

Rehabilitation Services

Polio Services Victoria (PSV) 9288 3900

St Vincent's Hospital Ground Floor Bolte Wing,
PO Box 2900, Fitzroy, 3065

PSV Est. 1998 to provide ongoing expertise and support for people who had polio. Through a core team of allied health professionals PSV offers: Access to a rehabilitation consultant (Referral required); specialist assessment; referral to and collaboration with mainstream health providers to develop client service plans; information and education service to health providers, clients who had polio, & the wider community.

Blaise Doran - Coordinator and physiotherapist

Stephen Hughes - Orthotist

Margaret Petkoff - Occupational Therapist

Dr Kathleen Ooi - Rehabilitation Consultant

PSV on line resources: www.psv.svhm.org.au

Epworth Rehabilitation 9809 2444

888 Toorak Road Camberwell Vic 3124

Dr Stephen de Graaff is Director of Pain Services and Senior Rehabilitation Physician at Epworth Healthcare.

Dr de Graaff is a member of the Clinical Advisory Group for **Polio Australia** www.polioaustralia.org.au/

Caulfield Hospital 9076 6000

260 Kooyong Rd Caulfield 3162

A team approach to therapy is provided by a medical, nursing and allied health professionals such as physiotherapists, occupational therapists, speech pathologists, neuropsychologists, social workers, dieticians & pharmacists. GP referral required.

Bentleigh Bayside Community Health Centre

Gardener Road Bentleigh East 9575 5333

55A Edward St Sandringham 3191 9598 2808

www.bbch.org.au

A wide suite of health services and counselling are provided including diabetes education, hydrotherapy, physiotherapy, podiatry. For information or referrals contact the Intake worker on 9575 5322

For half the year save 35% on electricity bills

Victorian concession card holders are eligible for 17½% discount on electricity bills. From Nov 1 to 30th April a further savings of 17½% is available under the MS Cooling allowance (also includes PPS & Late effects of Polio). Contact your energy supplier for details.

Respiratory Services

Victorian Respiratory Support Service 9496 3685

Level 1, Bowen Centre Austin Hospital

145 Studley Road Heidelberg 3084

Appointments Ian Batchelder 9496 3679

GP Referral Required. The Victorian Respiratory Support Service (VRSS) has extensive experience with polio survivors and continued support after the closure of Fairfield Hospital. Their services include diagnostic sleep studies, ventilator supply, equipment maintenance and respiratory review. The VRSS has 700 clients, 600 of whom use a ventilator to help maintain their respiratory health. Approximately 10% of clients are people living with the late effects of Polio.

Alfred Hospital: Depart. of Allergy, Immunology & Respiratory Medicine 9076 2000

5th floor, Main Ward Block, Commercial Rd Prahran.

The Service cares for patients with respiratory or sleep disorders - inpatient and ambulatory. This involves the use of non-invasive ventilatory support, tracheostomy management, oxygen therapy, pulmonary rehabilitation, all forms of pulmonary & sleep monitoring. G.P. Referral required.

Equipment Funding

Funding can be fully or partly arranged through **SWEP** by a physiotherapist or occupational therapist.

State Wide Equipment Program (SWEP)

Ph: 1300 PH SWEP (1300 74 7937)

PO Box 1993 Bakery Hill Victoria 3354

The Victorian State-Wide Equipment Program provides people with a permanent or long-term disability with subsidised aids and equipment to enhance independence in their home, facilitate community participation and support families and carers in their role.

Independent Living Centre Yooralla (ILC) 9362 6111

705 Princess Hwy, Brooklyn Victoria 3025

www.yooralla.com.au/ilc.php

Independent Living Centre at Brooklyn and Blackburn provides information, advice and trial of equipment to enhance the quality of life for people with disabilities of any age. ILC is staffed by Occupational Therapists and Physiotherapists. A small fee is charged for an individual consultation.

Orthotic Services

There are a number of orthotic services available in Victoria. We strongly recommend that you first get an assessment from Polio Services Victoria, St Vincent's Hospital to best ascertain your needs. They may refer you to an orthotist in your area.

Neuromuscular Orthotics 9543 4009

Suite 29, 15 Ricketts Rd Mt.Waverley 3149

www.neuromuscular-orthotics.com.au

Darren Pereira - Principle Orthotist

Priya Davis - Orthotist

Louise Thomas- Physiotherapist

O.P.C. Orthotic & Prosthetic Centre 9681 9666

151-159 Turner St, Port Melbourne, 3207

www.opcheath.com.au

Sally Cartledge, Orthotist

Orthotic Specialist Centre 9510 2578

311 High Street Prahran 3181

Mitcham Suite 2 / 603 Whitehorse Rd Mitcham 3132

Danny Keogh, Damian Woolley Orthotists

Orthopaedic Appliances Pty Ltd 9419 2499

OAPL 93-97 Webb St Fitzroy 3065

www.oapl.com.au

Lynne Tait, Orthotist (Fitzroy Clinic)

Pain Management Options

The following practitioners have been successful with pain relief. Consult with your GP, seek their advice and support and always remind those treating you that you had polio a child.

