

Polio Australia

Representing polio survivors throughout Australia

2018 Polio Health and Wellness Retreat

Body / Mind / Spirit



REGISTRATION

To be completed and returned with Program

(please keep a copy for your records)

Polio Australia will once again be facilitating its 4 day/3 night day Polio Health and Wellness Retreat for polio survivors and their partners, this time from Thursday 11 October to Sunday 14 October 2018 at the Stamford Grand in Glenelg, South Australia: www.stamford.com.au/sqa

Stamford Grand Hotel Adelaide at Glenelg is one of Adelaide's premier beachside resorts. It is a 10 minute drive from the airport and a 20 minute drive from Adelaide's CBD. Located right on the beach at popular seaside suburb of Glenelg, Stamford Grand resort is accessed via Jetty Road's vibrant retail 7-day trading strip.

To ensure that the Retreat environment is conducive to friendly networking, **numbers have been restricted to 70 people**. Preference will be given to South Australian residents and those interstate people who have not attended previous Retreats. **This does not preclude previous participants from registering and paying. Bookings are only confirmed when payment is received and places allocated.** Once we reach capacity, people will be contacted and asked if they wish to be placed on a waiting list. If we exceed the quota, once places have been allocated, there will be an immediate refund of payment.

Please note that **Registration is in 2 parts**: completion and return of this '**Registration**' form, together with payment; and completion and return of your session preferences which is located on a separate '**Program**' document. At the Retreat, you will also receive a copy of the '**Presenters List**' with details of all the session facilitators and their backgrounds for your information.

The Registration form and Program is available in both Word and PDF format. Completed forms can be returned by email as either a Word or scanned PDF attachment, or posted back to Polio Australia. All contact details are located at the end of this document. **Full payment must be made when you register to secure your place at the Retreat.**

If you have any questions about the Retreat or the Registration process, please do not hesitate to contact us by phone on 03 9016 7678 or by email at office@polioaustralia.org.au.

The Program

This is a fully residential 4 day/3 night program and commences with registration from 2.00 pm onwards on Thursday 11th October, and departure at approximately 2.30 pm on Sunday 14th October 2018. **We do not accept partial bookings or off-site accommodation.**

A number of health professionals familiar with the issues associated with LEOp have kindly agreed to facilitate question and answer forums, which enable a broad spectrum of concerns to be raised within a group of people with similar conditions. We are extremely grateful to all the session facilitators for sharing their expertise, especially as the majority of them are providing their time and knowledge at no charge.

The success of this format lies in people discussing their own experiences of what works, supported by the knowledge and expertise of the respective health professionals. Therefore, to ensure this dynamic interaction is achieved, participant numbers are limited to a **maximum of 20 per session**. It is possible that not everyone will be successful in accessing everything they choose, but we hope that there are enough activities of interest to keep everyone satisfied.

There may also be opportunities to book to see various health professionals on a one-to-one basis, but no details are available as yet. More information on pre-booking these options will be provided in the lead up to the Retreat. It should be noted that, due to the set number of appointments available, not everyone will be able to secure a booking. In these cases, a waiting list will be drawn up. **These one-to-one appointments will overlap with session times.** It is unavoidable and expected that participants will need to come and go from sessions accordingly, being mindful of causing as little disruption as possible in the process.

On the separate Program, you are being asked to indicate your order of preference for attending each activity. For example: Saturday 13th October – 10.30 am to 12.00 pm – “Your Financial Future” might be your 3rd choice, so indicate this by either highlighting or circling the number ‘3’ against that session; “Maximising My Independence” might be your 1st choice, so select number ‘1’ against that session. Continue until you – **and** Participant 2 - have numbered all sessions in order of preference.

Where there is an oversubscription to any of the sessions and/or booked activities, names will be selected by ballot. During registration on Thursday 11th October, participants will be notified which sessions/booked activities they have been allocated.

