

Polio Australia

Representing polio survivors throughout Australia

2018 Report

2018 Polio Health and Wellness Retreat

Body / Mind / Spirit

The Stamford Grand at Glenelg

Adelaide, South Australia

Thursday 11 October to Sunday 14 October 2018



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Chair Dancing



Respiratory Function and Sleep Health



Entertainment



Staying On Your Feet



Card Making



Introduction to Buddhism

More photos at www.polioaustralia.org.au/retreat-2018/

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 choices.***

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

- 2010 – the first Retreat, held at St Joseph's Centre for Reflective Living in Baulkham Hills, New South Wales, was attended by 59 participants;
- 2011 – the second Retreat, held in Mt Eliza, Victoria, was attended by 64 people;
- 2012 – the third Retreat, held on the Sunshine Coast, Queensland, was attended by 73 people;
- 2013 – the fourth Retreat was held in Glenelg, South Australia, was attended by 70 people;
- 2014 – the fifth Retreat was again held in Baulkham Hills, New South Wales, attended by 63 people;
- 2015 – the sixth Retreat was held in Torquay, Victoria, and was attended by 70 people;
- 2016 – *Retreat was replaced with the Australasia-Pacific Post-Polio Conference in Sydney*;
- 2017 – the seventh Retreat was held again on the Sunshine Coast, QLD, attended by 59 people;
- 2018 – the eighth Retreat was held again in Glenelg, SA, and attended by 65 people.

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.

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.

The overwhelming response from attendees was that this Retreat was again one of the most comprehensive, informative, and interactive Retreat to date. It was also good to see new people attending a Retreat for the first time, and to hear the latest information on how the late effects of polio relate to the original virus infection and new management techniques to consider.

Program Summary

Day 1

At the Welcome Dinner on the first evening, the Guest Speaker was Mr Steve Georganas MP, Federal Member for Hindmarsh. Steven "Steve" Georganas, has been the Australian Labor Party representative for the House of Representatives seat of Hindmarsh in South Australia since 2004. Steve is also one of five bi-partisan Parliamentary Patrons of Polio Australia, and the Co-Convenor of the Parliamentary Friends of Polio Survivors Friendship Group. Steve is currently the Deputy Chair of the Standing Committee on Health, Aged Care and Sport, and was 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.

Day 2

The "Body" day began with a Plenary on *Current Research And Feedback From Health Professionals On LEoP* by Paul Cavendish, Exercise Physiologist and Clinical Health Educator for Polio Australia.

The concurrent sessions that followed were:

- 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

There were also free one-to-one consultations available:

- Physiotherapy assessment with Sue Baker;
- Exercise Physiology assessment with Paul Cavendish;
- Neurophysiotherapy assessment with Ann Buchan;
- Supplement information with Tessa Jupp; and
- Massage (paid appointments) with David Clayton.

The day concluded with the film "*Breathe*".

Day 3

The "*Mind*" day commenced with Plenary session *Time On Our Mind* by Tim Olds, Professor of Behavioural Epidemiology, School of Health Sciences, University of South Australia.

The concurrent sessions that followed were:

- | | |
|------------------------------|--------------------------|
| • Your Financial Future | • Early Polio Memories |
| • Chair Dancing | • Partnering Polio |
| • Maximising My Independence | • Card Making |
| • Awareness Through Movement | • What's the Use of Art? |
| • Mosaic Made Easy | • Game On |

The day concluded with wonderful, energising entertainment by the Celtic Music Club of S.A.

Day 4

The "Spirit" day commenced with Plenary presentation *What Makes Your Whole Body Light Up?* by Maryann Liethof, National Program Manager, Polio Australia.

The concurrent sessions that followed were:

- Finding God in Christianity
- Dreamtime, Art, and Aboriginal Spirituality
- Introduction to Buddhism

The Retreat concluded with lunch and a Closing Plenary, which provided everyone with an opportunity to share what they learned over the weekend.

Evaluation Summary

- *Boy o boy, haven't attended a Retreat alone before. What a perfect location – truly don't want to go home. Thank you for a perfect Retreat, respite and holiday!! Brilliant – well done everyone involved.*
- *Good guest facilitators, learned lots, had fun, made many polio contacts and shared my expertise.*
- *Program information was well explained and understandable.*
- *As someone who has known very few people who have had polio, but has lived with one for over 50 years, it was an eye opener for me to realise how many survivors there are in the community and to hear their individual stories.*
- *Something to be learned in all the sessions, and much could be applied to life in general, i.e. not necessarily specific for a carer/partner assisting a survivor.*

Acknowledgements and Thanks

We are very grateful to all the session facilitators and therapists 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 & E.H. Flack Trust for their ongoing and generous support for these Retreats. Additional funding was also gratefully received from Jill Pickering, David Clayton from MyoMasters, and raffle prize donations from a range of sources, for which we are very grateful.

This financial support provided the opportunity to provide the 4 day/3 night Retreat at a greatly reduced cost. Registration Fees were \$500 for single occupancy and \$450 per person twin share, which included all meals, accommodation and activities.

2. Demographics

Who Came?

Polio Survivors	Spouse/Carers	Total Participants
39	27	66

Gender Representation

Female	Male
45 Total (30 Polio Survivors)	21 Total (9 Polio Survivors)

Polio Statistics

Participants Year of Birth Range	Years Polio Contracted
1931 to 1984	1937 to 1984

States

NSW	VIC	QLD	NZ
14 (7 male / 7 female)	18 (3 male / 15 female)	6 (3 male / 3 female)	5 (2 male / 3 female)
SA	Tasmania	WA	Taiwan
12 (3 male / 9 female)	18 (3 male / 15 female)	6 (3 male / 3 female)	2 (2 female)

Repeat Participants

NSW	VIC	QLD	TAS	SA	NZ	Total Repeats
12	12	5	6	6	3	44

Assistive Technology Used

Walking Stick	Walker	Scooter	Electric Wheelchair	Manual Wheelchair	Crutches	Orthotics
9	11	5	2	2	2	4

Assistive Aids Hired

Shower Stools	Toilet Risers	Commode	Walker
13	6	1	1

3. Program

Day 1 – Orientation – Thursday 11 October

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

Day 2 – The Healthy Body – Friday 12 October

Time	Sessions
7.30 to 9.00 am	Breakfast
9.15 to 10.00 am	Plenary: Polio Body Current Research And Feedback From Health Professionals On LEOp by Paul Cavendish
10.00 to 10.25 am	Morning Tea
10.30 am to 12.00 pm	Gentle Bodywork Techniques John Kirkwood
	Staying On Your Feet And Getting Back Up Again Ann Buchan
	Gentle Moves Paul Cavendish
12.15 pm	Lunch
1.00 to 2.00 pm	<ul style="list-style-type: none"> Rest and Relaxation Guided Meditation with Steph Cantrill
2.00 to 3.30 pm	Hydrotherapy Margot Strelan
	Fatigue, Gait and Balance Chris Barr
	Respiratory Function and Sleep Health Paula Fottrell
	Partnering Polio Graeme Smith
	<ul style="list-style-type: none"> Small Group Consultation: The Many Faces of Fatigue by Tessa Jupp Small Group Consultation: Cramps, Muscle Aches & Nerve Pain by Tessa Jupp One-on-One Consultations: Appointments with Paul Cavendish / Sue Baker / Ann Buchan
3.30 to 3.55 pm	Afternoon Tea

