

Polio Australia

Representing polio survivors throughout Australia



Improving health outcomes for Australia's polio survivors

**Annual Report
2015/2016**



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About Polio Australia

Our Vision

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

Our Mission

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

Our Values

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



Our Purpose is to:

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





Dr John Tierney



Gillian Thomas



Jenny Jones



Brett Howard

Polio Australia's Board

July 2015—June 2016

- President: Dr John Tierney OAM (NSW)
- Vice President: Gillian Thomas (NSW)
- Secretary: Jenny Jones (WA)
- Treasurer: Brett Howard (SA)
- Arthur Dobson (Tas)
- Ron Exiner (Vic)
- Tessa Jupp (WA)
- Suzanne Mackenzie (Independent)
- John Mayo (Qld)
- Dr Margaret Peel (Qld)
- Billie Thow (Tas)
- Bev Watson (Vic)
- Peter Wierenga (SA)

Staff

- National Program Manager: Mary-ann Liethof (Vic)
- Administration Officer/Bookkeeper (Part-time): Shylie Little (NSW)

Regular Volunteer

- Jill Pickering (Vic)

Board

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



Ron Exiner



Arthur Dobson



Tessa Jupp



Susanne Mackenzie



John Mayo



Dr Margaret Peel



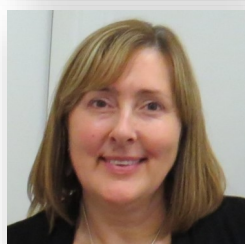
Billie Thow



Bev Watson



Peter Wierenga



Mary-ann Liethof



Shylie Little



Jill Pickering



National Program Manager

Mary-ann Liethof is Polio Australia's only full-time paid employee, and is responsible for developing and implementing all program areas. She was appointed and opened Polio Australia's office in January 2010.



Bookkeeper/ Administration Assistant

Shylie Little is employed one day a week to manage the accounts and a myriad other administrative tasks.



Business and Web Manager

Gillian Thomas works around the clock on a volunteer basis to ensure Polio Australia meets all its business and financial obligations. She also designs, populates, and manages Polio Australia's 6 websites, and provides input across all program areas.



National Patron and Government Lobbyist

John Tierney is Polio Australia's National Patron and was elected President in 2012. Since 2007, John has taken an annual delegation to Canberra to lobby for funding and services for Australia's post-polio community. He has done this in the capacity of pro-bono government lobbyist for Polio Australia.



Fundraising Coordinator

Suzanne Mackenzie was elected as an Independent Board Member in 2015, and specialises in coordinating fundraising activities to support Polio Australia's work. In her voluntary role, Sue has raised tens of thousands of dollars through a series of Rotary talks and special fashion fundraising events.



Administration/ Project Assistant

Jill Pickering has volunteered with Polio Australia since 2011. She assists with various project administration tasks such as compiling and summarising feedback from the Health and Wellness Retreats, and other report work.

Strategic Priorities 2015–2018

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

Objective One:



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

Objective Two:



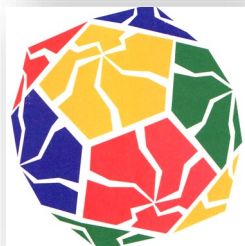
Lobbying and advocating for recognition of and appropriate service provision for Australia's polio survivors

Objective Three:



Building resources—financial and human

Objective Four:



Creating positive visibility in the community

Objective Five:



Enhance external and internal relationships for mutually beneficial outcomes

Year at a Glance

July	Initial discussions regarding a partnership between Rotary District 9685 and Polio Australia to run a series of Post-Polio Clinical Practice Workshops in Sydney's northern suburbs.
August	<p>Attending Polio New Zealand's first Health and Wellness Retreat in Hamilton enabled Polio Australia to strengthen relationships between our two organisations.</p> <p>Sue Mackenzie's highly successful "Fashion Fiesta" fundraising event in Brisbane, Queensland, raised a nett total of \$6,738.</p>
September	Joint <i>Walk With Me</i> event with Polio NSW and Northcott in Parramatta, NSW, raised a nett total of \$1,870.
October	<p><i>Walk With Me</i> event at Parliament House, Canberra, raised a nett total of \$6,386.</p> <p>World Polio Lunch fundraising event organised by Bill Peacock in Bribie Island, Queensland, raised a nett total of \$1,700.</p>
November	<p>Polio Australia's 7th Annual General Meeting held in Sydney.</p> <p>First joint Polio Australia/Rotary District 9685 Post-Polio Clinical Practice Workshop with 12 allied health professionals held in Ryde.</p>
December	Second Post-Polio Clinical Practice Workshop for 21 multi-disciplined health professionals held in St Leonards.
January	Launched Polio Australia's Bequest Program.
February	Third Post-Polio Clinical Practice Workshop for 16 multi-disciplined health professionals held in Katoomba.
March	Fourth and fifth Post-Polio Clinical Practice Workshops held in North Rocks (23 health professionals) and in Penrith (10 health professionals).
April	Sixth and seventh Post-Polio Clinical Practice Workshops held in Hornsby (20 health professionals) and in Gosford (29 health professionals).
May	Sue Mackenzie's second successful fundraising event, "Rio Carnivale", held in Brisbane, Queensland, raised a nett total of \$7,822.
June	<p>Eighth and final Post-Polio Clinical Practice Workshop for 11 multi-disciplined health professionals held in Windsor.</p> <p>Launched new Australian Polio Register website: australianpolioregister.org.au</p>

President's Report



Dr John Tierney OAM

During Polio Awareness Month in October, we returned to the Canberra halls of power, but this time in addition to meeting with our Parliamentary Patrons we held a 'Walk With Me' event and invited the members and senators to 'Walk With Us' ...

I am pleased to report that 2015-16 has been another very successful year for Polio Australia with the development of new initiatives, resources, programs and partnerships. As usual this has been achieved with very few resources or people to do the work. My special thanks go particularly to Mary-ann Liethof and Gillian Thomas who continue to give their all to our vital work in support of Australia's 400,000 polio survivors. This year saw the further development of two key initiatives: the partnership with Rotary on the implementation of post-polio clinical practice workshops for health professionals; and the development of Polio Australia's first international post-polio conference in Sydney.

Conference preparations are progressing smoothly at this stage with sixty abstracts and twenty-five international and Australian speakers agreeing to give keynote presentations. A jewel in the crown is the agreement by NSW Health Minister, the Hon Jillian Skinner MP, to host and speak at the Conference Gala Dinner. Also the funding for our conference received a terrific boost with a sponsorship of \$24,000 from the NSW Department of Health. The Conference Steering Committee, led by Dr Steve de Graaff, continues to meet to provide guidance to this event backed by an incredible amount of work behind the scenes by Mary-ann and Gillian.

During this year Polio Australia continued to work with Rotary District 9685 which provided \$20,000 dollars in funding and worked closely with Polio Australia in the running of eight clinical practice workshops in their northern Sydney district. ARC Health and Mt Wilga conducted the eight workshop training sessions for health professionals. They were very well received by the participants who scored the workshops very highly on all measures.

During *Polio Awareness Month* in October, we returned to the Canberra halls of power, but this time in addition to meeting with our Parliamentary Patrons we held a *Walk With Me* event and invited the members and senators to '*Walk With Us*' from the front entrance of Parliament House to either the Senate door or the House of Representatives door and back. We were joined on the Walk by six members and senators and a number of polio survivors. My special thanks go to Brian Wilson for bringing along the ACT Post-Polio Support Group. We were all very prominent in the parliament wearing our '*We're Still Here!*' T-shirts. Financially, the day was also very successful as we raised over \$6,000 dollars in donations.