Below is an overview of the daily itinerary and examples of the sessions you may select from:

Thursday 11th October

- Registration
- Welcome Dinner
- Guest Speaker
- Program Overview
- Introductions & Orientation

Friday 12th October (Body)

- Plenary: Current research and feedback from health professionals on LEOp
- Staying on your feet and getting back up again
- Gentle Moves
- Gentle Bodywork Techniques
- Hydrotherapy
- Fatigue, gait and balance
- Respiratory Function and Sleep Health
- Partnering Polio
- Carnitine - self-help for polio fatigue and muscle energy
- Understanding fatigue and muscle loss for polio survivors
- Foot Care for Polio Feet

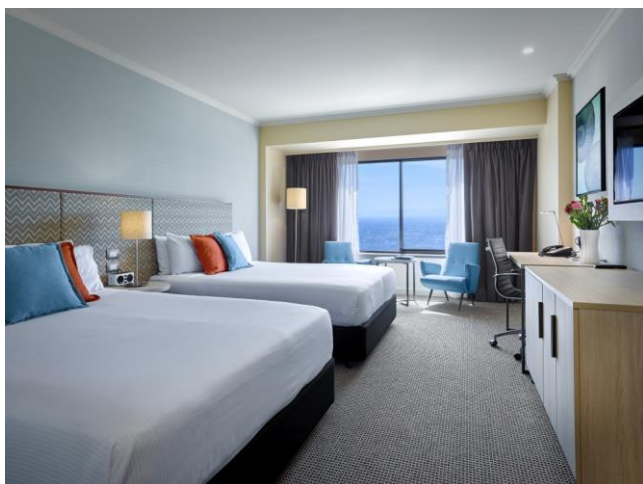
Saturday 13th October (Mind)

- Plenary: Time on our Mind
- Your Financial Future
- Chair Dancing
- Maximising My Independence
- Awareness Through Movement
- Mosaic Made Easy
- Early Polio Memories
- Partnering Polio
- Card Making
- What's the Use of Art?
- Game On

Sunday 14th October (Spirit)

- Plenary: What makes your whole body light up?
- Finding God in Christianity
- Dreamtime, Art, and Aboriginal Spirituality
- Introduction to Buddhism

Accommodation / Registration Fees



Grand Ocean View Room



Grand City View Room

To keep costs as low as possible, every year Polio Australia submits numerous philanthropic grant applications to subsidise registration fees.

Stamford Grand is a wheelchair friendly venue with elevators to the upstairs accommodation. All rooms booked for this Retreat have walk-in showers. As there are no hand rails, non-slip mats will be provided in all bathrooms. If required, Polio Australia will hire shower stools, and over the toilet risers to help make the bathrooms more accessible and ensure your safety. This equipment will need to be booked in advance, so please read carefully, and ensure you select this option on pages 6 and 7, if required.

Single, double, and twin room configuration is available. Grand Ocean View rooms will be allocated as a bonus to 'early bird' bookings, until they are all filled:

Grand Ocean View Rooms/Walk in Shower

1 x King Size Bed or 2 king singles; Views of the Norfolk Pines, Foreshore and Beach

Grand City View Rooms/Walk in Shower

1 x King Size Bed or 2 king singles; Views to Adelaide Hills, the City and Adelaide surrounds

Grand City View Rooms – Accessible Rooms/Roll in Shower (8 x rooms / maximum 16 people)

1 x King Size Bed or 2 king singles, Views to Adelaide Hills, the City and Adelaide surrounds

Each room option includes:

- Wireless Internet access
- Executive Desk
- In-room safe
- On-demand movies and cable TV
- Tea and coffee making facilities
- 24-hour reception/room-service/Concierge
- Laundry/valet service
- Stamford Grand Adelaide is a non-smoking hotel
- Check in: 2pm
- Check out: 11am

Registration Fees

The costs listed below are all-inclusive of accommodation, food, workshop sessions, and listed activities for the 3 nights/4 days duration of the Retreat, and are considerably subsidised through grant funding.