4.00 to 5.30 pm	Understanding Fatigue And Muscle Loss For Polio Survivors Dr Nigel Quadros
	Foot Care For Polio Feet Tom Kolesnik
	Carnitine - Self-Help For Polio Fatigue And Muscle Energy Tessa Jupp
6.30 to 7.30 pm	Dinner
8.00 pm	Free time / Movie: Breathe

Day 3 – The Healthy Mind – Saturday 13 October

Time	Sessions
7.30 to 9.00 am	Breakfast
9.15 to 10.00 am	Plenary: Time On Our Mind Tim Olds
10.00 to 10.25 am	Morning Tea
10.30 am to 12.00 pm	Your Financial Future Natalie Bordun
	Chair Dancing Jacqueline Lerwill
	Maximising My Independence Anna Sheppard & Carol Hillman
12.15 pm	Lunch
1.00 to 2.00 pm 1.30 to 1.50 pm	Rest and Relaxation Guided Meditation with Steph Cantrill
2.00 to 3.30 pm	Awareness Through Movement Susan Hillier
	Game On! Volunteer Team
	Mosaic Made Easy Teresa Pizzino
	Partnering Polio Graeme Smith
3.30 to 3.55 pm	Afternoon Tea
4.00 to 5.30 pm	Early Polio Memories Gillian Thomas
	Card Making Joan Smith
	What's The Use Of Art? Coralie Creevey
6.00 to 7.00 pm	Dinner
7.00 to 9.00 pm	Entertainment: Celtic Music Club of SA

Day 4 – The Healthy Spirit – Sunday 14 October

Time	Sessions
7.30 to 9.00 am	Breakfast
9.15 to 10.00 am	Plenary: What Makes Your Whole Body Light Up? Maryann Liethof
10.00 to 10.25 am	Morning Tea
10.30 am to 12.00 pm	Introduction to Buddhism Ayya Santacārī Bhikkhunī
	Finding God in Christianity Jill Pickering
	Dreamtime, Art, And Aboriginal Spirituality Glenelg Art Gallery Aboriginal & Multi Cultural Art & Gifts Emporium
12.15 pm	Lunch
1.15 to 2.30 pm	Closing Plenary All participants

4. Evaluations

4.1 Plenary Sessions

4.1.1 Plenary Comments – Polio Survivors

Day 2 – Paul Cavendish: Polio Body

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> The research being carried out and Polio Australia's outreach to Health Professionals x7. Good to hear about plans to continue building PA's future. Great opening to the Retreat, from a warm, giving person x2. Comprehensive, clear, easily understood and interactive presentation x4. Excellent, all great valuable information x7. Brilliant presentation, interesting overview x5. Learning about muscle loss, osteoporosis and bone density x2. Hearing how scoliosis can effect sleep apnea. Definition of health and activity and the benefits of even small amounts of exercise x4. Good to know how to extend myself, yet not overdo it, how much activity is OK and exercise limits x4. Learning about what does, or does not, constitute an exercise. Learning how to look after our bodies and not push my body so much each day. Value of a manual muscle chart recorded, my scale of strength and to keep a copy each time x2. 	<ul style="list-style-type: none"> More about activities being developed for the next polio generation x2. More on nutrition, especially quality protein for breakfast.

Day 3 – Tim Olds: Time on Our Mind

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Food for thought, not sure if it helped us polios much x10. • Hearing how to arrange the diary of life x2. • That body movement can improve mental and physical wellbeing. • Sleep is important x3. • That drawing is activity. • Realise I am not a 'couch potato' and doing the best I can. • Ways to make for better, longer life. • Fascinating array of facts, figures and slides – thoroughly enjoyed it x3. • Showed that I have the mix just about right. • Important to have a creative mind and an inspired heart. • Live life at your own pace - time is precious. • Know your ability to exercise, have a go. • To sit down less • Picked up some ideas for people in wheelchairs. 	<ul style="list-style-type: none"> • Time spent caring for a spouse mentally and physically. • Disappointing, not relevant to polios.

Day 4 – Maryann Liethof: What Makes Your Whole Body Light Up?

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Opportunity to discuss in groups and share different points of view rather than just listen x5. • Loved the openness and honesty of the session which lead to great conversation. • Round table discussion leading to nature. • All very interesting and well researched, enlightened information x2. • Looking into soul and spirit. • Very well presented, covered topic and provided good insight x5. • Excellent presentation, good, very helpful and thought provoking. 	<ul style="list-style-type: none"> • How to balance body, mind & soul? • With my slow body, seem to do the mind thing a lot.

4.1.2 Plenary Comments – **Spouse/Carers****Day 2 – Paul Cavendish: Polio Body**

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Realising the body of research that polio survivors & partners can draw on x3. • Future plans for Polio Australia x2. • Every polio has to know his/her activity tolerances. • Have regular whole body professional reviews. • Paul is worthwhile addition to the PA team x2. • Lots of good, detailed information on LEOp x5. • Plenty of new ideas to follow up x2. • Very informative presentation by Paul with new insights x5. • Really enjoyed the presentation, and so easy to understand the session. • Physical activity key to 3 of 5 most significant impacts on mortality. • The good vs the bad types of exercise and activity. 	<ul style="list-style-type: none"> • Follow up copy of slides x2. • Schedule of locations PA will visit in near future.

Day 3 – Tim Olds: Time on our Mind

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Found this very enlightening and entertaining x4. • Picture perfect, Graphs told stories really well done & logical x4. • Graphics were brilliant x3. • That the stats presented came from a large numbers of participants. • Message re sleep, diet and activity were very strong x2 • How to arrange my time for my health? • My body can't match what exercise statistics showed we need. 	<ul style="list-style-type: none"> • Keys to living forever. • Should have related more to polios. • Isometrics especially for non-ambulant survivors, one of which how can I exercise?

Day 4 – Maryann: What Makes Your Whole Body Light Up?

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> • Group discussions on what constitutes spirit and where people found their spiritual connection x2. • A different way of looking at spirituality x4. • Belief has the power for you to do whatever you want. • My body lights up when I am in good company with friends, such as the Polio Retreat. • Tolerance, linkages and patterns, the session covered it all for me. • Entertaining and informative x2. • Great presentation x2. • Interesting power point slides. 	

4.2 Day 2 Sessions – Polio Survivors

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Gentle Bodywork Techniques Paul Cavendish	<ul style="list-style-type: none"> • Fabulous subject and presenter, one of the best, so generous with time and self. • Good balance of information and practical work, very well prepared x5 • Excellent, informative presentation x4. • Easy to follow and understand the presenter's techniques x3 • Learning another technique in treating pain and structure of fascia x2 • That such gentle work can benefit us post polios x2. • Having someone know what most polio people are capable of, but not overdoing it. • Use of hands on body parts to relieve pain. • Confirmed what I was doing is right. 	<ul style="list-style-type: none"> • More on acupuncture points or pressure points.

Staying On Your Feet And Getting Back Up Again Ann Buchan	<ul style="list-style-type: none"> • Comprehensive information, well presented and all useful x5. • How to leave your walking stick upside down at a table to stop it from falling x3. • Knowledgeable speaker, plenty of new ideas to absorb x2. • Plenty of great information by words and demonstrations. • How to get to your feet after falling. • Participation of group members on walkers. • How to incorporate sleep with other jobs? • Orthotic information. • Cramps and restless legs. • One on one with participants. 	
Gentle Moves Paul Cavendish	<ul style="list-style-type: none"> • How to do gentle exercises at home was very useful x3 • Confirmed that what I am doing now is correct, and how to monitor it x2. • The simple, practical way we can keep our body moving x2. • Great speaker, interesting to participate x2 • Being able to perform 'useful' exercises sitting down. • Most fun I had sitting down for a long time! • Reminds me that my health is my responsibility. • Lovely having background music. 	<ul style="list-style-type: none"> • Handouts – sketches or description of exercises x2. • Gentle exercises to do in bed.

