



"We're Still Here!" Campaign October 2012



Polio Australia

Representing polio survivors throughout Australia

Where It Began

Polio Australia was incorporated in 2008 and is governed by a Committee of Management made up of two representatives from each state Polio Network:

- Post-Polio Network (NSW) Inc
- Spinal Injuries Association Inc (QLD)
- Post Polio Support Group of SA Inc
- Post Polio Network - Tasmania Inc
- Polio Network Victoria (a service of Independence Australia)
- Post Polio Network of WA Inc

Major Program

Late Effects of Polio Self-Management Residential Program

- Polio Australia holds an annual Late Effects of Polio Self-Management Residential Program (also known as "*Polio Health and Wellness Retreat*") for up to 70 polio survivors and their families/carers which have addressed self-management strategies for the post-polio body, the healthy mind and the spirit.
- These Retreats are held in a different state each year to ensure polio survivors around Australia have access to this vital information.
- 2010 – New South Wales (NSW) / 2011 – Victoria / 2012 – Queensland / 2013 South Australia / 2014 NSW



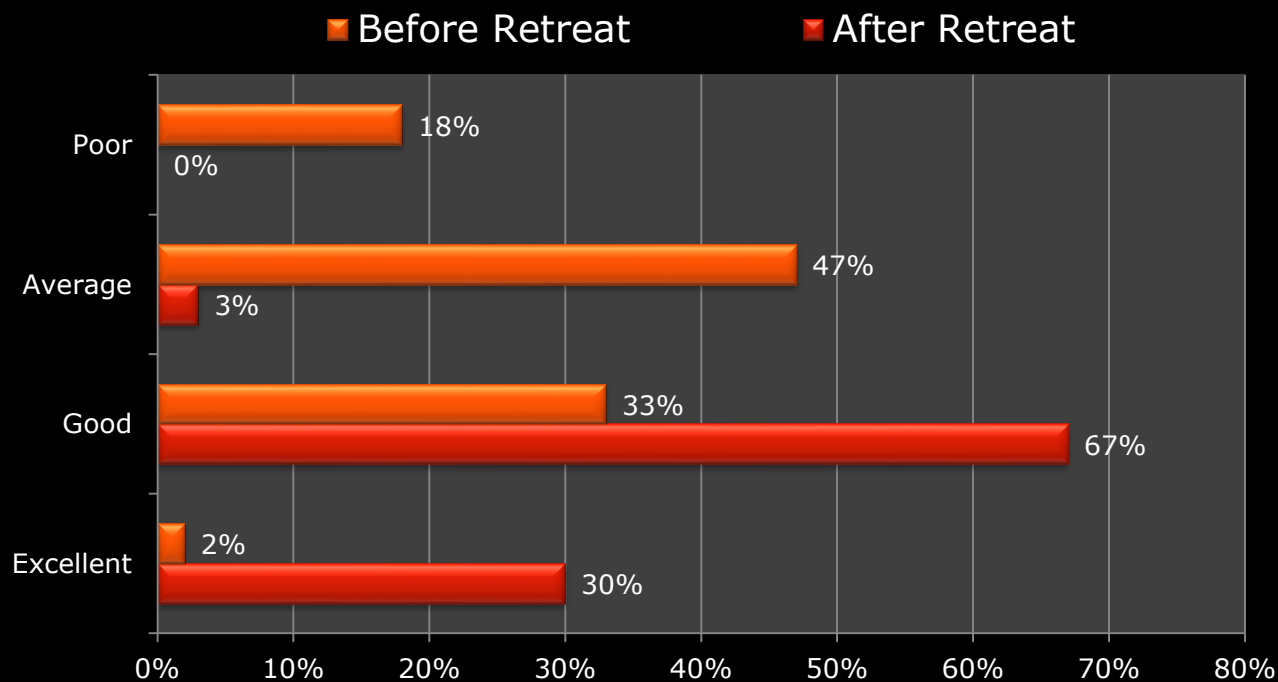
Retreats and Health Literacy



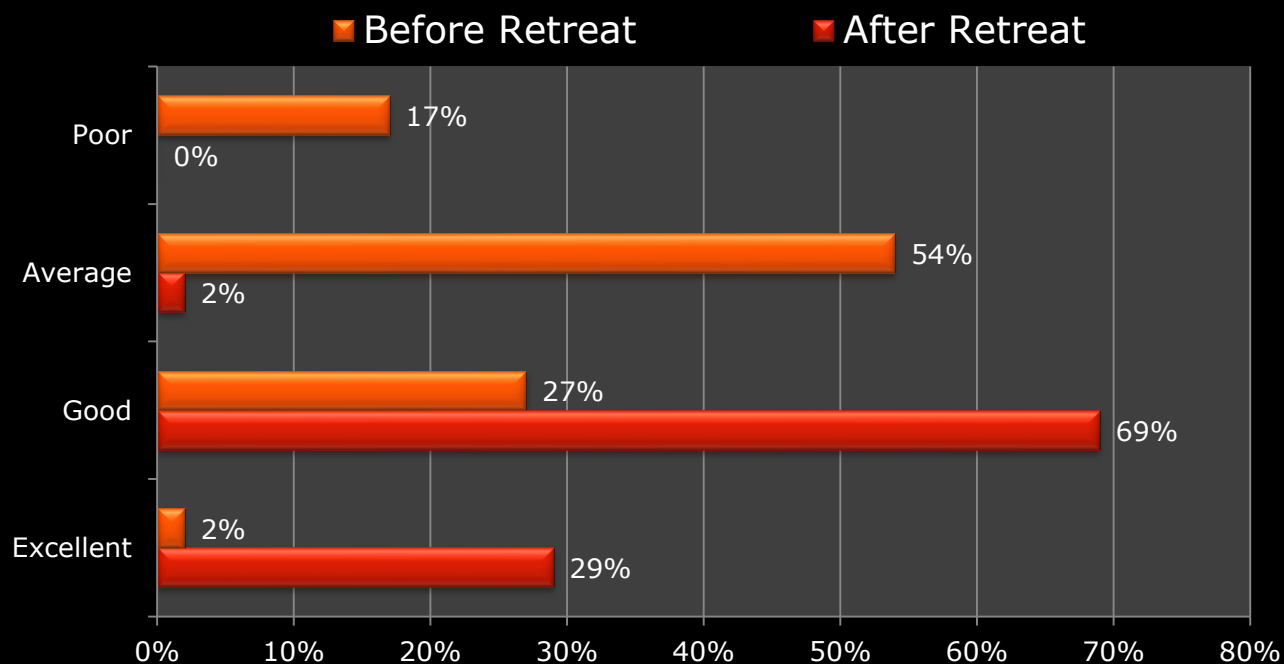
- This diagram developed by Professor Don Nutbeam PhD FFPH, Vice Chancellor, University of Southampton provides a conceptual model of 'health literacy as an asset'.
- Polio Australia used survey questions based on Professor Nutbeam's model to determine if participants believed themselves to have improved Health Literacy and improved Health Outcomes as a result of attending the Health and Wellness Retreats.
- According to Nutbeam's model, health literacy can also be an enabler for advocacy and broader social engagement.
- The capacity to effectively self-advocate is paramount in lobbying both government and the health sector for recognition and change.