- Single occupancy in **any room** \$500.00 per person
- Double or twin occupancy in **any room** \$900.00 per couple or \$450 per person

To Book Extra Nights

If you would like to arrive before or depart after the Retreat dates, please contact the Stamford Grand directly. Please advise the staff you are a part of the Polio Australia Retreat, so they can accommodate you accordingly. You will be charged the best publicly available rates.

Contact Stamford Grand Reservations on: Ph: 08 8376 1222 / Email: reservations@sga.stamford.com.au

Meals Provided



Breakfast:

3 x Buffet Breakfasts served in the Promenade Restaurant

Lunch:

2 x Light lunches: sandwiches, salads, fruit, juice, tea/coffee

1 x BBQ (Sunday)

Dinner:

3 x 2 Course Plated Dinners – Main and Dessert

(2 choices for each course/alternate drop)

Morning and Afternoon Teas

Note: all dietary requirements will be accommodated / alcohol available but not included

Getting To Glenelg



From Adelaide Airport

People with a disability or who need special assistance can call 08 8308 9380 or 0438 890 024, prior to their visit to the airport.

Ensure you tell your airline or travel agent when making your reservation if you have a disability and the assistance you will require. When flying to Adelaide Airport aboard a jet, disembarkation will be via the passenger boarding bridge into the terminal on Level 2. Should you require a wheelchair or other assistance, please ensure the airline is made aware prior to your flight. Once inside the terminal, please proceed to baggage re-claim on Level 0.

To assist passengers with mobility movement throughout Terminal 1, some airlines operate a 'buggy' (people mover) service to help customers reach their required departure gate. This service can be arranged by airline staff.

An information booth is located on Level 0 which can also offer assistance regarding directions and terminal information.

Public Transport



The Adelaide Metro website contains extensive information on public transport options including fare options, accessibility, planning your journey, timetables and maps. Their InfoLine number is: **1300 311 108** or check online here: www.adelaidemetro.com.au

Bus numbers J1 and J1a run between the Adelaide City Centre, Adelaide Airport and Glenelg. The Glenelg bus stop is on Moseley Street, a short 5 minute walk from the Stamford Grant Adelaide. Most buses are wheelchair accessible.

Frequency is 15 minutes between 7.30 am and 6.30 pm, Monday to Friday and every 30 minutes at night, Saturday and Sunday until 10 pm.

If you are travelling from Adelaide City Centre, you can also catch the modern Glenelg tram, which is wheelchair accessible and will drop you virtually at the door of the Stamford Grand.



Taxis

Adelaide Airport to Glenelg by taxi is just under 10 km's this is a 15 minute taxi ride which should cost approx. \$20.00.

Adelaide Independent Taxis

Phone: 132 211 / Online - www.aitaxis.com.au



Adelaide Access Taxis caters for passengers with disabilities - particularly those with mobility aids, such as wheelchairs and scooters. Vehicles are fitted with hydraulic lifts, enabling passengers in wheelchairs and scooters to be loaded directly into the taxi where they are secured and transported to their destination.

The Access fleet consists of single wheelchair taxis and Commuter Buses, able to fit 2 or 3 wheelchairs and carry up to 11 passengers. Ring 1300 360 940 to book your wheel chair accessible taxi with

Adelaide Access Taxis, on call 24 hours a day, every day.

Driving/Parking

A multi-storey car park is located adjacent to the hotel. Valet Parking for delegates staying overnight in the hotel is charged at \$40.00 or self-parking for \$20.00 per night. This needs to be organised directly with the hotel.

Participant 1

Where more than one person is attending all communications will be directed to Participant 1

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

☐ Male ☐ Female Year of Birth: _____ (for statistics only)

Ph: (Day) _____ Mobile: _____

Email: _____

Have you had polio? ☐ Yes ☐ No If yes, what year? _____

Do you usually use a mobility aid? ☐ Yes ☐ No

If 'Yes', what type?