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
Hydrotherapy Margot Strelan	<ul style="list-style-type: none"> • Useful and interesting, enjoyed all of the session x3 • Great using the noodle for the first time in water for new exercises x2 • Presenter adapted well to all ability levels. • The supervisor did a great job with the "unknown" clients. 	<ul style="list-style-type: none"> • Some more on preventative exercises.
Fatigue, Gait and Balance Chris Barr	<ul style="list-style-type: none"> • Very comprehensive and helpful informative presented x3 • Balance (or lack of) can impact movement and affect the degree of fatigue x3. • Detailed, practical, clear information all easily understood x2 • Various types of orthotics available and their purposes x2. • Learning how others deal with their walking issues x2. • Excellent orthotics presentation, showed us what is available x2 • Walking correctly, putting heel before toes to keep balance etc. x2. • Foot exercises, balance control, exercises and computer games. • Short rests allow muscle recovery. • Finding out that I put weight evenly through my legs. 	<ul style="list-style-type: none"> • More "show & tell" of the range of orthotics and the pros/cons of different sorts.

Respiratory Function and Sleep Health Paula Fottrell	<ul style="list-style-type: none"> • Description of evaluations systems understanding how each works x3. • Plenty of well-presented information x2. • Information on various PAP machines explained. • Sleep apnoea information was the best. • Good to get a 'refresher' on these topics. 	<ul style="list-style-type: none"> • When to think about braces. • More polio videos. • Disappointed, session finished in early.
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4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
Understanding Fatigue & Muscle Loss for Polio Survivors Dr Nigel Quadros	<ul style="list-style-type: none"> • Well presented, interesting, clear information x5. • Excellent, sensible, down to earth presenter who talked common sense x3. • The depth and ease of understanding helped immeasurable. • One of the best presenters I have had for polio sufferers. • Refreshed my knowledge and provided a slightly different, refreshing angle. • Will look forward to future information. • Learning sarcopenia. • Learning the importance of muscle charts. • Definition of how PPS is assessed, ageing and what may, or may not be, PPS was clarified x3. • Need to look for other possibilities causes before diagnosing PPS. • Talking about housework and gardening etc. being exercise reassured my confidence. • Comparing normal aging with PPS and how medications can affect our muscles. • Finding out that I need to eat more red meat. 	<ul style="list-style-type: none"> • Handouts for all at this session like those given to SA polio people on sarcopenia. • Copy of the slides would have been good.
Foot Care for Polio Feet Tom Kolesnik	<ul style="list-style-type: none"> • Interesting information that will help me in future x2. • Foot orthotics to prevent cramps. • Using our shoe raises and orthotics. 	

4.2.1 Follow-up actions – **Polio Survivors**

- Myofascial release technique and manual muscle testing x3.
- Make an appointment to see Dr Quadros at QEH x2.
- Be a little stricter on diet (high protein) x2.
- Dr Nigel's future with SA Post-Polio Network.
- Contact Mt Wilga (NSW) for a thorough assessment.
- Further physio consultations.
- Hydrotherapy.
- Concentrate more on balance.
- Survey of swallowing problems.
- Check my night breathing machine air power/pressure.
- Have a respiratory test.
- Simple exercises to improve function and break up other activities x8.
- Will do tennis ball exercises and buy ASICS.
- Using the information on diet and supplements.
- How to incorporate it all into my daily living.
- Slow my lifestyle down a little.
- Google for goods to purchase as recommended.
- Buy magnesium tablets, not powder.
- Volunteer for research as needed.

4.2.2 General Comments – **Polio Survivors**

- Enjoyed every aspect of all my sessions today, so much to learn about x3.
- Excellent, awesome day all round x2.
- Gave me lots to think about x2.
- My first retreat, it was good to be able to concentrate on my needs.
- Happy positive presenters, each giving their own time.
- Great start to the Retreat.
- Living your life with purpose.
- Paul's Plenary was very interesting, his gentle moves fantastic, all lots of fun.
- Paul had everyone involved.
- Will follow Paul's exercise consultation.
- Will follow-up my sessions.
- Will research acupressure techniques.
- The film *Breath* was very good. I had worried it might be too confronting, so good to see actual footage at the end of real people and saw it was the son's initiative.
- Today each person showed respect and proved to others *we will survive*.

4.3 Day 2 Sessions – **Spouse/Carers**

Which sessions did you attend today?

10.30am to 12.30pm

Session	Most useful aspects	What other information would have liked
Gentle Bodywork Techniques John Kirkwood	<ul style="list-style-type: none">• Very informative, well presented techniques that carers can apply.• Generous sharing with a passionate, knowledgeable medical professional x2• Comprehensive, rewarding and very interesting session x5• All very informative and well-presented x2	<ul style="list-style-type: none">• More about acupuncture.• Could have been 1 to 1 on many participants.
Staying On Your Feet And Getting Back Up Again Ann Buchan	<ul style="list-style-type: none">• How to prevent falls and methods to get up from the floor x3.• How to assess walking sticks and crutches to maximize the benefits they provide.• Good simple information, great tips to follow up.• How to stand a walking stick upside down on a wall or walking frame.• Mechanisms to assist one's balance and polio impacts.	
Gentle Moves Paul Cavendish	<ul style="list-style-type: none">• Participation in exercises which also relate to non-polio persons.• After a long drive the day before it was good to loosen up.• Exercise information sheet were very helpful.	

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
Hydrotherapy Margot Strelan	<ul style="list-style-type: none"> • Enjoyed the warm up strengthening exercises and balance training. • Helpful endurance training and stretch exercises. • Well worth having time in pool with another physio. • Being able to stand for long periods and walk and run unaided. • Self-program of exercises to do locally. 	
Fatigue, Gait and Balance Chris Barr	<ul style="list-style-type: none"> • Good examples of exercises for people with limited mobility x2. • Exercises for strengthening and stretching ankles, toes, calf's and quads. • Discussion on calipers & orthosis. • Explanation of the mechanics of walking. 	<ul style="list-style-type: none"> • Best brands of shoes for polio feet.
Respiratory Function and Sleep Health Paula Fottrell	<ul style="list-style-type: none"> • Some good information x2. • Good session for asthma sufferers also. • Clinical aspects rather than breathing and respiratory techniques. 	
Partnering Polio Graeme Smith	<ul style="list-style-type: none"> • Excellent, comprehensive well run session x3. • Hearing that many other partners see similar deterioration in their partners. • That other members in the group had very similar experiences. • Non-judgmental peer discussion very helpful. • Great group participation. 	

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
Understanding Fatigue & Muscle Loss for Polio Survivors Dr Nigel Quadros	<ul style="list-style-type: none"> • Excellent presentation, very informative x7. • Excellent, great to see research into polio people. • Dr Nigel presented a new face and hope for PPS patients X2. • Timely reminder all old age causes must be eliminated before LEOP is diagnosed. • General information could also apply to non-polio survivors. • Good to hear of PA future research plans. • Liked the information on how to educate doctors. • Helpful handouts. 	<ul style="list-style-type: none"> • Statistics on the subject matter.
Foot Care for Polio Feet Tom Kolesnik	<ul style="list-style-type: none"> • Tennis ball foot massage. • Holistic approach. 	