World Polio Day on 24th October 2015 closely followed our descent on Canberra and Mary-ann and I were invited to speak at a well-attended and successful Polio Day organised by Polio Network Victoria. I also chaired a panel discussion on the NDIS at this event.

The growing link between Polio Australia and Polio New Zealand continued over the last year when we headed across the ditch to take part in their first Health and Wellness Retreat in Hamilton, just south of Auckland. In recent times a number of executive members of Polio NZ have attended our Health and Wellness Retreats in Australia and joined our 2014 AGM as observers. There were around thirty participants at the Retreat and a great bond developed over the three days. Mary-ann and I were both given a guest speaking spot at the evening dinners. Mary-ann provided an update on the Australasia-Pacific Post-Polio Conference in Sydney in September 2016, and I spoke about Polio Australia's developing connections with Rotary.

Congratulations are in order for Sue Mackenzie's two highly successful Brisbane-based fundraising events. The *Fashion, Fiesta and Tapas* in 2015 and the *Rio Carnivale Party* in 2016, raised a net total of just over \$14,500 dollars for the work of Polio Australia. The *Rio Carnivale Party* was a highly entertaining event which Mary-ann, my wife, Pam, and I attended. We were joined by two other family members of mine, who said they didn't realise that polio survivors could have such fun! Sue's fund-raising work is an inspiration to us all.

At Polio Australia we were saddened to learn in February 2016 of the passing of one of our great benefactors, Lisa Cameron. Lisa contracted Polio in 1929 aged three and lived to 89. Over the last three years, Lisa donated tens of thousands of dollars to the work of Polio Australia, which helped fund, amongst other projects, the highly acclaimed *Muscles and Mobility* resource for health professionals. Both Gillian Thomas and I represented Polio Australia at Lisa's funeral.

To occupy her spare time this year, Gillian decided to revise our Polio Australia Constitution now that we have given the initial Constitution a seven-year test run. The revisions allowed one of the most exciting changes this year, the creation of three additional skills-based positions on the Board.

As you are all very well aware, Polio Australia receives not one cent in government funding for the great work that we all do on behalf of Australia's 400,000 polio survivors. We are increasingly dependent on private donations such as those from Lisa. Recently we have turned our attention to *Bequests*. We have been assisted pro-bono in this work by John Jeffreys OAM. During his career, John was a very successful fundraiser, particularly in the area of bequests. He provided Polio Australia with advice on how to go about our own effective Bequests Program. I wish to acknowledge the terrific work that Mary-ann has put into the development of this program and her and Jill Pickering's generosity in funding a dedicated part-time position at Polio Australia to advance this fund raising initiative.



John Tierney at Polio Network Victoria's Polio Day October 2015

Vice President's Report



Gillian Thomas

The enhanced website means that the Australian Polio Register is now assembling a rich data set of survivor numbers and related information.

Our online presence continued to expand over the 2015-2016 year. By year end, increased social media activity saw our Facebook page approaching 1,000 "likes" (800 in 2014-2015), the related Facebook group had almost reached 150 members (previously 50), and our Twitter feed had attracted close to 400 followers (previously 300).

On the website front, work was concentrated on the Australian Polio Register and the Post-Polio Research database.

In a massive undertaking, the Australian Polio Register was moved from the Polio Australia website to its own dedicated, secure, website. The aims were to give the Register more prominence and make it easier for polio survivors to find it and add their details, and to greatly enhance the range and depth of data presented based on the registrations. Work started on the new website around Christmas 2015 and continued throughout the rest of the year.

The enhanced website means the Australian Polio Register is now assembling a rich data set of survivor numbers and related information. The ability to inform government policy development and facilitate provision of long-overdue funding and services is at last becoming a reality.

Work also continued throughout the year on the Polio Health website which is a dedicated resource for health professionals to learn about the diagnosis and management of the late effects of polio. The website includes sections about polio and its late effects, professional development opportunities, post-polio publications and videos, post-polio conferences, the Australian Polio Register, and post-polio research.

