

2018 Polio Health and Wellness Retreat Body / Mind / Spirit



Stamford Grand, Adelaide 2 Jetty Rd, Glenelg, South Australia, 5045

Program

Thursday 11, Friday 12, Saturday 13 and Sunday 14 October 2018

To be completed and returned with Registration Form (please keep a copy for your records)

Overview

Since it began in 2010, Polio Australia has run its highly successful Polio Health and Wellness Retreats in New South Wales (2010 & 2014), Victoria (2011 & 2015), Queensland (2012 & 2017), and South Australia (2013). These were all based on a Polio Retreat held by Post-Polio Health International in Warm Springs, Georgia, USA (2009), which was attended by five Australians – four being polio survivors.

The Warm Springs Retreat focused on 'Body, Mind, Spirit' and this theme has also proven to be a very effective framework for our Australian Retreats, as it takes a holistic approach towards chronic condition self-management for polio survivors, their families and carers.

Polio Australia's Health and Wellness Retreat 'open circle' Question and Answer format is a valuable self-management tool – especially the sharing of experience by the participants. The forums fully engage all participants in free-flowing discussion and information exchange, resulting in a clearer understanding and better retention of the management strategies being presented. A survey conducted in 2014 demonstrated that participating in Polio Australia's Health and Wellness Retreats have enabled participants to improve their 'health literacy' and change health behaviour and practice.

The knowledge gained during these Retreats has not only assisted participants to better manage their own condition, but is also being shared with their health professionals, thereby facilitating improved care for other patients presenting with the Late Effects of Polio (LEoP).

This eighth Retreat, back at Stamford Grand in Glenelg, South Australia, carries on the tradition of being located in a stunning setting which is comfortable, relaxing and conducive to absorbing new information and experiences. It promises to build on previous sessions and participant feedback to present a range of self-management techniques, which will enable participants to achieve general wellbeing, as well as providing insights for people to remain as mobile and independent as possible.

Program Preferences

Day 1 – Orientation – Thursday 11 October 2018

Time	Activity	Facilitator
2.00 to 6.00 pm	Registration, room allocation and facility orientation	N/A
3.00 to 4.30 pm	<i>Walk With Me</i> 10 Year Anniversary Fundraising Event	N/A
6.30 to 7.30 pm	Dinner	
7.30 pm	Welcome	Gillian Thomas <i>President, Polio Australia</i>
7.40 pm	Guest Speaker Steve Georganas MP Federal Member for Hindmarsh <i>and</i> Parliamentary Patron and Co-Convenor, Parliamentary Friends of Polio Survivors Friendship Group	Introduction by Maryann Liethof <i>National Program Manager, Polio Australia</i>
8.10 pm	Program Overview and Brief Announcements	Maryann Liethof
8.30 pm	Participant Introductions	Maryann Liethof
9.00 pm	Relax and Mingle	N/A



Participants at the 2017 Polio Health and Wellness Retreat in Queensland

INSTRUCTIONS FOR COMPLETING THIS FORM

Please read carefully

- This Program lists up to three sessions running concurrently from 10.30am-12.00pm, then 2.00-3.30pm, and 4.00-5.30pm on most days. Please select which sessions you most wish to attend, in order of preference, by ranking **every** session with a **circle** or by **highlighting** the **1 / 2 / 3** in the 'Preferences' column.
- This ranking needs to be completed by both **Participant 1** (*polio survivor*) and, if relevant, **Participant 2** (*accompanying spouse/family member/carer*).
- Once all the Registration documents have been received and collated, if your first preferred session is full (*maximum of 20 people per session*), we may need to allocate you to your second preference.
- Where you have not indicated preferences, sessions will be allocated for you. Of course, you are not required to attend any sessions you don't want to. 'Personal time' is always an option!
- **Make a copy for your records.**

