



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



## Stamford Grand, Glenelg, South Australia

Thursday 18, Friday 19, Saturday 20 and Sunday 21 April 2013

Polio Australia is delighted to be running our 4<sup>th</sup> Polio Health and Wellness Retreat, this time in the lovely seaside suburb of Glenelg, South Australia. We have done our 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, entertainment, 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 South Australians and those interstate people who have not attended previous Retreats.

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.

Please note that **Registration is in 2 parts**: completion and return of this “**Registration Form**”, together with payment; and completion and return of your program selection which is on a separate “**Program**” document. You will also receive a copy of the “**Presenters List**” with details of all the session facilitators and their backgrounds for your information.

The Registration Form and Program is available in both Word and PDF format so that they can either be completed on a computer and sent by email (Word version), or the PDF version can be downloaded and completed by hand to be posted back to Polio Australia or scanned and emailed. All contact details are located at the top of this page. **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](mailto:office@polioaustralia.org.au).

## The Program

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This is a fully residential program and commences with registration from 2.00 pm onwards on Thursday 18<sup>th</sup> April, with check out at approximately 2.00 pm on Sunday 21<sup>st</sup> April 2013.

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 indicate your order of preference for attending each activity. For example: Friday 19<sup>th</sup> April - 10.30 am to 12.00 pm – "Continence with Confidence" might be your 3<sup>rd</sup> choice, so indicate this by putting the number '3' against that session; "Powered Mobility" might be your 1<sup>st</sup> choice, so put a number '1' against that session. Continue until you – and Participant 2 - have numbered each session in order of preference.

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.

Below are examples of the sessions you may select from (*see separate **Program** for all details*):

### Thursday 18<sup>th</sup> April

- Registration
- Program Overview
- Introductions & orientation
- Guest Speaker

### Friday 19<sup>th</sup> April (Body)

- Overview of the 'Polio Body'
- Continenence issues
- Powered mobility
- Pain & fatigue management
- Falls and balance concerns
- Chiball exercise session
- Orthotic solutions
- Foot care
- Safe swallowing strategies
- Respiratory problems
- Diet and nutrition
- Understanding aged care
- Massage appointments (\$30-\$60)
- Physiotherapy consultations
- Gait assessments
- Aids and equipment display

### Saturday 20<sup>th</sup> April (Mind)

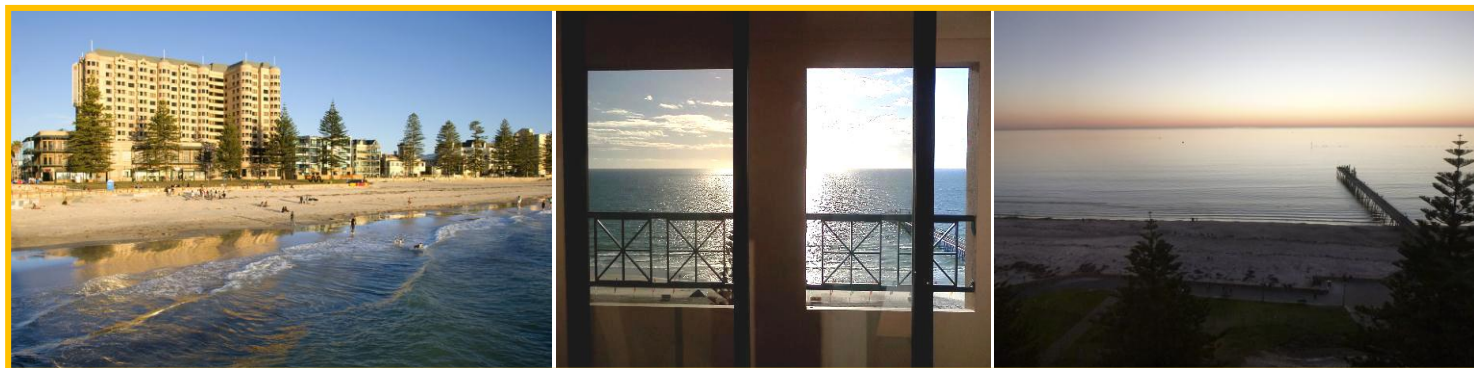
- Overview of the 'Healthy Mind'
- Chair yoga
- Feldenkrais
- Mindfulness
- Early polio memories
- Hydrotherapy (\$20)
- Cryptic crosswords
- Fantasy miniature gardening (\$15)
- Explore your inner artist
- Finding your story
- Card making
- Singing for fun
- Exploring wine
- Massage appointments (\$30-\$60)
- Scooter and accessible vehicle display

### Sunday 21<sup>st</sup> April (Spirit)

- Overview of the 'Healthy Spirit'
- The gift of the Holy Spirit
- Practical wisdom
- Meditation

Where there is an oversubscription to any of the sessions and/or booked activities, names will be selected by ballot. During registration on Thursday 18<sup>th</sup> April, participants will be notified which sessions/booked activities they have been allocated.

There are also 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.