Responses

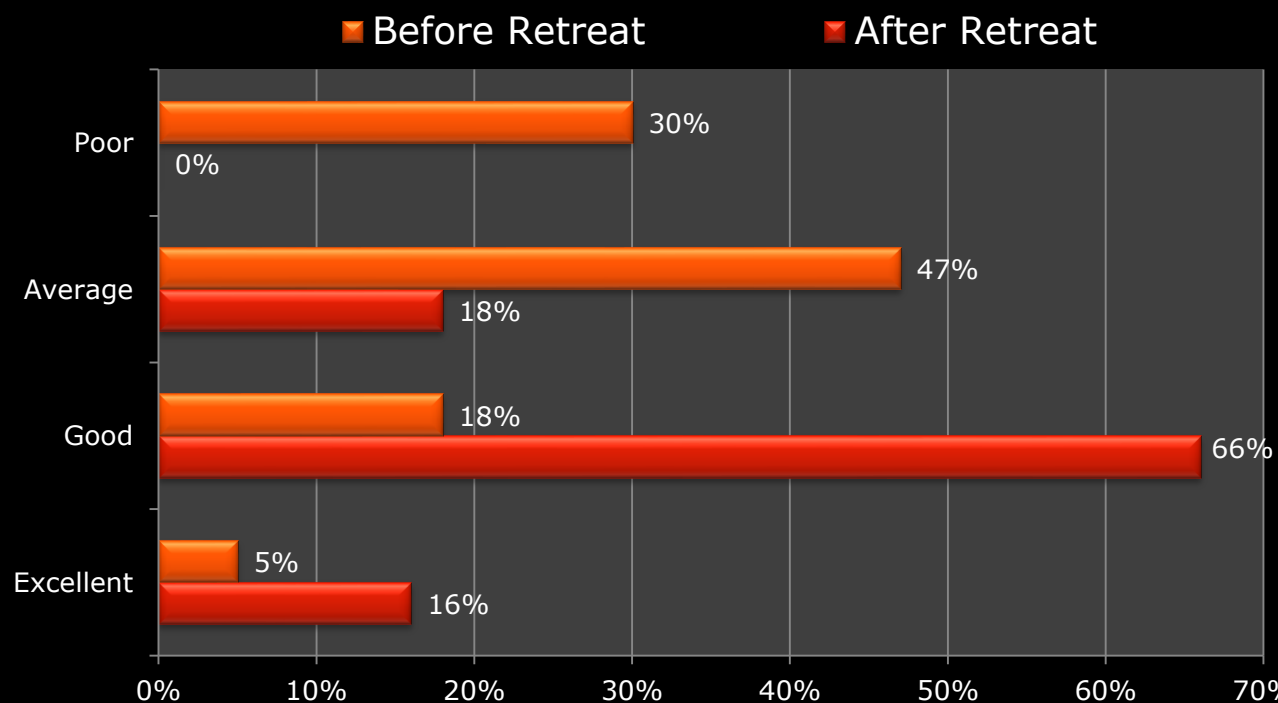
Q1. Overall my knowledge and understanding of the Late Effects of Polio and how it affects me - or family member / friend . . .



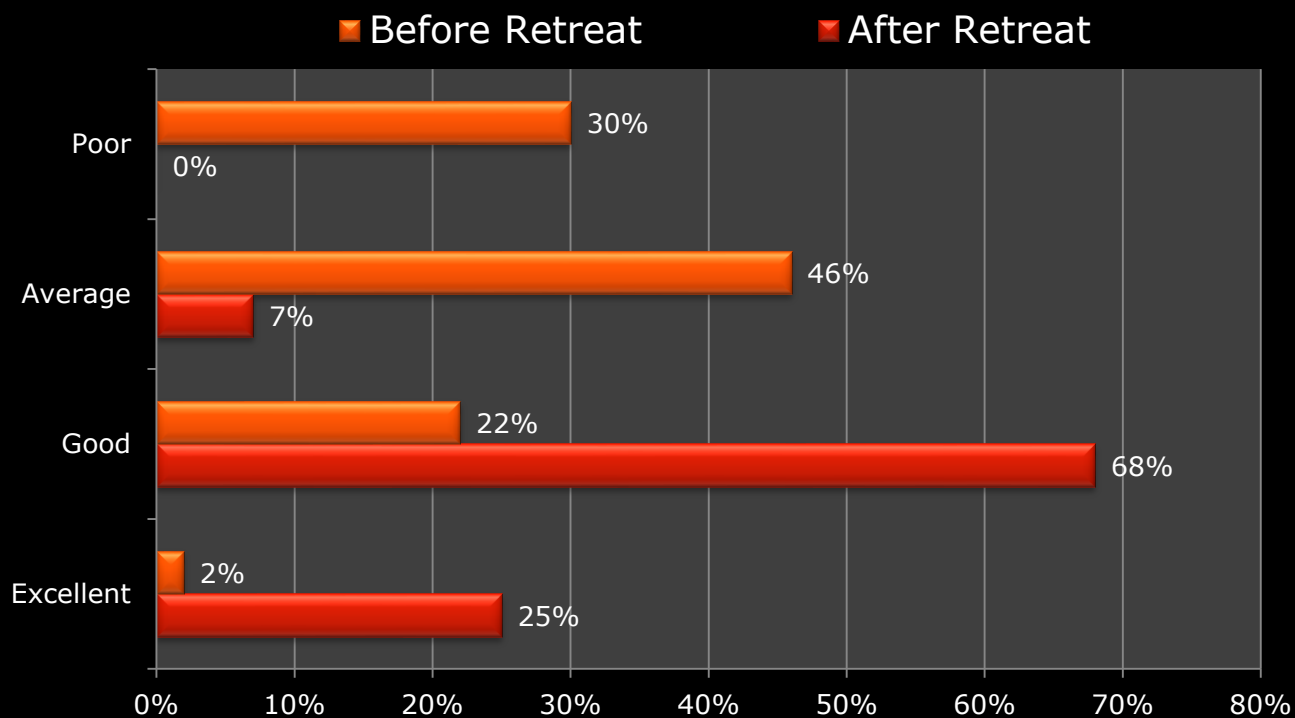
Q2. The information, communication and education I received at the Retreat changed **my knowledge and understanding of the Late Effects of Polio and how it affects me - or family member / friend . . .**



