



ABRN 142 977 053

POLIO AUSTRALIA INCORPORATED

Representing polio survivors throughout Australia

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Polio Health and Wellness Retreat Body / Mind / Spirit

Registration Form



Ramada Hotel and Conference Centre Marcoola Beach (formerly SurfAir at Marcoola)

Thursday 26, Friday 27, Saturday 28 and Sunday 29 April 2012

Overview

Polio Australia ran its first Health and Wellness Retreat in Baulkham Hills, New South Wales, in 2010, with a second Retreat held in Mt Eliza, Victoria, in 2011. These were based on a Polio Retreat held by Post-Polio Health International in Warm Springs, Georgia, USA, in 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.

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.

This third Retreat on Queensland's beautiful Sunshine Coast 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 options for people to remain as mobile and independent as possible.

The Venue



Ramada Hotel and Conference Centre Marcoola Beach
923 David Low Way, Marcoola
Queensland 4564 Australia

Phone: +61 7 5457 2555 / Website: www.ramadamarcoola.com.au

Ramada Hotel and Conference Centre Marcoola Beach features Sunshine Coast accommodation located on absolute beachfront with direct beach access. Ramada Hotel is a resort with 180 degree views of the Sunshine Coast coastline.

Ramada Hotel is the ultimate beachfront destination – only an hour and half from Brisbane and perfectly positioned an equal distance from Caloundra in the south and Noosa in the north. Ramada Hotel is also only 5 km from Sunshine Coast airport with direct flights from most capital cities so you will be on the beach within 15 minutes of arriving at the coast.

Note: For any participants wishing to extend their stay either side of the Retreat, please contact Ramada Hotel directly for costs and bookings.

Facilities include:

- 60m Lagoon-style Pool (heated)
- Beach access
- Games/activities room
- Gymnasium
- Resort Shop
- Restaurant & Bar
- Tavern with Gaming Room (next door)
- Undercover car parking

The Program

This is a fully residential program and commences with Registration from 2.00pm onwards on Thursday 26th April, with check out at approximately 2.00pm on Sunday 29th April 2012.

The attached Program is still a 'work in progress' and there may be changes/additions made in the lead up to the Retreat, which we will endeavour to keep you up to date with. At this point, you are being asked to write a 1, 2, 3, etc. to indicate your order of preference for attending each activity. Please put a number against **every** session.

Below are some examples of the sessions you may be attending:

Thursday 26th April

- Registration
- Program Overview
- Introductions
- Guest Speakers

Friday 27th April (Body)

- Overview of the 'Polio Body'
- Managing chronic disease
- Continence issues
- Practical weight training session in the gym
- Respiratory problems
- Foot care
- Pain management
- Adapting your environment
- Orthotic solutions
- Diet and nutrition
- Hydrotherapy session in the pool
- Massage appointments
- Hearing test appointments
- Aids and equipment display

Saturday 28th April (Mind)

- Overview of the 'Healthy Mind'
- Seated Yoga
- Exploring polio emotions
- Finding your story
- Photography
- Learn to play Mahjong
- Cryptic Crosswords
- Bonsai
- Drawing skills
- Singing for fun
- Feldenkrais

Sunday 29th April (Spirit)

- Overview of the 'Healthy Spirit'
- Core values and the spirit
- Meditation
- Natural healing
- Finding the meaning of 'Spirit'

Where there is an oversubscription to any of the sessions and/or booked activities, names will be selected by ballot. During Registration on Thursday 26th April, participants will be notified which sessions/booked activities they have been allocated.

There are also a number of opportunities to book in to see therapists on a one-to-one basis. These booking times will overlap with session times. It is unavoidable and expected that participants will need to come and go from sessions accordingly, being mindful of causing as little disruption as possible in the process.

We anticipate that not everyone will be successful in accessing everything they choose, but we hope that there are enough activities of interest to keep everyone satisfied.

Cost and Booking Details

Polio Australia has done its best to keep the cost of this Retreat as affordable as possible by applying to various philanthropic trusts to subsidise the cost. The total cost will vary according to room selections but includes three nights' accommodation, all meals (including morning and afternoon tea), guest speakers, sessions, and most activities.

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

To book your place at this unique Retreat, **please complete this Registration Form and Program preferences** and return to **Polio Health and Wellness Retreat, Polio Australia, PO Box 500, Kew East VIC 3102. Full payment must be made when you register to secure your place at the Retreat.**

If you have any questions about the Retreat or the Registration process, please do not hesitate to contact us by phone on 03 9016 7678 or 0466 718 222 or by email at office@polioaustralia.org.au.