The Post-Polio Research database seeks to bring relevant, credible, peer-reviewed, research papers to the attention of health professionals working with post-polio patients. Since the 1980s there has been considerable research into the causes and effects of, and diagnosis, treatment and therapies for, the late effects of polio and post-polio syndrome. Sadly, in Australia, there has been little interest or research in this area.

There are currently around 200 research papers, including their abstracts, recorded in the database. The majority of the papers are available online, although a paid subscription may be required to view or download the full text. The research is assembled under 44 separate categories. There are also lists of the papers, sorted in various ways, together with information on the journals from which the papers are drawn. The database is fully searchable.

At year end, work was commencing on the next major development for the Polio Health website: an *Interdisciplinary Post-Polio Health Professionals Register*. Once this is in place, health professionals and polio survivors alike will for the first time have ready access to polio-knowledgeable health professionals across a range of disciplines and locations.

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

National Program Manager's Report



Mary-ann Liethof

As Polio Australia's achievements continue to go from strength to strength during the 2015-16 period, I remain the only full-time, paid employee for the sixth consecutive year, due to insufficient financial resources.

Our partnership with Rotary District 9685 to run a pilot series of ten Clinical Practice Workshops for health professionals in Sydney's northern suburbs proved to be a great success. A budget of \$2,000 per Workshop was proposed, most of which paid for facilitator and administrative contract time, plus any travel, accommodation, and other overhead costs. Polio Australia provided brochures, hard copies of its *"The Late Effects of Polio: Introduction to Clinical Practice"* resource, a PDF of its *"The Late Effects of Polio: Managing Muscles and Mobility"* resource, and a Certificate of Participation for 2.5 hours of Professional Development points.

Workshop locations and times were negotiated between Rotary District 9685, participating Clubs, and contracted neuro-physio, Melissa McConaghy, as facilitator. Consideration needed to be given to: geographical rotation to avoid running Workshops too close to each other in a short timeframe; Melissa's availability, as she continued to balance maternity leave and her own clinical practice; and varying the day and time options to accommodate a wide range of health professionals.

The participating Rotary Clubs were asked to secure local wheelchair-accessible venues, organise refreshments, and liaise with the contract administration worker, Jennifer McConaghy, regarding logistics - including dropping flyers into local health service providers to generate bookings.

Polio Australia set up a webpage on its Polio Health website which provided comprehensive details on the Late Effects of Polio Clinical Practice Workshop series. Bookings were made through the online TryBooking website - set up by Polio Australia - in order to capture specific contact information, and to provide participants with a confirmation 'ticket' they could print out for the Workshop. No fees were collected.

The final outcome was eight Late Effects of Polio Clinical Practice Workshops held in: Ryde, St Leonards, Katoomba, North Rocks, Penrith,

Hornsby, Gosford, and Windsor. The 140 health professionals comprised: 41 physiotherapists, 26 nurses, 25 occupational therapists, 3 GPs, 3 massage therapists, and a range of others.

Very positive written feedback was received from the majority of health professionals who took part in the Workshops and it is hoped that a number of the participants will also attend Polio Australia's *Australasian-Pacific Post-Polio Conference* in Sydney in September 2016.

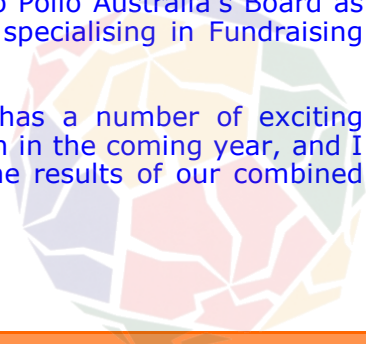
Polio Australia is in the process of creating an online register (available on the Polio Health website) of health professionals who are informed about the Late Effects of Polio, and interested in working with polio survivors. This Workshop series has revealed a number of clinicians who will, no doubt, add their details to the Register for quick and easy access by polio survivors seeking assistance in the management of their condition.