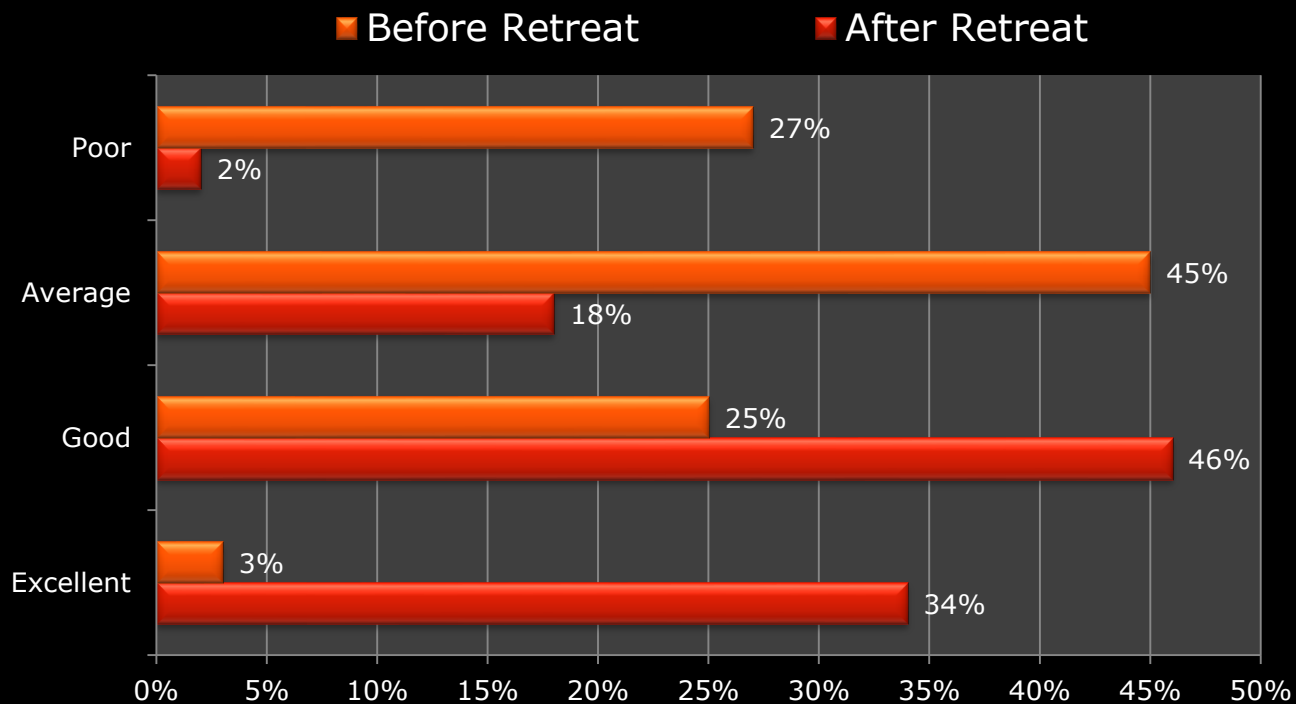
Q4. As a result of attending the Retreat my confidence and ability to self-advocate or advocate on behalf of others regarding the Late Effects of Polio has changed . . .