4.3.1 Follow-up actions - **Spouses / Carers**

- Lots of good, new, useful information learned today x2.
- Find accessible pool in my area to do hydro x2.
- Will investigate the studies cited.
- Look for similar health professionals in Brisbane.
- There is finally hope for PPS sufferers.
- Will encourage my survivor to follow and practice all I have heard.
- Follow up bone density, muscle charts and check orthotics.
- Write up my notes and apply the information.
- Follow up NZ practitioners – information to use to advocate.

4.3.2 General Comments - **Spouses / Carers**

- Very impressed that Paul never once referred to the polio survivors as disabled.
- Well run, organised Retreat.
- Food tables too high for wheelchairs to use/serve from.
- Don't know if carnitine works or not, but hearing the same thing repeated over and over again was too much for me, especially for 90 minutes.

4.4 Day 3 Sessions – Polio Survivors

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Your Financial Future Natalie Bordun	<ul style="list-style-type: none"> • Good section on Centrelink & My Aged Care. • Top session with excellent knowledge of seniors. • Excellent session, very helpful and explained things in detail. 	
Chair Dancing Jacqueline Lerwill	<ul style="list-style-type: none"> • Great atmosphere, quite unique fun, laughed at each other and did not think much x6. • Just wonderful doing to music – lifts the spirit x2. • The best activity, we had a blast. • Hilarious, useful, practical fun way for people with limited mobility to exercise x5. • Checking my pulse was great, got the heart going good. • So many movements on a chair, team effort – will follow up x3. • Showed that anyone can move and have fun – excellent session. • Hope when I am 80 I will be as active as our teacher today. • Made me aware of my limitations, which maybe is a good thing. • Got names of apps to do it myself x2. 	<ul style="list-style-type: none"> • Where to get the chair dancing recordings to use in our group.
Maximising My Independence Anna Sheppard & Carol Hillman	<ul style="list-style-type: none"> • Excellent, useful presentation – balance of interaction and learning x2. • Session was well prepared, especially as I was already involved with Aged Care. • Helpful in planning for the future. • All of it; does not apply to NZ, but highlighted systems we lack. 	

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
Awareness Through Movement Susan Hillier	<ul style="list-style-type: none"> • Understanding how to learn awareness x2. • Great session & slow movement activity x2. • Different exercises, all very helpful, great presenter. • Reminder of what I already knew and did. • Feldenkrais – time to return to it. • How to use my hip to turn, not my neck. • Very good, exercises to do sitting down, not too strenuous. • That slow is OK. 	<ul style="list-style-type: none"> • Handouts.
Game On Volunteer Team	<ul style="list-style-type: none"> • Played Uno have not laughed so much in years x2 • Learning new card games is great for the mind. • Good to learn a card game. 	<ul style="list-style-type: none"> • Sound proof room so not to disturb others by laughing.
Mosaic Made Easy Teresa Pizzino	<ul style="list-style-type: none"> • Absolutely the best session – fun, laughs x5. • Loved being able to “live in the moment” and forget about other stuff x3. • Creative new craft, everyone enjoyed themselves x3. • Well prepared, helpers moving around, project timing perfect x2 • Nice restful and productive activity. • Always wanted to do mosaics – sticky glue. 	<ul style="list-style-type: none"> • Would be nice to choose the subject, but then it was all presented free.

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
Early Polio Memories Gillian Thomas	<ul style="list-style-type: none"> • Listening to what others have experienced x6. • So much of my life I have done because of polio, things I would not have done otherwise x2. • Compassion and gratitude each story shared of personal survival x2. • A once in a lifetime experience – excellent. • Most incredible cathartic experience. • It has been a wonderful journey. • Different countries generate different stories. • Excellent, very emotional but with peers who could understand. • Getting to know PPS people who suffered at a young age. 	
Card Making Joan Smith	<ul style="list-style-type: none"> • All great, loved it – thank you. • Fun, creative group with three projects completed. • Hands on achievement, very satisfying session. 	

What's the Use of Art? Coralie Creevey	<ul style="list-style-type: none"> • Brilliant, so much knowledge, so vibrant x2. • Very interesting short history of art from Coralie's perspective x2. • Great session on what is behind art we see. • Great to learn about something new from my normal interests. • Stretched the old brain cells. • Fascinating how art can play a part in our moods and wellbeing. 	<ul style="list-style-type: none"> • Would have liked to try some simple drawings.
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4.4.1 Follow-up actions

- Laugh more if possible.
- Try to balance sleep needs.
- Just adored chair dancing, my type of aerobatics and got my pulse up. Too hard to raise my pulse at the gym.
- Maybe do some chair dancing, mosaics, visit more art galleries.
- My local U3A has a chair dancing program.
- Look up 'chair dancing' on the internet and order a CD.
- May try to find a chair dancing group locally – good exercise and fun.
- Progress my understanding that awareness heals.
- Feldenkrais method for dynamic health x2.
- Start a chat diary.
- Work on my story book, living with purpose, and leave for my children.

4.4.2 General Comments

- Really enjoyed the Celtic Club music, it was a brilliant energy, loved their interaction with us.
- Dancing over dinner topped off a great day.
- Evening meal and entertainment was just fabulous, thank you.
- Wow, so much useful information! Where do I start to decipher it all for my life? X2
- Totally fun day, except for Plenary, everything else made up for it.
- A longer session for Early Polio Memories as people had so much to tell, and needed to tell it.
- Our heart is a treasure chest where we all keep our memories.
- Most important thing now is to really enjoy life – the importance of having fun – spoil yourself and do not miss opportunities. Smell the roses.
- Fun and exhausting day x3.

4.5 Day 3 Sessions – Spouse/Carers

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Your Financial Future Natalie Bordun	<ul style="list-style-type: none"> • Good information well-presented x3. • Very good session with lots of advice on aged care. • Australian-centric. • All of it, excellent presentation, numerous questions answered for me. • Be great to have this as regular session. 	<ul style="list-style-type: none"> • Handouts.

Chair Dancing Jacqueline Lerwill	<ul style="list-style-type: none"> • Good exercise whilst sitting with good music. • Fun, enjoyable and good for all. 	
Maximising My Independence Anna Sheppeard & Carol Hillman	<ul style="list-style-type: none"> • As we age, useful to have the information given in this session. • Speaker was very informative. • Interesting perspective on polio ways of operating. 	<ul style="list-style-type: none"> • More about Aged Care than the CHSP systems it should have been.

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
Awareness Through Movement Susan Hillier	<ul style="list-style-type: none"> • Contained both information and movement. • Excellent information x3. • Another learning curve for most who attended. 	
Game On Volunteer Team	<ul style="list-style-type: none"> • Enjoyable games of new card games to share. • Good fun with great people. • Enjoyed playing mahjong went out on hand others did not know. 	
Mosaic Made Easy Teresa Pizzino	<ul style="list-style-type: none"> • Really enjoyed, really fun session, lots of laughs x2. • Creativity. • The intense concentration of participants made time fly. 	
Partnering Polio Graeme Smith	<ul style="list-style-type: none"> • As always, very informative x4. • Graeme's best yet. • Great general discussion. • Commonality of experiences. 	