I have been in regular contact with Interpoint Events in the lead up to the Australasia-Pacific Post-Polio Conference. In the role of Conference Chair, Dr Steve de Graaff has convened regular Steering Committee teleconferences to discuss progress and logistics. The Scientific Committee reviewed more than 60 abstracts prior to the cut-off date of 31 March 2016 - not counting the 25 invited guest speakers.

Planning for this Conference has taken up much of my time, including preparing funding submissions to NSW Health for sponsorship, and the Department of Social Services 2016-2017 National Disability Conference Initiative Grant, which is to assist people with disabilities to attend disability-related conferences. Fortunately, both were successful, with additional sponsorship forthcoming from GSK, ResMed, and Post-Polio Health International.

Polio Australia has been delighted with the success of Sue Mackenzie's two major fundraising events, raising a total of just over \$14,500 nett. At the 2015 AGM, Sue was voted onto Polio Australia's Board as an Independent Member specialising in Fundraising Events.

Polio Australia certainly has a number of exciting projects coming to fruition in the coming year, and I look forward to seeing the results of our combined efforts and dedication.



Objective One Education



Late Effects of Polio Clinical Practice Workshops

In June 2015, Polio Australia and Rotary International District 9685 commenced consultations regarding a partnership proposal to facilitate ten Late Effects of Polio Clinical Practice Workshops throughout the Blue Mountains and North Western Sydney between November 2015 and April 2016.

The need for this training has been established anecdotally through a great many accounts from polio survivors over the decades of uninformed, expensive, and inappropriate treatment by a range of health practitioners. In addition, participant feedback from the 2014 trial Workshop revealed that 17 of the 19 health professionals attending answered 'Yes' to the question: *Do you believe there is a need for additional education for health practitioners on the LEOp and/or PPS?*

Polio Australia negotiated with Melissa McConaghy, Neurological Physiotherapist and Principal of ARC Health based in St Leonards, NSW, to develop the presentation and facilitate these Workshops. Melissa is a member of Polio Australia's Clinical Advisory Group.

Polio Australia engaged the services of Catriona Morehouse, Physiotherapist, Post-Polio Clinic at Mt Wilga Private Hospital, to facilitate the final Workshop, using the presentation prepared by Melissa.

Very positive written feedback was received from the majority of the 140 multi-disciplined health professionals who took part in the 8 Workshops. It is hoped that a number of the participants will also attend Polio Australia's *Australasian-Pacific Post-Polio Conference* in Sydney in September 2016.

Polio Australia is also in the process of creating an online register (available on the Polio Health website) of health professionals who are informed about the Late Effects of Polio, and interested in working with polio survivors. This Workshop series has revealed a number of clinicians who will add their details to the Register for quick and easy access by polio survivors seeking assistance in the management of their condition.

Australasia-Pacific Post-Polio Conference

Considerable progress has been made with the planning for Polio Australia's *Australasia-Pacific Post-Polio Conference* in Sydney from the 20th–22nd September 2016. More than twenty international and Australian speakers have agreed to give Keynote presentations, and NSW Health Minister, the Hon Jillian Skinner MP, has agreed to host and speak at the Conference Gala Dinner. The Steering Committee continues to meet and provide guidance, whilst members of the Scientific Committee have been peer reviewing and commenting on all the Abstracts being submitted by health professionals, and some polio survivors, from around the world.

National Centre for Prosthetics and Orthotics

For the sixth year in succession, Mary-ann was invited to address the Year One P&O students at Latrobe University in Victoria. The focus of these talks is to both provide information on Polio Australia, as well as inform the students about the Late Effects of Polio, and the issues impacting on polio survivors—their potential future clients.