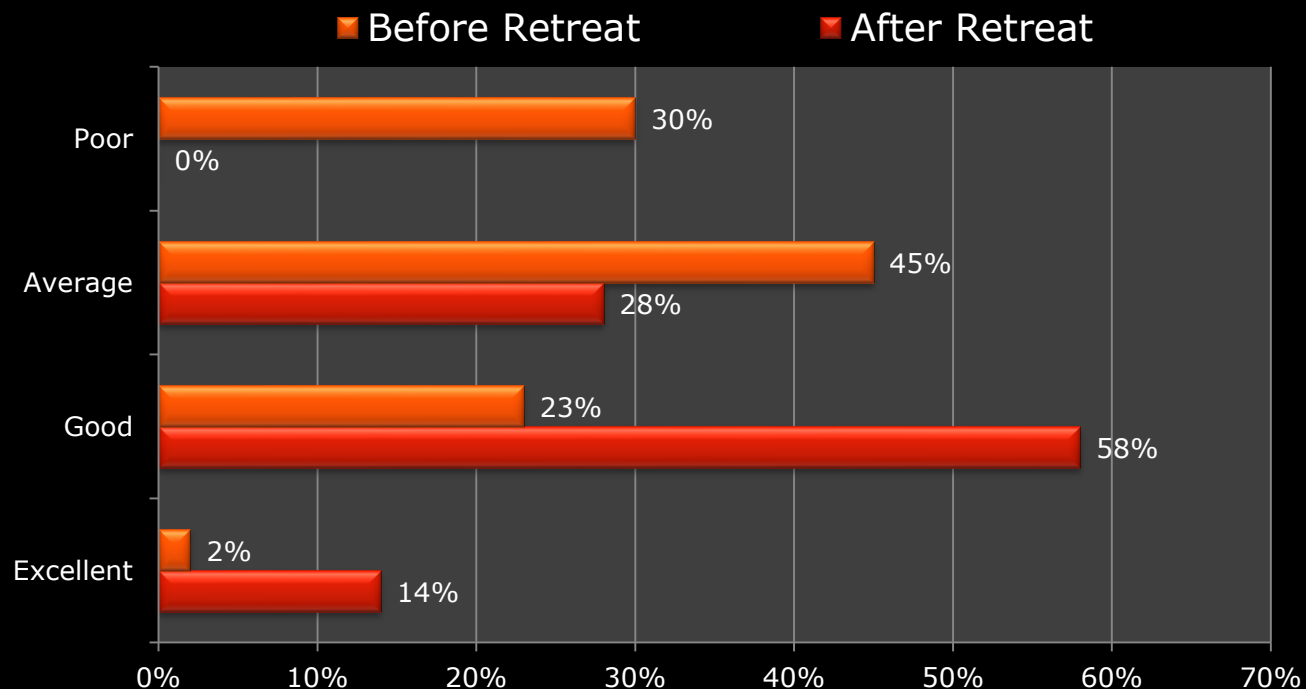
Q3. The knowledge gained from attending the Retreat has changed **my ability to manage the Late Effects of Polio . . .**