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
Early Polio Memories Gillian Thomas	<ul style="list-style-type: none"> • Very interesting to hear how others have coped with their common but individual experiences x2. • Great session which helped me better understand polio survivors. • Interesting to hear problems experienced by polio members. 	
Card Making Card Making	<ul style="list-style-type: none"> • Great session to be creative and have some fun x2. • Excellent presenter, well prepared x2. • Presented activities easy enough for the novice to get thinking about and for the more experienced. • Hope for more activities from this presenter. 	
What's The Use Of Art? Coralie Creevey	<ul style="list-style-type: none"> • Very interesting x2. 	<ul style="list-style-type: none"> • Found this session hard to relate to.

4.5.1 Follow-up actions

- Further advice from our financial advisor x2.
- Rearrange my sleeping patterns, and I'm not even the polio survivor here!
- Look at my day and increase my activities.
- Get back to more craft.
- Going to more art exhibitions.
- Find a better walking frame which we need.
- Use today's information to help accommodate PPS symptoms as they increase.

4.5.2 General Comments

- Any frustration from the first speaker's topic were dispatched by the chair dancing enthusiasm.

4.6 Day 4 Sessions – Polio Survivors

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Introduction to Buddhism Ayya Santacāri Bhikkhuni	<ul style="list-style-type: none">• Insight into Buddhism was enlightening x2.• Excellent speaker, entertaining and deep session, loved it x2.• Enjoyed the meditation & learning how to be respectful to oneself x2.	<ul style="list-style-type: none">• Differences between different Buddhist groups.
Dream time, Art, And Aboriginal Spirituality Glenelg Art Gallery Aboriginal & Multi Cultural Art & Gifts Emporium	<ul style="list-style-type: none">• Learning about a new and different culture x2.• Just finding out more about indigenous culture and beliefs x2.• Fascinating to learning about Aboriginal art and history x2.	
Finding God in Christianity Jill Pickering	<ul style="list-style-type: none">• Great hearing everyone's stories x3.• All the different perspectives around religion, belief and faith x2.• The beautiful connection with others.• Finding out about the depths of faith held by the participants.	

4.7 Day 4 Sessions – Spouse/Carers

Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
Introduction to Buddhism Ayya Santacārī Bhikkhunī	<ul style="list-style-type: none"> Everything very interesting, informative, thought provoking and very uplifting x4. How to be thankful and happy with myself. 	
Dream time, Art, And Aboriginal Spirituality Glenelg Art Gallery Aboriginal & Multi Cultural Art & Gifts Emporium	<ul style="list-style-type: none"> Very interesting talk by gallery staff on spur of the moment x2. Great facts and knowledge delivered with understanding of the Aboriginal culture. Interesting hearing about another culture and their views on spirituality. Interaction between nature and body. 	
Finding God in Christianity Jill Pickering	<ul style="list-style-type: none"> We have a very interesting discussion. Sharing people's beliefs and understanding of religion. 	

4.8 Booked Sessions – Polio Survivors

Which sessions did you attend?

Session	Most useful aspects
Physiotherapy Consultation with Sue Baker	<ul style="list-style-type: none"> Great having the one on one attention.
Exercise Physiology Consultation with Paul Cavendish	<ul style="list-style-type: none"> Appreciate the time with Paul. Paul helped me to understand what might be happening. Excellent guidance in exercises & great information & assessment.
Physiotherapy Consultation with Ann Buchan	<ul style="list-style-type: none"> Ann took the time to explain what I can do to improve function and lower pain thresholds. Anne's knowledge, dedication, wisdom and caring assessment process.
Massage with David Clayton	<ul style="list-style-type: none"> Just wonderful, would love to have a massage more often.

4.9 General Feedback

Polio Survivors:

- Top of the class, had an absolute blast thank you for everything x5.
- It's a good arrangement, look forward to the next Retreat x4.
- Front desk helpful and parking worked well x3.
- Thank you so much for such a great & enjoyable retreat x3.
- Good guest facilitators, learned lots, had fun, made many polio contacts and shared my expertise x2.
- Very well organised, balanced and interesting x2.
- Appreciate all the hard work put in, outstanding program and activity options x2.

- Boy o boy, haven't attended a Retreat alone before – what a perfect location – truly don't want to go home – thank you for a perfect retreat, respite and holiday!! Brilliant – well done everyone involved.
- Great to see polios are "still here" and living and loving life.
- Choice, informative & useful activities to aid my successful ability to manage wheelchair living.
- You certainly worked body, mind and spirit.
- Really calm and serene meditation, will follow up the apps suggested.
- Enjoyed the Celtic music.
- Program information was well explained and understandable.

Spouse / Carers:

- Well done, another well prepared and informative Retreat x6.
- Friendship shown by everyone was great x2.
- Lunch tables too high for people in wheelchairs x2
- Need room to put plates down when serving x2.
- As someone who has known very few people who have had polio, but known and or lived with one for over 50 years it was an eye opener for me to realise how many survivors there are in the community and to hear their individual stories.
- Something to be learned in all the sessions, and much could be applied to life in general, i.e. not necessarily specific for a carer/partner assisting a survivor.
- These Retreats are so helpful for both survivors and carers.
- I had a great time and enjoyed lots of things.
- As a 'Retreat junkie', I still managed to learn some new things.
- Staff waiting at the tables were very pleasant.
- Lovely accommodation, not really wheelchair friendly, some difficulties experienced.

4.9.1 How did you find out about this Retreat:

- Attended previous Retreat 19
- Polio Oz News 13
- PA website 6
- Spinal Life Australia 6
- Other State Polio Network 4
- Word of mouth 3
- Other 2

4.9.2 Facility

1 = Below standard to 5 = Excellent	1	2	3	4	5
Standard of Venue	0	0	1	10	29
Standard of Room Accommodation	0	1	2	8	29
Standard of Meals	1	1	11	10	19
Met any special requirements	1	0	5	4	24

4.9.3 Organisation



1 = Below standard to 5 = Excellent	1	2	3	4	5
Organisational Standard	0	0	2	8	30
Standard of Retreat entertainment	0	0	1	6	32

4.9.4 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	Unsure	No	Yes	Unsure	No
37	0	0	35	0	1

5. Presenters (in order of presentation)

Thursday 11 October 2018





 <p>Gillian Thomas President Polio Australia</p> <p>gillian@polioaustralia.org.au www.polioaustralia.org.au</p> <p>Welcome and Early Polio Memories</p>	<p>For 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. I was also the Editor of the Network's highly regarded quarterly newsletter Network News from 1989 to 2012.</p> <p>In 2002 I was honoured to receive an inaugural David Bodian Memorial Award 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 Consumer Advisory Committee. In January 2009 I was delighted to be awarded an Australia Day Community Service Award from Randwick Council for my outstanding service to polio survivors and the community.</p> <p>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. At the 2012 Annual General Meeting, having served two consecutive terms as President and being constitutionally ineligible to re-stand at that time for this position, I was elected as Vice President. At the 2017 Annual General Meeting, upon the retirement of John Tierney OAM as President, I was re-elected to that position.</p>
 <p>Maryann Liethof National Program Manager Polio Australia</p> <p>maryann@polioaustralia.org.au www.poliohealth.org.au Ph: 03 9016 7678</p> <p>Program Overview and Spirit Plenary</p>	<p>Maryann has worked with the post-polio community since 2004, and was appointed Polio Australia's National Program Manager in 2010.</p> <p>In 2008, Maryann 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, she travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: Living with Polio in the 21st Century and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, she 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 subsequent Retreats across Australia.</p> <p>Maryann has since given presentations on Polio Australia's Retreats at the two European Post-Polio Conference in Copenhagen (2011) and Amsterdam (2014), and at Post-Polio Health International's Conference in St Louis, USA (2014). In 2016, she realised a career goal by organising the Australasia-Pacific Post-Polio Conference in Sydney.</p>