Melissa McConaghy



Objective One Advocacy



Meeting with Parliamentary Patrons

John Tierney, Gillian Thomas, and Mary-ann Liethof met with four of Polio Australia's Parliamentary Patrons in Canberra: Mark Coulton MP (Nationals), Jill Hall MP (ALP), and Senator Rachel Siewert (Greens), to update them on our Rotary success, the International Conference and to ask them to be *proactive* on our behalf.

Walk With Me Canberra

While it is only a short walk for some, it's a real challenge for others. *Walk With Me* is an annual event that challenges us all to take the time to walk alongside people with disabilities.

Polio Australia's *Walk With Me* activity headed to Parliament House in Canberra to engage our nation's leaders in this awareness raising event. October is also National Polio Awareness Month, so when better to take Polio Australia's *Walk With Me* challenge?

Mark Coulton, MP, and Senator Rachel Siewert led a number of bipartisan Members, Senators, and polio survivors in the *Walk With Me* event at Parliament House on the 15th of October. People assembled in the Marble Hall to walk, wheel, or scoot to either the Senate or the House of Representatives front doors and back. The event proved to be an effective way to engage the parliamentarians.

ABC National Radio Broadcast

Several polio survivors were interviewed for Radio National's *The Body Sphere* Program — with the segment titled *Polio: forgotten but not gone*.

"Polio isn't yet eradicated from the world; it still exists in Pakistan and Afghanistan. Additionally, many Australians who contracted the disease as children are now experiencing a recurrence of symptoms."