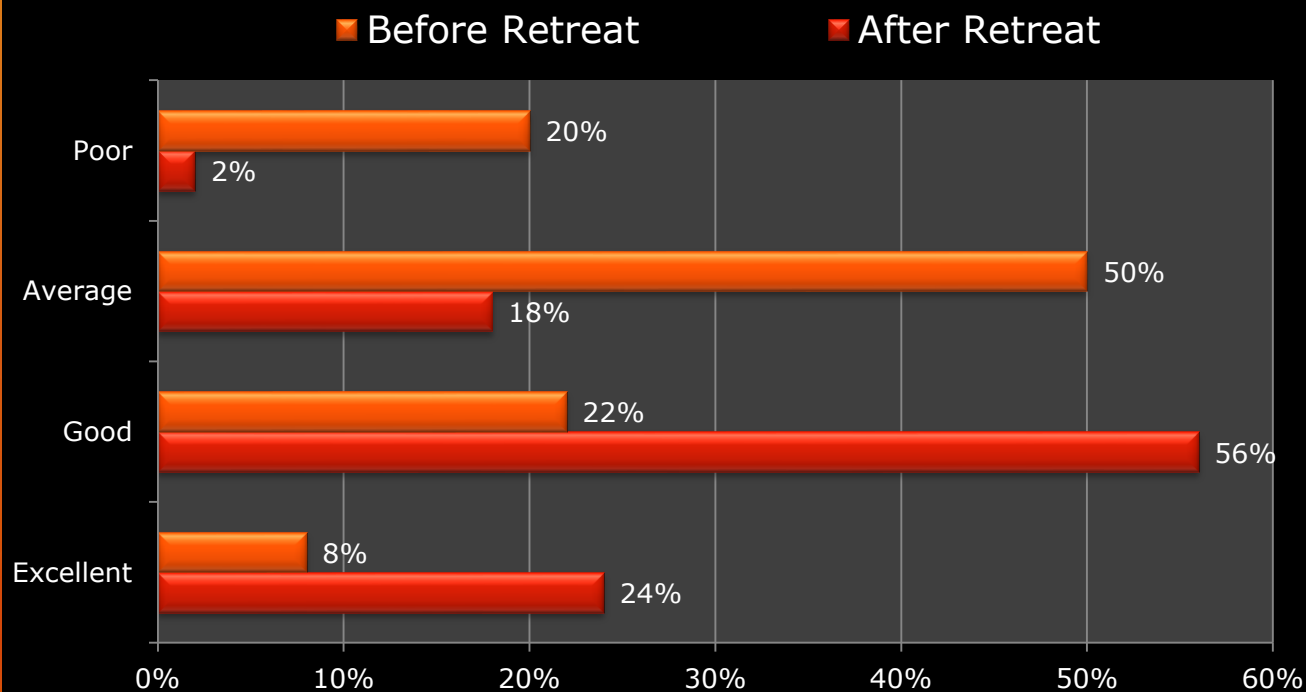
Q5. As a result of attending the Retreat my negotiation with health professionals and self-management skills across a range of health-related issues has changed . . .



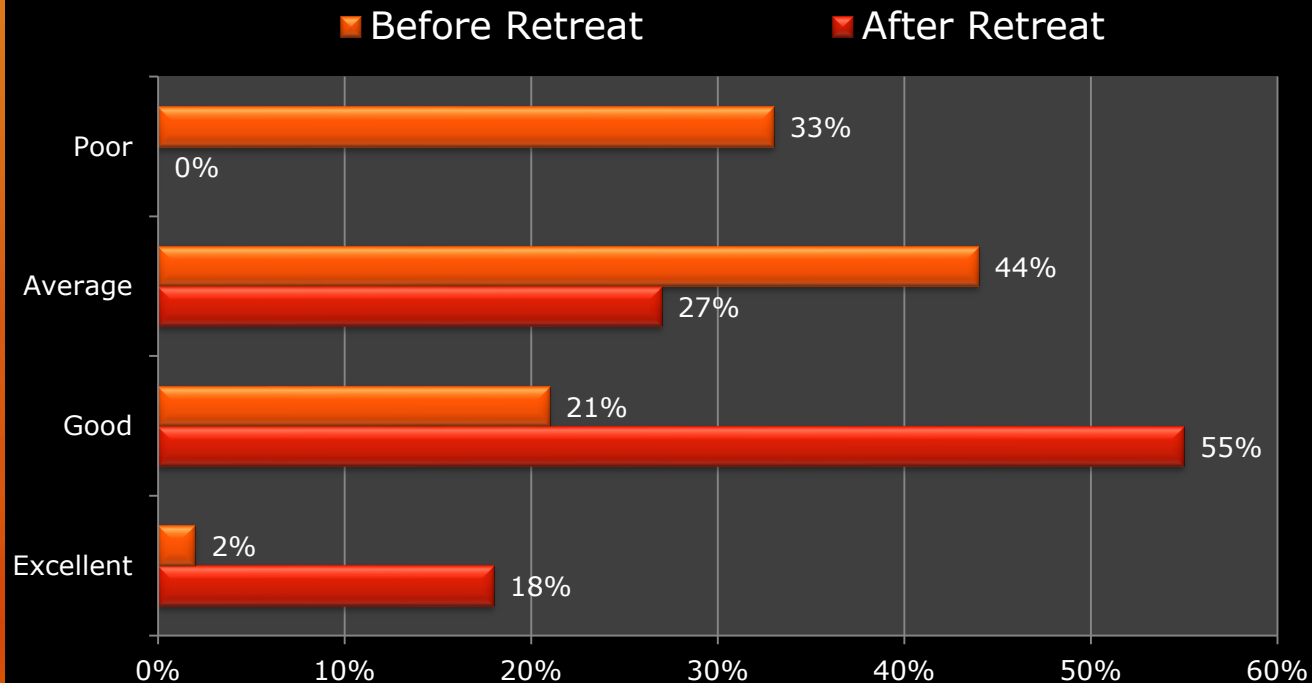
Q6. As a result of attending the Retreat my level of health literacy insofar as my ability to efficiently, effectively and appropriately access, navigate and utilise information and resources has changed . . .