	<p>Mr Steve Georganas MP Federal Member for Hindmarsh</p>	<p>Steven "Steve" Georganas, has been the Australian Labor Party representative for the House of Representatives seat of Hindmarsh in South Australia since 2004.</p> <p>Steve is one of five bi-partisan Parliamentary Patrons of Polio Australia, and the Co-Convenor of the Parliamentary Friends of Polio Survivors Friendship Group.</p> <p>Steve is currently the Deputy Chair of the Standing Committee on Health, Aged Care and Sport, and 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>
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Friday 12 October 2018

	<p>Paul Cavendish Exercise Physiologist Clinical Health Educator Polio Australia</p>	<p>Paul has been working in allied health and multidisciplinary clinics since 2005, working with musculoskeletal and neurological conditions. He has undertaken further study and training, including use of robotics and in pain management to better understand the possibilities with neuromuscular rehabilitation. As an Accredited Exercise Physiologist, Paul has always been focused on listening to clients to develop appropriate goals that allow them to maintain or improve independence. He is an avid reader of research but understands the importance of clinical significance as much as statistics.</p> <p>After delivering education to health professionals for 8 years, Paul is excited and passionate in changing the level of knowledge health professionals have with polio survivors. He believes they can make a difference once they understand the pathology, important aspects related to assessment and treatment, and know who else to include in health management.</p>
<p>paul@polioaustralia.org.au www.poliohealth.org.au Ph: 03 9016 7678</p> <p>Plenary: Current Research And Feedback From Health Professionals On LEOp</p> <p><i>and</i></p> <p>Gentle Moves</p>		
	<p>John Kirkwood Master Acupressure Practitioner The Acupressure Centre</p>	<p>John Kirkwood has been practising and teaching acupressure for over 30 years. Originally trained in Jin Shin Do Bodymind Acupressure in California, he went on to study with a range of teachers of bodywork and acupuncture before returning to Australia to practise and teach his own style of Five Element Acupressure. John now teaches in five states while maintaining a clinic in the Adelaide Hills. He is the author of two books: <i>The Way of the Five Elements</i> and <i>The Way of the Five Seasons</i>.</p> <p>John has been working with clients living with the LEOp for 8 years, having been trained by physiotherapist, Tori Wickens, in working with the post-polio community. To the treatment of these clients he brings his knowledge of acupressure and of myofascial release therapy.</p>
<p>john@acupressure.com.au www.acupressure.com.au Ph: 0410 779 159</p> <p>Gentle Bodywork Techniques</p>		


 <p>Ann Buchan Neuro-physiotherapist</p> <p>anphysio@optusnet.com.au</p> <p>Staying On Your Feet And Getting Back Up Again</p>	<p>Ann Buchan trained in Melbourne then followed many years of Australian and overseas training and experience in neurological and neuromuscular issues.</p> <p>She received the top clinical prize as an undergraduate, and has since been a tutor, educator and mentor for physiotherapy students and graduates.</p> <p>In 2004, Ann 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. She has always had a special interest in long term disabilities – especially post-polio issues. She has run her own practice and worked in clinics, Aged Care facilities and hospitals.</p> <p>Now semi-retired, Ann continues to see some people privately and delivers training to physiotherapists on a variety of neurological conditions and factors. Ann 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 started a singing group for people with neurological and voice production issues. 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>Margot Strelan Physiotherapist Multiple Sclerosis Society of SA</p> <p>Hydro-therapy</p>	<p>Margot is a physiotherapist who graduated from the University of South Australia in 2000. She has a special interest in progressive, neurological conditions and has worked since 2002 as Senior Physiotherapist at the Multiple Sclerosis Society of SA. Over the last few years, her interest has expanded to include working with children and adults with various disabilities specifically in the pool setting. This has been both individually and in groups, including the Polio SA hydrotherapy group at RSB.</p> <p>Margot believes all people should have an opportunity to engage in physical activity and experience the physical, mental and social benefits. A hydrotherapy pool provides a unique opportunity to be active. It is a supportive environment that allows for increased mobility and function, and can be modified to suit all levels of ability.</p>
 <p>Chris Barr Lecturer in Clinical Rehabilitation, and Health Sciences Teaching Program Director, College of Nursing and Health Sciences</p> <p>Fatigue, Gait And Balance</p>	<p>Associate Professor Chris Barr BSc (hons) MRes PhD is a Bioengineer and lecturer in Clinical Rehabilitation, and Health Sciences Teaching Program Director in the College of Nursing and Health Sciences. Chris completed his PhD in Kinematic Analysis of the Osteoarthritic Knee at the University of Strathclyde, UK. Chris coordinates the research stream of the Masters of Clinical Rehabilitation course at Flinders University, and supervises a wide range of projects locally, nationally and internationally. His other teaching areas are in Exercise Therapy and New Technologies in Rehabilitation. Chris specialises in gait and motion analysis, and his current research areas of interest are falls and balance in the elderly, gait in Multiple Sclerosis, and exercise therapy for rehabilitation.</p>




 <p>Paula Fottrell Respiratory Scientist</p> <p>Respiratory and Sleep Services Flinders Medical Centre</p> <p>www.flinders.sa.gov.au Ph: 08 8204 7129</p> <p>Respiratory Function and Sleep Health</p>	<p>The Respiratory Function Unit at Flinders Medical Centre is part of a southern network of respiratory and sleep services in metropolitan Adelaide. They provide care for patients with all respiratory diseases, and their services include diagnosis and management of conditions such as asthma and sleep apnoea.</p>
 <p>Graeme Smith Spouse / Partner / Carer</p> <p>Partnering Polio</p>	<p>As the husband of a polio survivor, Graeme has learnt about a whole new part of his wife's childhood. He has also learned to share and partly understand her current issues dealing with post-polio and more very recently, cancer. Being a carer created many new issues for him. Graeme has found that sharing with others who understand can be very helpful.</p> <p>Through his membership of a polio support group, Graeme has been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given him the opportunity to gain more information about the condition and how he 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>
 <p>Dr Nigel Quadros Senior Medical Staff Specialist Department of Rehabilitation Medicine, Queen Elizabeth Hospital</p> <p>Ph: 08 8222 6000</p> <p>Understanding Fatigue And Muscle Loss For Polio Survivors</p>	<p>Dr Nigel Quadros is a Senior Medical Staff Specialist from the Department of Rehabilitation Medicine at the Queen Elizabeth Hospital and a Fellow of the AFRM (RACP). He is currently undertaking a longitudinal research study, Understanding the 'polio survivor' and promoting healthy ageing with his fellow principal investigators Dr Kandiah Umapathysivam (Dr Sivam) from the University of Adelaide, and Dr Anupam Datta Gupta from the QEH. Nigel's areas of interest include management of post-polio syndrome, stroke, general neurological rehabilitation, amputee rehabilitation, pain management, and Continuing Professional Development.</p>
 <p>Tom Kolesnik Podiatrist Posture Podiatry</p> <p>www.posturepodiatry.com</p> <p>Foot Care for Polio Feet</p>	<p>Tom is an experienced Adelaide podiatrist with a background in sports and a special interest in helping people of all ages to move well and feel great. He enjoys working with people who have problems that are preventing them from achieving a specific goal and will stop at nothing until that goal is reached. His tenacity comes from his own personal journey, which has seen him conquer marathons overseas, whilst on a two year period of work in the UK.</p> <p>Tom is a believer in the power of good assessment and hands on treatment, and uses manual therapy techniques including foot mobilisation, dry needling and muscle strengthening to help the body help itself for effective relief.</p>