Day 2 – The Healthy Body – Friday 12 October 2018

Time	Activity	Facilitator	Preferences	
6.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	<p>Plenary: Current Research And Feedback From Health Professionals On LEOp</p> <p>Paul will unpack the latest and current research on the Late Effects of Polio; what we know, what is unknown and what conclusions we can make on symptoms of fatigue, pain and weakness. Whilst discussing how you can find the right health professional to assist, Paul will also discuss what he has learnt from delivering workshops on LEOp to these professionals over the past 12 months. Are we better off?</p>	<p>Paul Cavendish <i>Exercise Physiologist and Clinical Health Educator</i></p> <p>Polio Australia</p>	Preference N/A	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	<p>Gentle Bodywork Techniques</p> <p>It is a common experience for those living with LEOp to be hurt when receiving standard massage or other bodywork treatments. Gentle modalities achieve better results. In this session, John explains the theory and practice of two gentle techniques, Myofascial Release and Acupressure. Together, these two modalities can bring both short-term relief and lasting changes in the body's fascia and energy networks.</p> <p>– Talk, demonstration, and Q&A</p>	<p>John Kirkwood <i>Master Acupressure Practitioner</i></p> <p>The Acupressure Centre</p>	<p>Participant 1</p> <p>Preference</p> <p style="text-align: center;">1 2 3</p>	<p>Participant 2</p> <p>Preference</p> <p style="text-align: center;">1 2 3</p>

	<p>Staying On Your Feet And Getting Back Up Again With years of experience working with polio survivors, Ann will explain exercises and considerations around the home to improve balance and reduce your chances of falling. She will also discuss the best ways to safely get back up, including advice for partners on how to assist and support if there has been a fall.</p> <p>– Interactive Q & A session</p>	<p>Ann Buchan <i>Neurophysiotherapist</i></p>	<p>Participant 1</p> <p>Preference 1 2 3</p>	<p>Participant 2</p> <p>Preference 1 2 3</p>
	<p>Gentle Moves This is an interactive session involving discussion on activity and exercise. What are the recommendations for being active? What is an appropriate level for activity, especially with the effects of polio? Paul will then guide people through an inclusive exercise session, suitable for people in a chair and who are more mobile. This will involve breathing exercise, stretching and some strengthening exercises that aims to give you some options to include at home and feel energised!</p> <p>– Practical session, seated</p>	<p>Paul Cavendish <i>Exercise Physiologist and Clinical Health Educator</i></p> <p>Polio Australia</p>	<p>Participant 1</p> <p>Preference 1 2 3</p>	<p>Participant 2</p> <p>Preference 1 2 3</p>
12.15 pm	Lunch			
1.00 to 2.00 pm	Rest & Relaxation			
	<p>Guided Meditation – 20 min session at 1.30pm</p>		<i>Optional</i>	
2.00 to 3.30 pm	<p>Hydrotherapy 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.</p> <p>– Practical session in the pool / BYO towel</p> <p>Max 12 participants</p> <p>Cost: \$20.00 (add cost to Registration Fee) for pool entry and taxi fare</p> <p>Note: Participants must have current medical clearance and be able to enter and exit the pool independently.</p>	<p>Margot Strelan <i>Physiotherapist</i></p>	<p>Participant 1</p> <p>SESSION FULL</p>	<p>Participant 2</p> <p>SESSION FULL</p>

	<p>Fatigue, Gait and Balance Chris, James and Maayken will share their research on the effects fatigue has on gait and balance. Following this, they will discuss what is effective for improving balance such as exercise prescriptions, orthotics, and technology and gaming. Participants will be encouraged to share the major issues that they have with fatigue, gait, and balance, as the presenters explore practical ways that may resolve these issues.</p> <p>– Interactive Q & A session</p>	<p>Chris Barr <i>Lecturer in Clinical Rehabilitation and Director of Health Sciences Teaching Program</i> College of Nursing and Health Sciences and James McLoughlin <i>Neurological Physiotherapist, and Director</i> NeuroPhysiotherapy and Maayken Vandenberg <i>Post-Doctoral Research Fellow</i> Department of Rehabilitation and Aged Care, Flinders Medical Centre</p>	<p>Participant 1 Preference 1 2</p>	<p>Participant 2 Preference 1 2 3</p>
	<p>Respiratory Function and Sleep Health The respiratory team will discuss different kinds of respiratory testing, including demonstrations of spirometry and explanation of the significance of results. Following this, the CPAP and BiPAP machines will be explained, including demonstration of how to get the best out of different equipment.</p> <p>– Talk, demonstration and Q&A</p>	<p>Dr Vinod Aiyappan <i>Respiratory and Sleep Specialist</i> and Katherine Bassett <i>Sleep Nurse Consultant</i> and Paula Fottrell <i>Respiratory Scientist</i> Respiratory and Sleep Services, Flinders Medical Centre</p>	<p>Participant 1 Preference 1 2</p>	<p>Participant 2 Preference 1 2 3</p>
	<p>Partnering Polio This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.</p> <p>– Interactive session</p>	<p>Graeme Smith <i>Husband of Polio Survivor</i></p>	<p><i>Session is for partners or carers</i></p>	<p>Participant 2 Preference 1 2 3</p>
<p>3.30 to 3.55 pm</p>	<p>Afternoon Tea</p>			