### **Stamford Grand Adelaide**

Moseley Square

Glenelg South Australia 5045

Telephone: 08 8376 1222 / Email: [www.stamford.com.au/sga/](http://www.stamford.com.au/sga/)

The Stamford Grand Adelaide Hotel at Glenelg is one of Australia's leading resort style hotels and boasts panoramic views of the ocean, city and Adelaide Hills.

Located right on the beachfront at Glenelg, the Stamford Grand Adelaide Hotel provides Adelaide beachside hotel accommodation, less than 20 minutes from the city, and only 15 minutes from the airport.

Glenelg is a vibrant seaside-shopping community, and includes cinemas and a variety of eating options. Morphettville Racecourse, Glenelg Golf Course and AAMI Stadium are also all close to the hotel.

Hotel facilities include:

- 220 luxury rooms (9 with wheelchair access / wheel-in shower)
- Lifts
- 12 function rooms available for small meetings to large conventions featuring balconies with ocean and city views
- Fully equipped gymnasium and pool, spa and sauna (steps to pool so not accessible for wheelchairs)
- A la carte dining and stunning panoramic views at The Promenade Restaurant
- The Grand Bar with its polished floors, spacious bar and ocean views is the perfect place for lunch or drinks
- Horizons Cocktail Lounge is the ideal spot to chill out with friends and a cocktail
- Car park: Conference rate is \$8 per 24 hours for self-parking
- Valet parking is available for \$30.00 per 24 hours

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

## Cost (see page 8 for details)

These costs include three nights' accommodation, all meals (including morning and afternoon tea), guest speakers, entertainment, sessions, and most activities.

Single occupancy in hotel room	\$500.00 per person
Double occupancy in hotel room	\$900.00 per couple
Twin share occupancy in hotel room	\$450.00 per person
Single occupancy in wheelchair accessible room*	\$400.00 per person
Double occupancy in wheelchair accessible room*	\$700.00 per couple
Twin share occupancy in wheelchair accessible room*	\$350.00 per person

\* Specifically for people with higher mobility needs

## Accommodation

We have been assured that all the standard rooms have an ocean view. However, the nine rooms with accessible bathrooms have a view over to the beautiful Adelaide Hills.

### **Deluxe Ocean View Hotel Rooms**

King size or two single beds, balcony, ensuite bathroom with shower, TV, tea/coffee making facilities, and bar fridge. Sleeps up to 2 people.

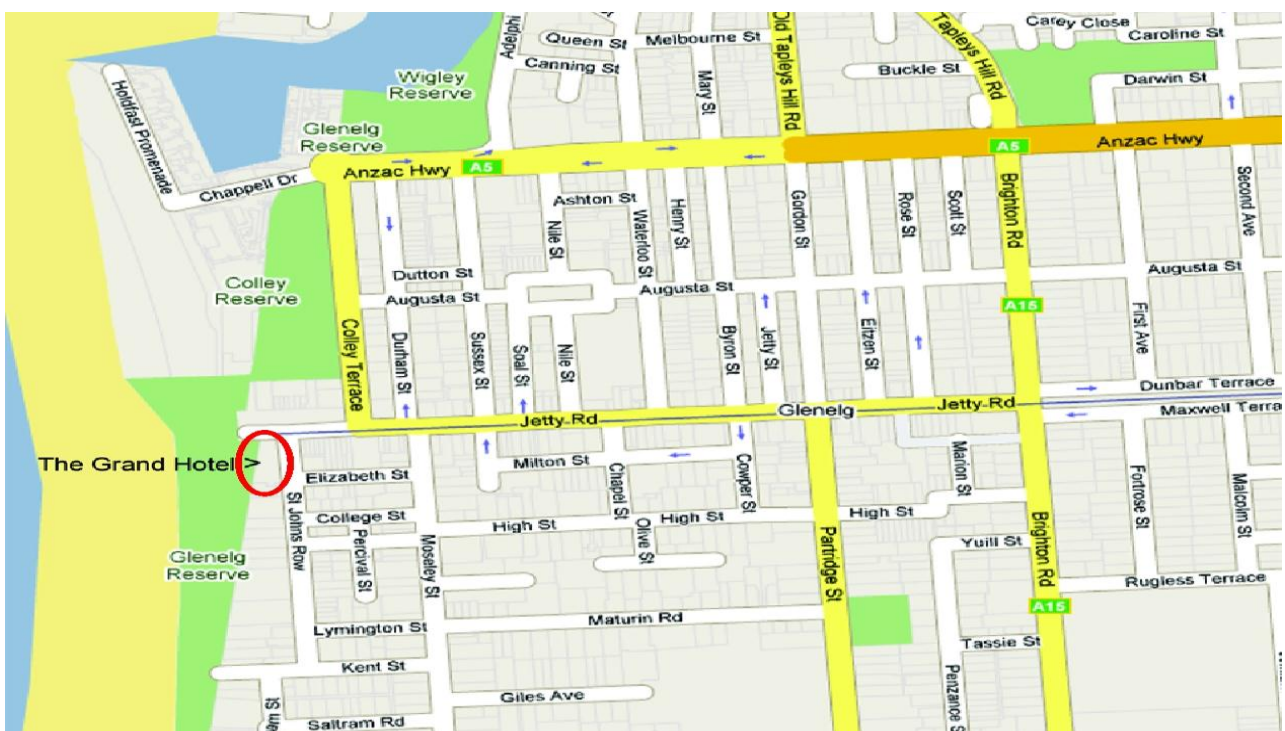
**Note:** unfortunately, *all* Deluxe Ocean View bathrooms have a shower-over-bath, although there is a handrail. Therefore, Polio Australia will need to hire transfer benches and over the toilet assists to ensure your safety. See pages 5 and 6 to select this option.