Accommodation Options

We have tried to ensure that all the rooms have an ocean view. The two x 2 Bedroom Apartments with accessible bathrooms have a view over to the beautiful Sunshine Coast hinterland ranges.

Virtually all the showers only have a low lip rather than a shower over the bath. As is typical of hotel accommodation, there is a lack of handrails in the bathroom so, if required, Polio Australia would need to hire shower chairs/stools and over the toilet assists to ensure your safety. See pages 5 and 6 to select this option.

Deluxe Hotel Rooms (15 x rooms / maximum 30 people)

Queen size or two single beds, ensuite bathroom with shower, TV, tea/coffee making facilities, fridge. Most rooms are equipped with balcony. Sleeps 2 people.

2 Bedroom Apartments (6 x apartments / maximum 24 people)

First bedroom has one queen size or two single beds with ensuite; second bedroom has one queen or two single beds; separate bathroom; **only two of these apartments have wheelchair accessible bathrooms.** Fully equipped kitchen, laundry, open plan living/dining area with balcony. Sleeps 4.

3 Bedroom Apartments (8 x apartments / maximum 58 people)

First bedroom has one queen size or two single beds with ensuite; second bedroom has one king size bed or two single beds; third bedroom has 2 single beds. Some 3 bedroom apartments have 3 bathrooms, the majority have 2. Fully equipped kitchen, laundry, open plan living/dining area with balcony. Sleeps 6.

Cost

<input type="checkbox"/> Single occupancy in Deluxe hotel room	\$500.00 per person
<input type="checkbox"/> Double in Deluxe hotel room	\$800.00 per couple
<input type="checkbox"/> Twin share in Deluxe hotel room	\$400.00 per person
<input type="checkbox"/> Single room occupancy in 2 or 3 bedroom apartment	\$400.00 per person
<input type="checkbox"/> Double in 2 or 3 bedroom apartment	\$700.00 per couple
<input type="checkbox"/> Twin share in 2 or 3 bedroom apartment	\$350.00 per person
<input type="checkbox"/> Double in 2 bedroom apartment with wheelchair accessible bathroom	\$600.00 per couple
<input type="checkbox"/> Twin share in 2 bedroom apartment with wheelchair accessible bathroom	\$300.00 per person

Transport Options and Directions

Flying

Virgin and Jetstar fly directly into the Sunshine Coast Airport (Marcoola) from Sydney or Melbourne (only), then it's a 10 minute taxi ride at approx. \$10.00 (see Suncoast Cabs below).

NOTE: there is no sky bridge at the Sunshine Coast Airport so please make sure you advise your airline if you are unable to use stairs.

Sun-air Airport Shuttle – Brisbane Airport to Marcoola



Guests will need to provide their flight details and how much luggage they have. All passengers are asked to phone Sun-air bus service on 07 5477 0888 between 2pm and 5pm the day prior to departure to confirm pick-up times for their Brisbane Airport shuttle and Sunshine Coast Airport shuttle transfers. Cost is \$51 per Adult (full fare). **Can take manual wheelchair.** No facility for electric wheelchairs.

<http://www.sunair.com.au/brisbane-airport-transit-stop.html>

Suncoast Cabs



Suncoast Cabs have a fleet of late model air-conditioned taxis. Among the fleet are station wagons, people movers (6 persons) and high occupancy vehicles (10 persons) to cater for individual requirements. The Company ensures that a high proportion of vehicles in the fleet are **wheel chair accessible** and this meets the existing market demand.

With EFTPOS equipped vehicles, this is just another service our company provides to make payment of the journey much more efficient. (10% surcharge applies on all transactions.)

If you would like to have a driver and vehicle to meet and greet you at the Sunshine Coast Airport, this can be easily arranged by phoning 07 5441 8801 / 131 008 / <http://www.suncoastcabs.com.au/>