4.00 to 5.30 pm	<p>Understanding Fatigue And Muscle Loss For Polio Survivors Dr Nigel Quadros will outline from his clinical and research experience the factors surrounding fatigue and the options a polio survivor may have in managing this. Nigel has extensive experience and interest in this area and will discuss his investigation regarding the role of muscle loss and how this may contribute to fatigue. He will also share any insights that he has learnt from comprehensive investigation and clinical experience with attendees.</p> <p>- Interactive Q & A session</p>	<p>Dr Nigel Quadros <i>Senior Medical Staff Specialist</i></p> <p>Department of Rehabilitation Medicine, Queen Elizabeth Hospital</p>	<p>Participant 1</p> <p>SESSION FULL</p>	<p>Participant 2</p> <p>SESSION FULL</p>
	<p>Foot Care For Polio Feet The more limited your mobility, the more important it is to look after your feet! This session will look at how the use of manual therapy techniques including foot mobilisation, dry needling and muscle strengthening can help the body help itself for effective relief.</p> <p>- Interactive Q & A session</p>	<p>Tom Kolesnik <i>Podiatrist</i></p> <p>Posture Podiatry</p>	<p>Participant 1</p> <p>Preference 1 2</p>	<p>Participant 2</p> <p>Preference 1 2</p>
	<p>Carnitine - Self-Help For Polio Fatigue And Muscle Energy Learn more about eating to get more carnitine in your diet and how to get your most effective supplement dose, from WA Clinic Nurse Tessa and Jenny. The Polio Clinic in WA started trialling carnitine to assist with post-polio fatigue in 1994 when little was known about it. Now, 24 years later, we know a lot more about how carnitine supplementation works and why so many polio survivors need higher levels to improve their muscle function and fatigue.</p> <p>- Interactive Q & A session</p>	<p>Tessa Jupp <i>Registered Nurse and CEO</i></p> <p>Polio Clinic WA</p> <p><i>Board Member</i> Polio Australia</p>	<p>Participant 1</p> <p>Preference 1 2</p>	<p>Participant 2</p> <p>Preference 1 2</p>
6.30 to 7.30 pm	Dinner			

7.30 pm
onwards

Free time / Movie: Breathe (2017)



Adventurous and charismatic, Robin Cavendish (Andrew Garfield - Hacksaw Ridge, Silence) has his whole life ahead of him when he is paralysed by polio whilst in Africa. Against all advice, Robin's wife Diana (Claire Foy - Golden Globe Winner, The Crown, Wolf Hall) brings him home from hospital where her devotion and witty determination transcends his disability.