Innovative Physio 9771 7188

93 Wells Road Chelsea Heights 3196

www.innovativephysio.com.au

Tess Hines - Physiotherapist/Clinical Pilates

Massage Therapist 0438 556 706

Annette Vince Glen Iris Wednesday and Thursday

Health Horizons (Feldenkrais) 9598 2122

Ruth Frommer 566 Hampton Street Hampton

www.naturaltherapypages.com.au/therapist

/healthhorizons/3533

GENERAL SUPPORT SERVICES

Polio Australia 9016 7678

www.polioaustralia.org.au

Mary-ann Liethof National Program Manager

Complete the Australian Polio Register-numbers matter

Post Polio Victoria Inc. 9725-8943

P.O. Box 6 Clifton Hill 3068 www.postpoliovictoria.com

A new group formed in 2011 to promote the interests of the Victorian Polio Community.

Polio Network Victoria 1300 704 456

(Independence Australia) www.polionetworkvic.asn.au/

TADVIC 1300 663 342

Royal Talbot Rehabilitation Centre

1 Yarra Boulevard Kew 3101

www.tadvic.asn.au/

TADVIC's volunteers make custom equipment for people with a disability throughout Victoria.

Commonwealth Respite and Carelink Centre Southern Region 1800 052 222

The Centre helps to meet the needs of carers in Melbourne's south through practical and emotional support, information provision, referral, respite coordination and respite planning.

Multi Purpose Taxi Program 1800 638 802

The Multi Purpose Taxi Program provides eligible members half price taxi fares, up to \$60 per trip. Wheelchair/scooter users include details with your application.

Companion Card 1800 650 611

Phone for details or visit www.companioncard.gov.au

Internet

Polio Today (Salk Institute for biological studies)
www.poliotoday.org

Polio Australia
www.polioaustralia.org.au

Post Polio Victoria
www.postpoliovictoria.com

Post Polio Health International
www.post-polio.org

POLIO: THEN & NOW

In Australia there have been few new cases of polio since SALK and SABIN vaccinations became available in the mid 1950's. Between 1930 and 1988 tens of thousands of people were diagnosed with paralytic polio. The true number affected by the polio virus is much higher as only 1 in 100 infections cause paralysis. Today many of those infected by the virus are now also affected by new symptoms. The late effects of polio can include:

- unaccustomed fatigue unrelated to activity
- decreased strength and endurance
- pain in muscles and/or joints
- an inability to stay alert
- weakness and muscle atrophy
- muscle and joint pain
- muscle spasms/twitching
- respiratory and sleep problems
- swallowing and/or speaking difficulties

**Assessments are available from
Polio Services Victoria, St Vincent's Hospital
(over page for details)**

BAYSIDE POLIO GROUP

Our monthly meetings generate friendship and understanding, we have 59 active members. We are one of 15 Polio Groups in Victoria. Speakers share their expertise and experience at our meetings to create focus and discussion.

We publish a monthly newsletter and are kept up to date from Polio Health International, Polio Australia, Polio Network Victoria, Polio Services (St. Vincent's Hospital) and other post polio specialists.

Lifestyle Modification

There is no cure for the late effects of polio and/or post polio syndrome and it is unlikely that there will be in our lifetime. So good management is the trick.

The key for people with Post Polio Syndrome is to understand that "pushing through" pain and fatigue is no longer acceptable. It is important to realise that pain and fatigue are signs that an activity is too stressful for the muscles and may lead to permanent damage and weakness. Prolonged or repetitive high demand activities, which result in pain and fatigue, must be moderated or discontinued. -source Mary Clarke Atwood & Rancho Los Amigos Post-Polio Support Group Newsletter Sept. 1998



POST POLIO DIRECTORY

This Post Polio Directory was compiled from services that have been used by the members of the Bayside Polio Group.

Bayside Polio Group

Proudly sponsored by

The Rotary Club of Bentleigh / Moorabbin
Caulfield Park Community Bank (Bendigo Bank)

Monthly Meetings

First Tuesday of the Month 12.30-2.30pm

Fully accessible venues in the bayside area
Phone Shirley or Peter about our next meeting

Conveners:

Shirley Glance
9592 8212 / 0411 660860
howshirl@optusnet.com.au

Peter Willcocks
9578 5953
PGWillcocks@gmail.com

ASK FOR ONE OF OUR MONTHLY NEWSLETTERS