 <p>Tessa Jupp Registered Nurse and CEO Polio Clinic WA and Board Member, Polio Australia</p> <p>poliowa@upnaway.com.au Ph: (08) 9383 9050</p> <p>Carnitine: Self-Help For Polio Fatigue And Muscle Energy</p>	<p>Tessa Jupp is a Registered Nurse (RN). She was married for 20 years to Colin Jupp, a polio survivor with a permanent tracheostomy, who died in 1989 of respiratory failure. Tessa did her General Nursing Training at Fremantle Hospital where she worked as a Staff Nurse. She gained rehabilitation experience at Royal Perth Rehab Hospital, working in orthopaedic and spinal injury wards.</p> <p>Tessa started and has run the Post Polio Network of Western Australia Inc (PPNWA) since 1989, and established a free in-house clinic – Polio Clinic WA – in 1990. As the CEO and clinic nurse, Tessa continues to conduct regular metro and country polio clinics, as well as researching and promoting the use of nutritional supplements in the management of post-polio health problems. She has presented at numerous National and International post-polio conferences over the years, and regularly speaks to Rotary Clubs, not-for-profit organisations, and health service providers.</p>
 <p>Tim Olds Professor of Behavioural Epidemiology School of Health Sciences</p> <p>University of South Australia</p> <p>tim.olds@unisa.edu.au Ph: 08 8302 1411</p> <p>Plenary: Time On Our Mind</p>	<p>Tim Olds is a professor of behavioural epidemiology at the University of South Australia. After completing a PhD in French, Tim went on to study exercise science, earning a second PhD in 1997. His research interests have been in mathematical modelling of cycling performance; anthropometry; historical trends in the sleep, fitness, fatness, physical activity and food intake of children; and the relationship between health and use of time. He is the author of the Multimedia Activity Recall for Children and Adults (MARCA), use-of-time software which has been used on over 50,000 occasions in Australia, NZ, Canada, the US and Korea. Tim writes for The Conversation, New Philosopher and Australasian Science.</p> <p>Tim has 305 peer-reviewed publications and \$27 m in grants and consultancies, including 7 NHMRC and 6 ARC grants. Tim has supervised, or is currently supervising, 26 PhD, 3 Masters and 41 Honours students. He is interested in interwar European fiction, cycling and design. He is not exactly married, with two children and two dogs.</p>
 <p>Natalie Bordun Authorised Representative of Charter Financial Planning Ltd, Accredited Aged Care Professional TM Minerds Bell Consultancy Group</p> <p>natalie.bordun@minerdsbell.com.au www.minerdsbell.com.au Ph: 08 8373 1711</p> <p>Your Financial Future</p>	<p>Natalie started her career in stockbroking firms and share registries. For the last 18 years she has worked in financial planning where she has found her passion. She has a Diploma in Financial Markets, a Diploma in Financial Planning and is a Certified Financial Planner®. She enjoys working with her clients to assist them to achieve their financial goals. Natalie's experience includes providing advice in the areas of superannuation, self-managed super funds, retirement planning, wealth creation, insurance protection, aged care, gearing, redundancy packages and Centrelink issues. One area of special interest that Natalie finds very rewarding is helping families work out their funding options when it comes time to help their loved ones enter into aged care.</p>

 <p>Jacqueline Lerwill Tutor U3A Gawler</p> <p>www.u3agawler.org.au Ph: 08 8523 5006</p> <p>Chair Dancing</p>	<p>Jacqueline was born in London in 1938 and came to Australia in December 1964, a few months before her 27th birthday. She lived in Mount Evelyn, Victoria and joined Croydon U3A Victoria, where she joined in on her first chair dancing class.</p> <p>In 2002 she moved to Willaston, South Australia and joined U3A in Gawler where she began teaching a chair dancing class. Jacqueline is very happy at the success of the class, with 28 members currently and new people joining quite regularly.</p>
 <p>Anna Sheppeard and Carol Hillman</p> <p>Peer Educators COTA SA</p> <p>www.cotasa.org.au Ph: 08 8232 0422</p> <p>Maximising My Independence</p>	<p>COTA SA (Council on the Ageing) is the peak body for 633,000 older people in South Australia. They provide a platform to ensure that older South Australians are part of decision-making by government and industry on everything from income and employment to housing and health.</p>
 <p>Dr Susan Hillier Feldenkrais Practitioner and Professor, Neuroscience and Rehabilitation University of South Australia</p> <p>susan.hillier@adelaide.edu.au Ph: (08) 8302 6611</p> <p>Awareness Through Movement</p>	<p>Susan Hillier 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.</p>

Saturday 13 October 2018

 <p>Teresa Pizzino Tutor U3A Prospect</p> <p>tspizzino@gmail.com</p> <p>Mosaic Made Easy</p>	<p>Teresa is a 66 year old widow, and recently retired from work as a childcare professional, working with families and children. Teresa is involved in the community through volunteer work. She facilitates two mosaic groups and belongs to a knitting group, which donates items to the homeless and children's hospital.</p> <p>Teresa began mosaics about 10 years ago whilst recovering from Non-Hodgkin Lymphoma. It gave her the relaxing choice of placing one piece of glass at a time on an object and creating colourful items, which she donated to others.</p>
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 <p>Volunteers ARPA: Active Over 50's</p> <p>www.arpaactiveover50s.com.au Ph: 08 8211 9711</p> <p>Game On</p>	<p>ARPA Active Over 50's was established in 1981. It sees the definition provided by the World Health Organisation on Active Ageing as its guide: <i>"the process of optimising opportunities for physical, social and mental well-being throughout the life course in order to extend healthy life expectancy and the quality of the life in older age."</i></p> <p>They have over 2700 members, looking after their well-being and facilitating the formation of close friendships.</p>
 <p>Joan Smith Retired Convener Knox-Yarra Ranges Post-Polio Support Group</p> <p>Card Making</p>	<p>As a polio survivor, Joan has been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for Joan as Principal of a school for children with severe to profound disabilities.</p> <p>After early retirement, due to post-polio syndrome, Joan embarked on writing her life story for her grandchildren. That developed into the further project of producing and publishing <i>"The Calliper Kids"</i> – a book detailing life stories of eleven polio survivors living in her area. The book has proved a useful tool in educating medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for story tellers.</p> <p>Joan's other physically easy access hobby is card making. But, be warned, it can become very addictive, sourcing beautiful papers and creating new designs.</p>
 <p>Coralie Creevey Tutor U3A Adelaide City</p> <p>ccreevey@adam.com.au www.u3aflinders.org.au Ph: 08 8359 3307</p> <p>What's the Use of Art?</p>	<p>Coralie Creevey was a Sydney journalist but since retirement has focused on her main love, art history.</p> <p>For the past several years she has been sharing her enjoyment and knowledge with diverse groups of people; U3A, churches, and service clubs such as Lions.</p> <p>Coralie has degrees in History from Macquarie University and the University of NSW. Her other interests include travel to look at art, and coffee with people who enjoy art, or possibly just history.</p>



Ayya Santacārī Bhikkhunī
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Introduction to Buddhism

Ayya Santacārī Bhikkhunī, a Buddhist nun in the Theravadan tradition (SE Asia), has learned and practiced meditation for over 26 years, 7 of those years in robes.