Day 3 – The Healthy Mind – Saturday 13 October 2018

Time	Activity	Facilitator	Preferences	
6.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	Plenary: Time On Our Mind How do we re-organise our time as we age and how do those choices affect our mental and physical health?	Tim Olds <i>Professor of Behavioural Epidemiology</i> School of Health Sciences, University of SA	Preference N/A	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	Your Financial Future During this session, we will explore various areas of your financial wellbeing. We will bring you up to date on Retirement and Superannuation, Centrelink, Benefits for Retirees, Home Care, Aged Care and Estate Planning. – Interactive Q & A session	Natalie Bordun <i>Authorised Representative of Charter Financial Planning Ltd Accredited Aged Care Professional™</i> Minerds Bell Consultancy Group	Participant 1 Preference 1 2 3	Participant 2 Preference 1 2 3
	Chair Dancing Chair Dancing is an aerobic form of exercise with a difference – it's all done sitting down! It helps with developing co-ordination and exercises the imagination as we go horse riding and swimming, do the Can Can, the Waltz, the Mexican Hat Dance, and much, more! – Practical session, seated	Jacqueline Lerwill <i>Tutor</i> U3A Gawler	Participant 1 Preference 1 2 3	Participant 2 Preference 1 2 3
	Maximising My Independence In this session, Anna and Carol will share information on the following key topics: <ul style="list-style-type: none"> • Maximise your independence and quality of life – stay living at home longer with support from the CHSP • Wellness, reablement and restoration – your participation, your goals, your choice and your rights • Access information about CHSP at My Aged Care – your one-stop-shop for all aged care information and services – Interactive Q & A session	Anna Sheppard and Carol Hillman <i>Peer Educators</i> COTA SA (Council on the Ageing)	Participant 1 Preference 1 2 3	Participant 2 Preference 1 2 3
12.15 pm	Lunch			

1.00 to 2.00 pm	Rest & Relaxation			
	Guided Meditation – 20 min session at 1.30pm		<i>Optional</i>	
2.00 to 3.30 pm	Awareness Through Movement In this session, we will use some simple exploratory movements to learn to pay better attention to yourself. We can get ourselves into such poor habits through simply not noticing what we are doing or how we do it – from sitting awkwardly to overuse of key muscles and joints when we are walking or being active. We will put the current interest in “mindfulness” into a practical application so that we can use it to ‘be better’. – Practical session; wear loose comfortable clothing	Susan Hillier <i>Fedenkrais Practitioner, and Professor, Neuroscience and Rehabilitation</i> University of South Australia	Participant 1 SESSION FULL	Participant 2 SESSION FULL
	Game On! Exercise your brain by learning to play a new game or honing your skills with a game you know and enjoy. There will be several games to choose from cards to Mah Jong. - Practical and fun session	Volunteer Team ARPA: Active Over 50's	Participant 1 Preference 1 2	Participant 2 Preference 1 2 3
	Mosaic Made Easy Mosaic is a fun, creative form of craft/art that is achievable for all levels. A mosaic is a piece of art made from the assemblage of small pieces of coloured glass, stone, or other materials. While ancient mosaics tended to be architectural, modern mosaics can be seen covering everything from park benches and flowerpots to guitars and bicycles. – Practical session / all materials supplied / take home project	Teresa Pizzino <i>Tutor</i> U3A Prospect	Participant 1 Preference 1 2	Participant 2 Preference 1 2 3
	Partnering Polio This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio. – Interactive session	Graeme Smith <i>Husband of Polio Survivor</i>	<i>Session is for partners or carers</i>	Participant 2 Preference 1 2 3
3.30 to 3.55 pm	Afternoon Tea			

4.00 to 5.30 pm	<p>Early Polio Memories The experience of having had polio is a very personal one. Having the acute illness can result in no hospitalisation to isolation and months, even years, of rehabilitation. Memories of polio vary as well. Survivors who had polio as children may have no conscious memory of the illness or subsequent rehabilitation, whereas some survivors vividly remember the pain and paralysis of the acute infection and their medical treatments. The care differs from country to country, from decade to decade, and from rural communities to cities. This session provides a safe environment to share your memories with others who understand.</p> <p>- Interactive group discussion</p>	<p>Gillian Thomas <i>President</i> Polio Australia</p>	<p>Participant 1 SESSION FULL</p>	<p>Participant 2 SESSION FULL</p>
	<p>Card Making Make your own edible card, a step card, and a cute little gift box, or table treat holder. Materials, patterns and instructions for all 3 projects will be supplied. If possible, it would be useful to bring own tweezers, scissors, and work mat.</p> <p>- Practical session / materials supplied / take home project</p> <p>Max 10 participants</p>	<p>Joan Smith <i>Retired Convenor</i> Knox-Yarra Ranges Polio Support Group</p>	<p>Participant 1 Preference 1 2</p>	<p>Participant 2 Preference 1 2</p>
	<p>What's The Use Of Art? How can art sustain and expand you? Through art we can time travel and cross frontiers, discover that emotionally we are never alone, and be reminded of the simple joys of life, such as love, children and beauty. Art has also always been important tool for the powerful to get their message across, whether political or religious.</p> <p>- Interactive Q & A session</p>	<p>Coralie Creevey <i>Tutor</i> U3A Adelaide City</p>	<p>Participant 1 Preference 1 2</p>	<p>Participant 2 Preference 1 2</p>
6.30 to 7.30 pm	Dinner			