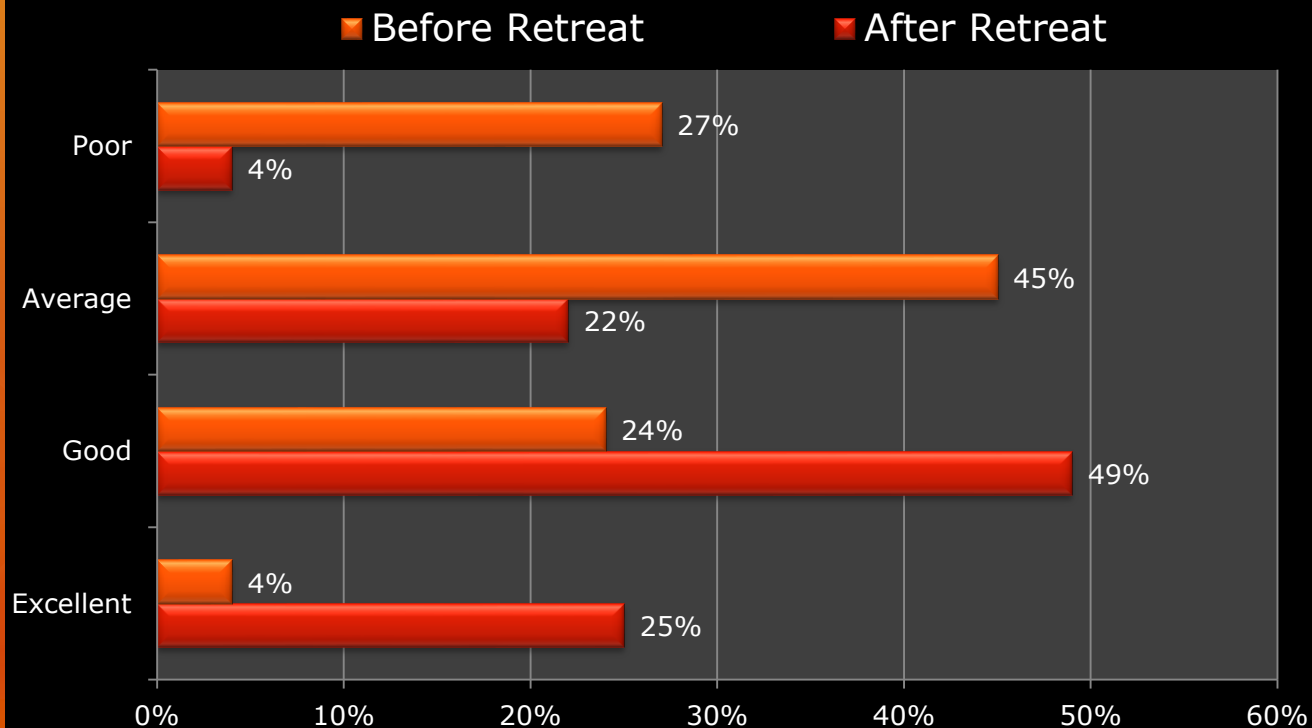
Q7. As a result of attending the Retreat my health-related behaviour and practices *(this might relate to any of the body / mind / spirit sessions attended)* **have changed . . .**