☐ Walking Stick ☐ Elbow Crutches ☐ Manual Wheelchair

☐ Electric Wheelchair ☐ Scooter ☐ Walker

Will you be bringing your mobility aid with you? ☐ Yes ☐ No

Do you require additional aids during your stay? Please advise:

Over the toilet riser? ☐ Yes ☐ No Shower stool? ☐ Yes ☐ No

Other: _____

Any special dietary requirements: ☐ Vegetarian ☐ Dairy Free ☐ Gluten Free

☐ Other / Food Allergies: _____

In case of emergency, whilst attending the program, please include the name of a contact person:

Name: _____

Relationship to Participant: _____

Ph: (Day) _____ Mobile: _____

Room Type Preferred (Ocean View Rooms will be allocated to 'early bird' bookings)

☐ Grand **Ocean View** Room – single occupancy (dependent on availability)

☐ Grand **Ocean View** Room – double or twin occupancy with Participant 2 (dependent on availability)

☐ Grand City View Room – single occupancy

☐ Grand City View Room – double or twin occupancy with Participant 2

☐ Grand City View **Accessible** Room – single occupancy

☐ Grand City View **Accessible** Room – double or twin occupancy with Participant 2

Participant 2

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

☐ Male ☐ Female Year of Birth: _____ (*for statistics only*)

Ph: (Day) _____ Mobile: _____

Email: _____

Have you had polio? ☐ Yes ☐ No If yes, what year? _____

Do you usually use a mobility aid? ☐ Yes ☐ No

If 'Yes', what type?

☐ Walking Stick ☐ Elbow Crutches ☐ Manual Wheelchair

☐ Electric Wheelchair ☐ Scooter ☐ Walker

Will you be bringing your mobility aid with you? ☐ Yes ☐ No

Do you require additional aids during your stay? Please advise:

Over the toilet riser? ☐ Yes ☐ No Shower stool? ☐ Yes ☐ No

Other: _____

Any special dietary requirements: ☐ Vegetarian ☐ Dairy Free ☐ Gluten Free

☐ Other / Food Allergies: _____

In case of emergency, whilst attending the program, please include the name of a contact person:

Name: _____

Relationship to Participant: _____

Ph: (Day) _____ Mobile: _____

Payment Options

Payment can be made in one of three ways (please select):

☐ Internet banking/direct credit to Polio Australia Inc account:

Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766

Please ensure that you quote your Family Name on your internet banking transaction

Please provide the internet banking transaction reference: _____

☐ Deposit the money at a local Westpac branch into Polio Australia Inc account:

Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766

☐ Please tick to confirm that a copy of the Bank Receipt is attached

☐ Cheque made out to Polio Australia Incorporated and posted to the address at the end of this Page

Enclosed please find payment by Cheque / Direct Deposit Receipt for Registration and accommodation in:

☐ Ocean or City View Room – single occupancy \$500 per person

☐ Ocean or City View Room – double occupancy with participant 2 \$900 per couple

☐ Ocean or City View Room –twin occupancy with participant 2 (or *) \$450 per person

☐ Grand City View **Accessible** Room – single occupancy \$500 per person

☐ Grand City View **Accessible** Room – double occupancy with participant 2 \$900 per couple

☐ Grand City View **Accessible** Room – twin occupancy with participant 2 (or *) \$450 per person

☐ *If possible, PA can try to match you with another participant of same sex for twin share occupancy

EXTRAS:

☐ Hydrotherapy session** \$20 per person

***payable only if this is selected as your first choice on the program*

Total: \$_____

Now please proceed to the Program – a separate document – which also needs to be completed and returned for your Registration to be complete.

Documents and full payment can be sent by:

Post – PO Box 500, Kew East, Victoria, 3102

or

Email – office@polioaustralia.org.au