

# State Supports



<b>NSW</b>	Polio NSW Inc 02 9890 0946 office@polionsw.org.au www.polionsw.org.au
	Mt Wilga Private Rehabilitation Hospital Post-Polio Assessment Clinic 02 9847 5000 www.mtwilgaprivate.com.au
<b>QLD</b>	Spinal Life Australia 07 3391 2044 members@spinal.com.au www.spinal.com.au
<b>SA</b>	Polio SA Inc 0466 893 402 poliosa.office@gmail.com www.poliosa.org.au
<b>TAS</b>	Billie Thow 0428 748 563
<b>VIC</b>	Bev Watson Polio Network Victoria 0438 542 728 kyrama@westnet.com.au www.independenceaustralia.com/info/polio
	Post-Polio Victoria 0431 702 137 postpoliovictoria@gmail.com www.postpoliovictoria.org.au
	Polio Services Victoria Post-Polio Assessment Clinic 03 9231 3900 psv@svha.org.au www.svhm.org.au / Search 'polio'
<b>WA</b>	Post Polio Network of WA 08 9383 9050 poliowa@upnaway.com.au members.upnaway.com/~poliowa/
	Fiona Stanley Rehab Hospital Late Effects of Disability Clinic 08 6152 7420

To find a health professional with knowledge of the LEOp in your area visit:

[www.poliohealth.org.au/health-professionals-register/](http://www.poliohealth.org.au/health-professionals-register/)

# Contact Us

## Address

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## Phone

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## Websites

[www.polioaustralia.org.au](http://www.polioaustralia.org.au)  
[www.poliohealth.org.au](http://www.poliohealth.org.au)  
[www.australianpolioregister.org.au](http://www.australianpolioregister.org.au)  
[www.stillhere.org.au](http://www.stillhere.org.au)

## Email

[office@polioaustralia.org.au](mailto:office@polioaustralia.org.au)

## Social Media



Page: [facebook.com/PolioAustralia](https://facebook.com/PolioAustralia)

Group: [facebook.com/groups/PolioAustralia](https://facebook.com/groups/PolioAustralia)



[www.twitter.com/polioaustralia](https://www.twitter.com/polioaustralia)



## Support Us!

Polio Australia gratefully accepts any donations, small or large, and all Australian donations over \$2 are tax deductible.

[www.polioaustralia.org.au/invest-in-us](http://www.polioaustralia.org.au/invest-in-us)

# Polio Australia

Representing polio survivors throughout Australia



# "We're Stiff Here!"

**ABN 53 620 396 311**

**ABRN 142 977 053**

**Dr John Tierney PhD OAM, National Patron**

# The Late Effects of Polio (LEoP)

## What are the LEoP?

Years after contracting polio, an increasing number of polio survivors are developing a range of new symptoms with potentially debilitating health effects, manifesting primarily as bio-mechanical and/or neurological decline; this condition is known as the LEoP.

## Who Do the LEoP Affect?

People living with the LEoP make up the largest physical disability group in Australia. Australia is now free of new cases of polio and most of those affected are over 60 years of age. However, migrants arriving from countries where polio was eradicated more recently have led to a younger cohort of polio survivors.

## Symptoms of the LEoP

Symptoms of the LEoP vary considerably, both in range and severity, but commonly include:

- chronic fatigue;
- muscle and/or joint pain;
- muscle weakness and atrophy;
- muscle spasms/twitching;
- respiratory and sleep problems;
- swallowing and speech difficulties; and
- cold and heat intolerance.

# Polio Australia

**Vision:** All polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed life choices.

**Mission:** Polio Australia is committed to standardising quality polio information and service provision across Australia for polio survivors.

- Purpose:**
- To educate Australian polio survivors and their families and community about the LEoP.
  - To source and provide best practice information, education and training to health professionals to improve the diagnosis/management of the LEoP.
  - To facilitate the provision of appropriate and consistent health and other support services.
  - To advise governments on policy development and programs.
  - To stimulate research into the LEoP.

...more at [www.polioaustralia.org.au](http://www.polioaustralia.org.au)

# Australian Polio Register

The Australian Polio Register was established in 2010 to gather information on the numbers of polio survivors living in Australia today.



Polio Australia encourages every polio survivor living in Australia — regardless of the country where you contracted polio — to add your details to the Australian Polio Register.

[www.australianpolioregister.org.au](http://www.australianpolioregister.org.au)

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