During that time, she has learned and practiced mindfulness and vipassana for over 15 years, tranquility and samatha for over 10 years, and has been taking the open awareness approach combining mindfulness and tranquility for the last 4 or 5 years.

Ayya Santacari is particularly interested in using the Buddha's teachings to increase happiness and contentment and reduce suffering.

Ayya Santacārī teaches meditation and Dhamma at Christies Beach and at UniSA's City West Campus. She is also running a Mindfulness School in Adelaide presenting the International Sati Pasala.



Jill Pickering
Volunteer
Polio Australia

jill@polioaustralia.org.au

Finding God in Christianity

Jill contracted polio in 1955 and qualified in Occupational Therapy in England in 1968. After immigrating to Australia in 1970 Jill used her Occupational Therapy skills in several jobs, before retiring in 2000 due to limitations from the Late Effects of Polio.

Jill enjoys a satisfying lifestyle mixing voluntary work with other interests. She has spent 16 years volunteering with polio support organisations, and is also in her 10th year as a volunteer with the Australian Brumby Alliance, a charity that strives to improve the welfare of wild horses.

Jill began her Christian journey as a teenager and finds the more she learns of God and the many ways to reflect his message, the more there is to learn. She finds it is during the rough patches in her Christian journey that the most progress is made.



Glenelg Art Gallery
Aboriginal & Multi Cultural
Arts & Gifts Emporium

[www.glenelgartgallery.
com.au](http://www.glenelgartgallery.
com.au)

Dreamtime, Art, And Aboriginal Spirituality

Our logo, the Rainbow Boomerang, was chosen to mean "all inclusive". The Gallery features authentic Aboriginal Art as well as other Artists from diverse backgrounds regardless of age, gender, language skills, disabilities, art experience, circumstance, religion or skin colour. We began as a small group in 2006 and have grown to over 100 Artists, many Aboriginal heritage, working and showing their Art.

6. Participant Experience

Bound for South Australia **by Jan McDonald**

Well, didn't we have another amazing Retreat!!! This year's annual Post-Polio Retreat was held at the beautiful seaside town of Glenelg, just out of Adelaide.

Winnie, Denise with her husband, Doug, and Jan took the trip West. Once again, we were treated to 3½ days filled with information, friendship, and fun.

The site of the Retreat was also the South Australian venue for the annual "*Walk With Me*" to raise money for the work of Polio Australia. So on Thursday afternoon, we lolloped, tottered, strode, wheeled, and shuffled our way along the delightful waterfront, and thoroughly enjoyed the camaraderie along the way.

Each one of the 3 main days had a different focus - the Body, Mind and Spirit.

Friday's 'menu' centred on "The Body". We had a choice of several sessions including Myofascial release, Balance, Breathing and Stretching exercises, Meditation, Hydrotherapy, Fatigue, Muscle loss, Foot care, Sleep health, Partnering Polio... the list goes on.

On Saturday it was time for "The Mind". This included activities to keep our minds activated, as well as to have fun. Such a variety – Maximising Independence, Chair Dancing, Finances, Making Mosaics, Early Polio Memories, and more.

Sunday's offering was around "The Healthy Spirit". Maryann Liethof, Polio Australia's National Program Manager, took us on a journey discussing "What makes our whole body light up?". This provoked quite a talk amongst us – God, music, nature, art, family, what?? We then had a choice of discussion groups on Christianity, Buddhism, and Aboriginal Spirituality.

A highlight of the weekend was the Celtic Club of South Australia, which entertained us with music while we had dinner on Saturday night.

Of course, we did arrive back home utterly exhausted. We thoroughly enjoyed the days, and emerged armed with a few more hints and tools to help us "feel well-rounded" physically, mentally and spiritually.

A Retreat like this also makes us aware that without the planning, commitment and goodwill of Polio Australia Organisers, as well as our local group leaders, we could not have this and all the other help we get. Without the cohesiveness of all polio survivors, our voice will become silent, and we could easily become conveniently forgotten by government. So, a BIG thank you to all who do their bit to allow us to be recognised.

Iris and Yu-ching attended Polio Australia's Polio Health and Wellness Retreat in 2018. Iris is a polio survivor and Yu-ching is a physiotherapist, both living in Taiwan. There is limited information about post-polio in Taiwan, so they attended the Retreat to gather information to provide to survivors in Taiwan. When Iris and Yu-ching returned to Taiwan, they held a meeting to present what they had learnt. Iris provided the following account:

On 1st December, Yu-ching and I held a meeting, hosted by a senior physiotherapist, referred to as a 'polio expert', on a sunny Saturday morning in Taiwan. In attendance, were around 30 polio survivors, including four younger polio survivors (36–69 years), physiotherapists and a neurologist.

During my presentation, I spoke to the audience about our experience travelling in Australia and what I learned from the Retreat. I explained the benefits of using a wheelchair and crutches and after the meeting, some of the polio survivors were interested in using them too.

In Yu-ching's presentation, she introduced Polio Australia's staff and highlighted some key health issues among polio survivors including sarcopenia, osteoporosis, and the importance of muscle strength testing.

Some of the polio survivors I spoke to after the meeting told me it was the first time they had attended a meeting about polio, and the first time they had met other polio survivors who are open-minded and willing to learn more about Post-Polio Syndrome (PPS). They also discussed their problems with finding a 'polio expert', their refusal to use mobility aids, and their concerns about ageing.

The attendees had many questions, and we knew this was just the beginning – we will be able to learn more about PPS together.

Before attending Polio Australia's Retreat, I didn't think much about polio, as I am the youngest polio survivor in Taiwan. But now I know there are people all over the world advocating for polio and I am not alone. I am now starting to spread awareness for other polio survivors – amazing!!

My First Retreat
by Brett Howard
President Polio SA

You will all know that Polio Australia held the Health and Wellness Retreat in Glenelg from the 11th-14th October, and I was lucky enough to attend my first Retreat. The first official event was held on Thursday afternoon when those who were able took part in the 10th Annual Polio Australia *Walk With Me*. Nearly 40 'walkers' wearing the official orange neckerchief walked along the Glenelg esplanade from Jetty Road to Pier Street; a great experience.

The next three days were filled with a great range of activities from gentle seated exercises to a hydrotherapy session; from hearing about Indigenous Culture to a card game; then hearing the polio story from 20 other participants. Others enjoyed Chair Dancing, Mosaic Making and hearing from a range of professional presenters discussing Foot Care to Mindfulness and Divinity.

Thank you to Parliamentary Friend of Polio Australia and Member for Hindmarsh, Steve Georganas for officially opening the Retreat at Thursday night's dinner. Wonderful dinners with people from all states and overseas as well; New Zealand and Taiwan, that I know of. The best fun of all was the sing/dance along after the Saturday night dinner. The whole entourage joined in as well as they could; Lyn Lillecrapp could certainly swing that wheelchair. Thank you to the enjoyable music from the "Celtic Music Club of South Australia", their soloist could really sing.