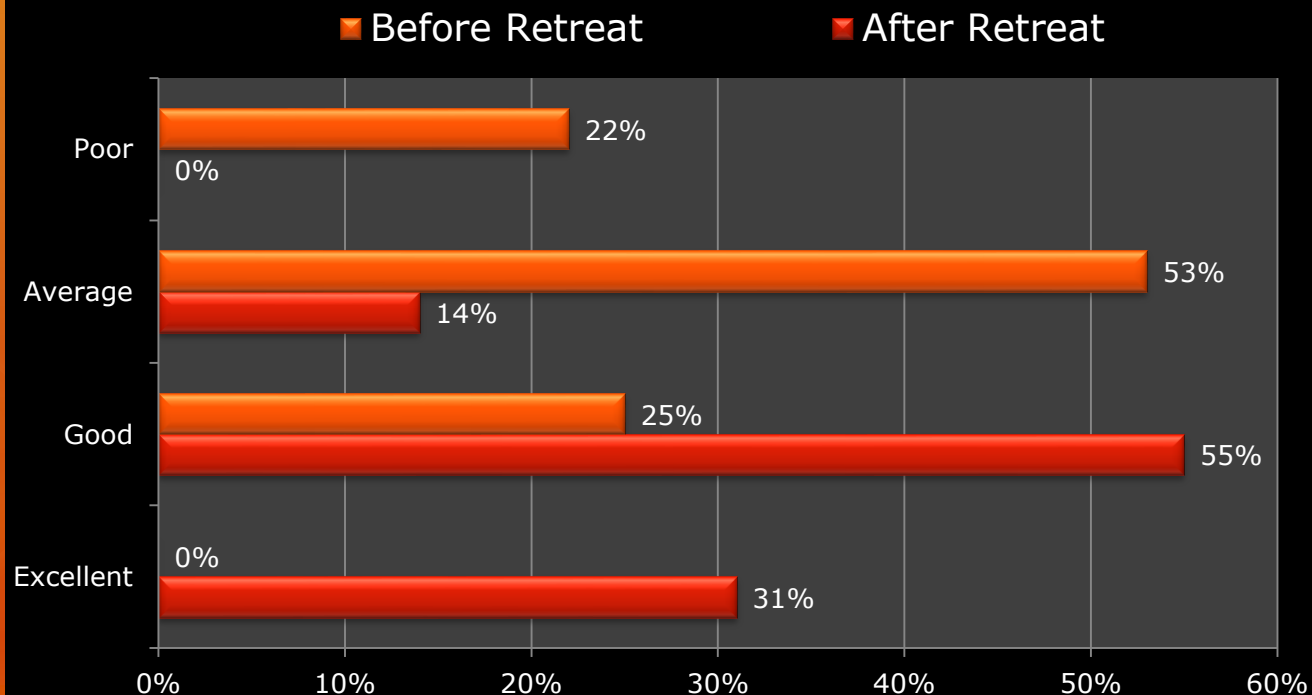
Q8. As a result of attending the Retreat my level of being engaged in social action for health (e.g. supporting Polio Australia's "We're Still Here!" campaign and / or contacting local Members of Parliament) has changed . . .



Q9. Since attending the Retreat my participation in changing social norms and practices
(e.g. actively promoting the need for continued immunisation to young families or raising awareness of the lack of accessibility in the community) **has changed . . .**



Q10. Since attending the Retreat my ability to achieve improved health outcomes, make healthy choices, and seek opportunities to continue learning has changed . . .





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