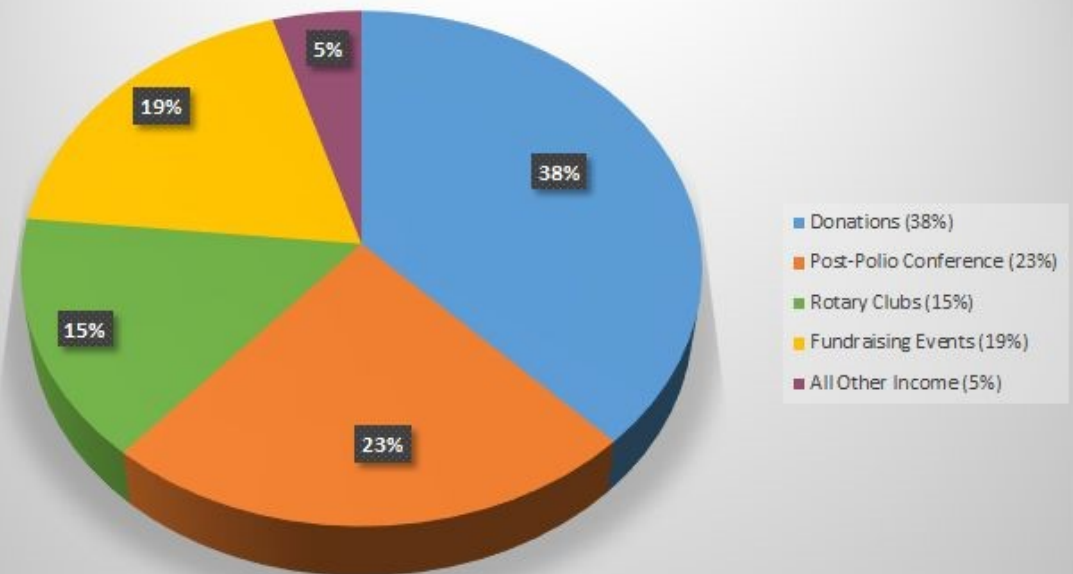


2015 Walk With Me Canberra 'Walkers'

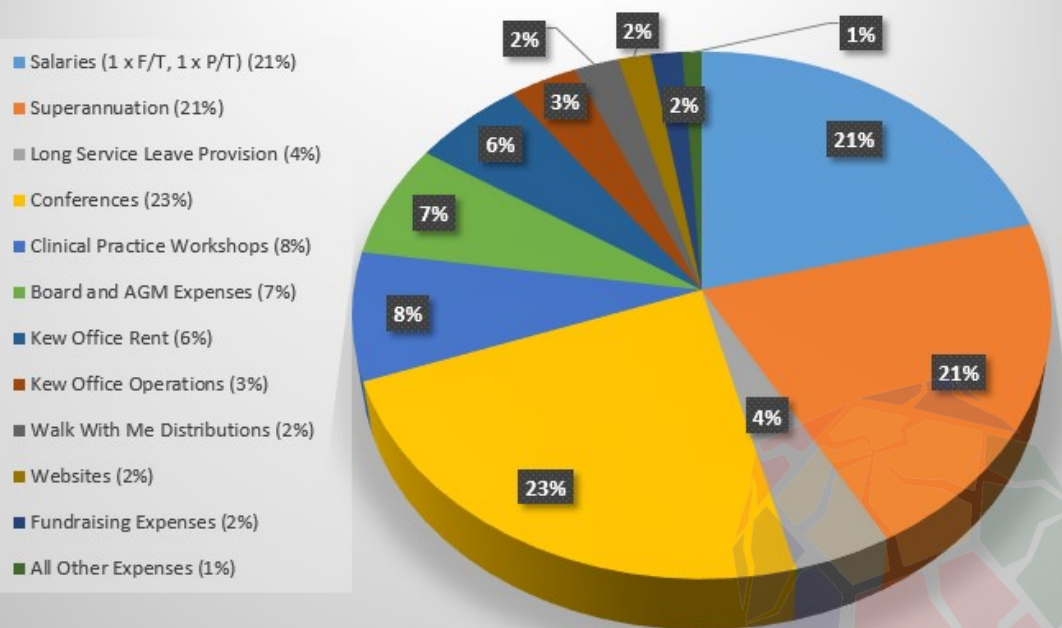
Objective Three

Resources 2015/2016

Polio Australia Income Sources 2015/2016



Polio Australia Expenditure 2015/2016



Objective Three

Fundraising Events

A Fun Day of Fashion, Fiesta and Tapas!



A sell-out fundraising event for Polio Australia organised by Sue and Graeme Mackenzie (with the assistance of Jane Young, Rosemarie Davidson, Jan Williams and Sarah Hutson) was held at the newly renovated Brunswick Hotel in New Farm in Brisbane on Sunday afternoon, 9th August 2015.

Among the guests were Queensland ALP MPs Grace Grace and Joe Kelly (represented by Sue Adams), and Brisbane City Councillor for the Central Ward that includes New Farm, Vicki Howard. Every attendee received a copy of Polio Australia's pamphlet, *"We're Still Here!"*.

Some \$3,000 worth of goods were raffled and a silent auction was conducted for several items of particularly high value.

The 95 people in attendance raised a healthy total of \$6,738 nett.

Fundraising Bribie-Island Style



World Polio Day was the perfect opportunity for a fundraising luncheon, organised by polio survivor, Bill Peacock, and the Rotary Club Bribie Island, with proceeds going to Polio Australia.

The 40 or so people who attended were given a scrumptious lunch at the Bribie Island Hotel, entertained by local vocalist, 'Kellsy', delighted by the Special Guest 'Gold Coast BENJI', and a lucky few left with a range of creative raffle prizes.

This fun day raised approximately \$1,700 towards Polio Australia's work. We are very grateful to Bill and his small team of volunteers, and the Rotary Club of Bribie Island for all their efforts!