Driving

Brisbane Airport to Ramada Hotel - 112 km, 1 hour 21 mins along Bruce Hwy/M1

1. Head **south** 82 m
2. Slight right 800 m
3. Turn right 96 m
4. Keep left at the fork 700 m
5. At the roundabout, take the **2nd** exit onto **Nancy Bird Way** 550 m
6. At the roundabout, take the **1st** exit onto the **Moreton Drive** ramp 290 m
7. Merge onto **Moreton Drive** 750 m
8. Take the ramp to **Gateway Motorway/M1** 650 m
9. Keep right at the fork and merge onto **Gateway Motorway/M1** 17.4 km
10. Take the exit onto **Bruce Hwy/M1** 66.7 km
11. Take exit **194** for **State Route 70 / Sunshine Motorway** towards **Buderim / Tourist Drive 25 / Tanawha-Forest Glen Tourist Drive / Mooloolaba** 300 m
12. Slight left onto **Sunshine Motorway / State Route 70** 8.2 km
13. Take the exit onto **Sunshine Motorway / State Route 70** towards **Maroochydore / Noosa Heads** 11.3 km
14. Take exit **David Low Way** towards **Mudjimba** 400 m
15. Keep right at the fork and merge onto **State Route 6** 3.4 km
16. Turn right onto **Sunset Strip** 17 m
17. Take the 1st left on to **David Low Way**
Destination will be on the right
Ramada Hotel 160 m
923 David Low Way
Marcoola Beach QLD 4564

Train

Brisbane Airport to Brisbane City – Ph: 07 3216 3308 / <http://www.airtrain.com.au/> = \$15.50 one way (full fare).

The closest train station to Marcoola is at Nambour, which is approximately 18 km away. The cost from Brisbane (Roma Street) to Nambour is \$34.10 (full fare) and concessions are available. For more detail, contact Queensland Rail on Ph: 1300 131 722 / <http://www.queenslandrail.com.au/Pages/Default.aspx>. You will then need to arrange for a taxi to take you from the Nambour train station to Marcoola. (see Suncoast Cabs above)

Participant 1

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

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

Male Female Date of Birth: ____ / ____ / ____ (for statistics only)

Ph: (Day) _____ Mobile: _____

Email: _____

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

Do you usually use a mobility aid? Yes No

If 'Yes', what type?

Walking Stick Elbow Crutches Manual Wheelchair Electric Wheelchair Scooter Walker

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

If available, would the following equipment be useful at the Retreat?

Over the toilet assist? Yes No Shower Chair? Yes No

Any special dietary requirements: Vegetarian Dairy Free Gluten Free

Other / Food Allergies: _____

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

Name: _____

Relationship to Participant: _____

Ph: (Day) _____ Mobile: _____

Room Type Preferred

Single occupancy in Deluxe hotel room

Double with Participant 2 in Deluxe hotel room

Twin share with Participant 2 in Deluxe hotel room

Single room occupancy in 2 or 3 bedroom apartment

Double with Participant 2 in 2 or 3 bedroom apartment

Twin share with Participant 2 in 2 or 3 bedroom apartment

Twin share in 2 or 3 bedroom apartment

Double in 2 bedroom apartment with Participant 2 (wheelchair accessible)

Twin share in 2 bedroom apartment with Participant 2 (wheelchair accessible)

Twin share in 2 bedroom apartment (wheelchair accessible)

Participant 2

First Name: _____ Family Name: _____

Street Address or PO Box: _____

Suburb: _____ State: _____ Post Code: _____

Male Female Date of Birth: _____ / _____ / _____ (for statistics only)

Ph: (Day) _____ Mobile: _____

Email: _____

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

Do you usually use a mobility aid? Yes No

If 'Yes', what type?

Walking Stick Elbow Crutches Manual Wheelchair Electric Wheelchair Scooter Walker

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

If available, would the following equipment be useful at the Retreat?

Over the toilet assist? Yes No Shower Chair? Yes No

Any special dietary requirements: Vegetarian Dairy Free Gluten Free

Other / Food Allergies: _____

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

Name: _____

Relationship to Participant: _____

Ph: (Day) _____ Mobile: _____

Payment Options

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

- Internet banking/direct credit to Polio Australia Inc account:
Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766
Please ensure that you quote your Family Name on your internet banking transaction
Please provide the internet banking transaction reference: _____
- Deposit the money at a local Westpac branch into Polio Australia Inc account:
Westpac (Parramatta Branch, NSW) – BSB 032-078 / Account 555766
 - Please tick to confirm that a copy of the Bank Receipt is attached
- Cheque made out to Polio Australia Incorporated and posted to the address at the top of Page 1

Enclosed please find payment by Cheque / Direct Deposit Receipt for:

- \$500.00 for single in Deluxe hotel room
- \$800.00 for couple in Deluxe hotel room
- \$400.00 per person for twin share in Deluxe hotel room
- \$400.00 for single room occupancy in 2 or 3 bedroom apartment
- \$700.00 for couple in 2 or 3 bedroom apartment
- \$350.00 per person for twin share in 2 or 3 bedroom apartment
- \$600.00 for couple in 2 bedroom apartment with wheelchair accessible bathroom
- \$300.00 per person for twin share in 2 bedroom apartment with wheelchair accessible bathroom

Total: \$ _____