Between
7.00 and
8.30 pm

Entertainment: Celtic Music Club of South Australia
www.cmcadelaide.com

The Celtic Music Club of South Australia formed in the early 1970's, with a range of music played to engage both the complete beginner as well as the more experienced player. The group will be playing a wide range of acoustic instruments including the fiddle, guitar, accordion, keyboard and flute and whistle to present us with a collection of Celtic music.



Day 4 – The Healthy Spirit – Sunday 14 October 2018

Time	Activity	Facilitator	Preferences	
6.30 to 9.00 am	Breakfast			
9.15 to 10.00 am	<p>Plenary: What Makes Your Whole Body Light Up? ‘Spirit’ means many things to many people. My favourite description is from renowned physicist, Brian Greene (Columbia University), whose belief system based in science: <i>“I feel like I’m a spiritual being in the sense that I’ve longed for and I’ve looked for the harmonies in the world. I don’t just find this thrilling in a cognitive way, it doesn’t just make my intellectual mind light up, it makes my whole body light up, and that to me is what the spiritual experience is all about.”</i></p>	<p>Maryann Liethof <i>National Program Manager</i></p> <p>Polio Australia</p>	<i>Preference N/A</i>	
10.00 to 10.25 am	Morning Tea			
10.30 am to 12.00 pm	<p>Introduction To Buddhism This session will explore how our world view frames our experience and how it can increase or decrease our direct experience of suffering. We will look at a few simple mental and emotional exercises that can increase our skill in being happy, contented and glad and reduce habits such as discontent, anxiety or anger that decrease our lived experience of happiness.</p> <p>– Interactive Q & A session</p>	<p>Ayya Santacāri Bhikkhuni <i>Buddhist Nun and Spiritual Director</i></p> <p>Buddhist Society of South Australia</p>	<p>Participant 1</p> <p>Preference</p> <p>1</p> <p>2</p> <p>3</p>	<p>Participant 2</p> <p>Preference</p> <p>1</p> <p>2</p> <p>3</p>
	<p>Finding God in Christianity Is God myth, reality or somewhere in-between? Faith journeys can take unexpected turns, Maybe sharing these concepts can add value to our own faith journey? These questions will form the basis of an open discussion for those who value a more traditional version of spiritualism.</p> <p>– Interactive group discussion</p>	<p>Jill Pickering <i>Volunteer</i></p> <p>Polio Australia</p>	<p>Participant 1</p> <p>Preference</p> <p>1</p> <p>2</p> <p>3</p>	<p>Participant 2</p> <p>Preference</p> <p>1</p> <p>2</p> <p>3</p>

	<p>Dreamtime, Art, And Aboriginal Spirituality Since the beginning, Aboriginal people have lived with Spirituality as a cornerstone of life – connection to Ancestors, to the power of nature's seasons, and natural medicines. Aboriginal people read the space between the stars and the feeling of things. We will talk about how this grounded core of connection runs through the lives of Aboriginal people, and explain it through art.</p> <p>– Interactive Q & A session</p>	<p>Rowena Brown <i>Curator</i></p> <p>Glenelg Art Gallery Circle of Arts Foundation</p>	<p>Participant 1</p> <p>Preference 1 2 3</p>	<p>Participant 2</p> <p>Preference 1 2 3</p>
12.15 pm	Lunch			
1.15 to 2.30 pm	Closing Plenary	Polio Australia Executive	<i>Preference N/A</i>	

Polio Australia’s 2018 Polio Health and Wellness Retreat is proudly supported by:



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