Rio Carnivale Fundraising Party



Rio came to Brisbane on Sunday the 15th of May 2016 thanks to Sue Mackenzie's Rio Carnivale Fundraising Party! Around 70 people attended the Brunswick Hotel to enjoy tapas, entertainment by the SAMBALISCIOUS Dancers direct from Rio, and a fashion parade by SFH Designs. Sue and her team of volunteers organised the day, with generous sponsorship from Gold Coast Benji, SFH Designs, Red Works, and Elliotts Accounting. Sue was kept busy announcing competitions and drawing over 30 raffle prizes. The total nett amount raised for Polio Australia was an amazing **\$7,821.67**—and a very good time was had by all! A big **THANK YOU** to Sue, and everyone who contributed to making the day such a wonderful success.

Dr Margaret Peel
with Gold Coast
Benji



Objectives Four and Five

Visibility and Partnership Development



Partnering with Rotary District 9685

The joint LEOP Clinical Practice Workshops project was developed following preliminary discussions between PDG Bob Aitken AM JP, Chairman, RI District 9685 Polio and Public Relations Committees 2015/2016, and Polio Australia's President, Dr John Tierney OAM PhD, at the 2015 District Conference in Cessnock, NSW. Polio Australia had previously conducted a successful trial Clinical Practice Workshop in Melbourne in 2014, and was seeking support to continue providing training opportunities for health professionals in managing the Late Effects of Polio.

At the beginning of the 2015/16 Rotary year, the incoming District 9685 Governor, Gina Growden, was briefed on the discussions with Polio Australia and immediately supported a proposed series of free Workshops. The Governor shared the concept with her Clubs and District Leaders and agreed that the project had great potential to be further developed by Rotary International and play a role in the culmination of the Polio Plus campaign. It was emphasised that the proposed program had a strong 'fit' with Rotary's vocational base.



Catriona Morehouse (centre) with polio survivors

Partnering with ARC Rehab and Mt Wilga Private Hospital

Polio Australia's partnership with Melissa McConaghy, Neurological Physiotherapist and Principal of ARC Health, ensured we were able to facilitate the LEOP Clinical Practice Workshops in a professional manner, including administrative support.

We also negotiated with Mt Wilga Private Hospital to run one of the Workshops, and again to secure the services of Catriona Morehouse, Physiotherapist, Post-Polio Clinic, to facilitate the final Workshop.

Partnering with Interpoint Events

Following several discussions and a detailed proposal submitted by Polio Australia, Interpoint Events agreed to take on the Australasia-Pacific Post-Polio Conference as one of their projects. This includes budget planning, securing and liaising with the venue, and providing the administration, logistics, and marketing services required to run a successful and professional International Conference. Polio Australia's role is liaising with Presenters, communicating with the Steering and Scientific Committees, Program development, promoting the Conference to our networks, and applying for relevant funding submissions.



Developing Stronger Relations with Polio NZ

This year has seen the strengthening of relations between Polio Australia and Polio New Zealand, precipitated by John Tierney and Mary-ann Liethof's participation at Polio NZ's first Health and Wellness Retreat. During that time, discussions took place between the two Presidents (John Tierney and Barry Holland) regarding the benefits of Polio NZ engaging a paid staff member to progress the organisation. The subsequent appointment of Gordon Jackman has facilitated more regular communication between the two organisations. The new health and clinic network projects being undertaken in New Zealand also resulted in an exchange of ideas and information on running the LEOP Clinical Practice Workshops in New Zealand in future.



John Tierney and Barry Holland

Program Overview

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

AUSTRALIAN POLIO REGISTER

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

CLINICAL TRAINING

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

EDUCATIONAL PRESENTATIONS

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

CLINICAL PRACTICE RESOURCES

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

PUBLICATION

Polio Australia publishes a quarterly e-Magazine "Polio Oz News", which is emailed to over 2,000 addresses, and is available online.

LATE EFFECTS OF POLIO SELF-MANAGEMENT RESIDENTIAL PROGRAM

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

POLIO AWARENESS MONTH

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

WEBSITES

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

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



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www.stillhere.asn.au ^{2/21} www.polio.org.au ^{2/21} www.postpolioconference.org.au

