 6. Articles on the Retreat – *cont'd*

My session with Seamus Baker was a discussion of the spiritual skills that build resilience. His discussion catered on a planned approach to problems that beset us.

Apart from the socializing and exchange of ideas that I enjoyed, I participated in Mary-ann's choir of 12 who after 3 short rehearsals gave a presentation to the final assembly.

I hope other contributors can give more detail to what was an educational and uplifting experience- An opportunity to share ideas and ideals.

Many thanks to Mary-ann for pulling the event together with such vitality, and to Gillian, Alex and Vivienne for the behind scenes work that must have caused them much time and effort.

### 6.5 Congratulations

by Jo Gordon – South Australia

Congratulations! You put so much of your time and effort into planning the 4 day Retreat at the Stamford Grand, just for us folk to share together with others and their carers.

I was delighted to meet people from various parts of Australia and hearing their stories of determination as they each grow older and how they are really learning to be patient with their bodies by taking a slower approach to their daily activities.

Also, it's important for our families to be aware of us pacing ourselves according to our health each day of our lives.

I really enjoyed getting involved in the singing group which performed on the last day of our Retreat.

I was impressed to see the willingness of the people at mid-day, assisting others to place food onto their plates – while the area was crowded with folk who were eager to get lunch!

The speakers were inspiring and so willing to listen to our comments get between session times.

The view from my room was delightful, so restful. I could have stayed a month. It came at the right time in my life, as I had pins in my middle finger on my left hand, which is the one I write with. Yes, it made it very difficult to take notes, and even cut up food. But it gave me time to relax from my busy lifestyle.

I have since heard from many who attended the weekend – yes, new friendships were created. Thank you!