### **City View Hotel Rooms with Wheelchair Accessible Bathrooms\***

King size or two single beds, balcony, ensuite bathroom with shower, TV, tea/coffee making facilities, and bar fridge. Sleeps up to 2 people.

**Note:** there are 7 x Single or Double Occupancy Rooms and 2 x Twin Occupancy Rooms

## Transport Options and Directions



## From Adelaide Airport

People with a disability or who need special assistance can call 08 8308 9380 or 0438 890 024, prior to their visit to the airport.

Ensure you tell your airline or travel agent when making your reservation if you have a disability and the assistance you will require. When flying to Adelaide Airport aboard a jet, disembarkation will be via the passenger boarding bridge into the terminal on Level 2. Should you require a wheelchair or other assistance, please ensure the airline is made aware prior to your flight. Once inside the terminal, please proceed to baggage re-claim on Level 0.

To assist passengers with mobility movement throughout Terminal 1, some airlines operate a 'buggy' (people mover) service to help customers reach their required departure gate. This service can be arranged by airline staff.

An information booth is located on Level 0 which can also offer assistance regarding directions and terminal information.

## Public Transport

The Adelaide Metro website contains extensive information on public transport options including fare options, accessibility, planning your journey, timetables and maps. Their InfoLine number is: **1300 311 108** or check online here: [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au)



Bus numbers J1 and J1a run between the Adelaide City Centre, Adelaide Airport and Glenelg. The Glenelg bus stop is on Moseley Street, a short 5 minute walk from the Stamford Grant Adelaide. Most buses are wheelchair accessible.

Frequency is 15 minutes between 7.30 am and 6.30 pm, Monday to Friday and every 30 minutes at night, Saturday and Sunday until 10 pm.



If you are travelling from Adelaide City Centre, you can also catch the modern Glenelg tram, which is wheelchair accessible and will drop you virtually at the door of the Stamford Grant Adelaide.

## Taxis

Adelaide Airport to Glenelg by taxi is just under 10 km's this is a 15 minute taxi ride which should cost approx. \$20.00.

### Adelaide Independent Taxis

Phone: 132 211 / Online - [www.aitaxis.com.au](http://www.aitaxis.com.au)



**Adelaide Access Taxis** caters for passengers with disabilities - particularly those with mobility aids, such as wheelchairs and scooters. Vehicles are fitted with hydraulic lifts, enabling passengers in wheelchairs and scooters to be loaded directly into the taxi where they are secured and transported to their destination.

The Access fleet consists of single wheelchair taxis and Commuter Buses, able to fit 2 or 3 wheelchairs and carry up to 11 passengers. Ring 1300 360 940 to book your wheel chair accessible taxi with Adelaide Access Taxis, on call 24 hours a day, every day.

## 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 Transfer/Shower Bench?  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 hotel room

Double with Participant 2 in hotel room

Twin share with Participant 2 in hotel room

Twin share with another same sex participant in hotel room (if attending by yourself)

Single occupancy in wheelchair accessible room

Double in wheelchair accessible room with Participant 2

Twin share in wheelchair accessible room with Participant 2

## Participant 2

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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 Transfer/Shower Bench?  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

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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:

- |  |                     |
|--|---------------------|
| <input type="checkbox"/> Single occupancy in hotel room                      | \$500.00 per person |
| <input type="checkbox"/> Double occupancy in hotel room                      | \$900.00 per couple |
| <input type="checkbox"/> Twin share occupancy in hotel room                  | \$450.00 per person |
| <input type="checkbox"/> Double occupancy in wheelchair accessible room*     | \$700.00 per couple |
| <input type="checkbox"/> Twin share occupancy in wheelchair accessible room* | \$350.00 per person |
| <input type="checkbox"/> Single occupancy in wheelchair accessible room*     | \$400.00 per person |

### Activities

- |  |                    |
|--|--------------------|
| <input type="checkbox"/> Hydrotherapy Session        | \$20.00 per person |
| <input type="checkbox"/> Fantasy Miniature Gardening | \$15.00 per person |

Total: \$ \_\_\_\_\_

**Now please proceed to the Program - a separate document - which also needs to be completed and returned for your Registration to be complete.**