

# Polio Australia

*Representing polio survivors throughout Australia*

## Report

### 2015 Polio Health and Wellness Retreat

### Wyndham Torquay Resort

Thursday 30 April, Friday 1, Saturday 2 and Sunday 3 May 2015



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## 1. Executive Summary

Polio Australia's vision is to ensure that ***all polio survivors in Australia have access to appropriate health care and the support required to maintain independence and make informed lifestyle choices.***

Since it commenced active operations in January 2010, Polio Australia has run five "Residential Chronic Condition Self-Management" programs – also known as "Polio Health and Wellness Retreats". In line with our Strategic Plan, it is the goal of Polio Australia to run these Retreats annually for polio survivors and their partners/carers/family members in every state in Australia.

The ongoing theme of these annual Retreats is based on "The Healthy Body/Mind/Spirit", which takes a holistic approach towards effective self-management of the Late Effects of Polio (LEOP) and Post-Polio Syndrome (PPS), and associated behavioural change for polio survivors, their families, carers and family members.

Since the inaugural Retreat at St Joseph's Retreat for Reflective Living in Baulkham Hills, New South Wales, in 2010 with 59 participants, four more highly successful Retreats have been held annually in the April/May period keeping to the well-developed theme of *Mind, Body and Spirit*:

- 2011 - the second Retreat, held in Mt Eliza, Victoria, was attended by 64 people;
- 2012 - the third Retreat, held on the Sunshine Coast, Queensland, was attended by 73 people;
- 2013 - the fourth Retreat was held in Glenelg, South Australia, was attended by 70 people;
- 2014 - the fifth Retreat was again held in Baulkham Hills, New South Wales, attended by 63 people;
- 2015 - this sixth Retreat was held at the Wyndham Retreat in Torquay, Victoria, and was attended by 70 people.

Partners/carers/family members are always encouraged to attend these Retreats, as it is vital for the polio survivors to have this support and understanding in order to achieve their own self-management goals. It is equally important for the partners/carers/family members to have scheduled and informal opportunities to meet and discuss their own specific concerns which is accommodated in the "Partnering Polio" sessions.

The overwhelming response from attendees was that this Retreat was the most comprehensive, informative, and interactive Retreat to date. It was also good to see so many new people attending a Retreat for the first time, and to hear the latest information on how the late effects of polio relate to the original virus infection and new management techniques to consider.

### Program Summary

#### Day 1

After everyone had arrived on the first evening, Guest Speaker, Peter Willcocks, from the Bayside Polio Support Group (Victoria) outlined the concept and realisation of his Group's "All Walks of Life" film and information pack. These packs were on sale at the Retreat, and all money from sales was donated to Polio Australia.

#### Day 2

The "Body" day began with a Plenary overview of post-polio challenges from Dr Steve de Graaff, Director of Pain Services and Senior Rehabilitation Physician, Epworth Healthcare, Victoria. The sessions that followed were:

- |  |                              |
|--|------------------------------|
| • Pain and Fatigue Management [2 sessions] | • Let's talk about Self-Care |
| • Take a Deep Breath                       | • Partnering Polio           |
| • Natural Health Care                      | • Healthy Eating             |
| • Exercise Options                         | • Maintaining Mobility       |
| • To Brace or not to Brace                 | • Being Medicine Wise        |
| • Hearing, Listening and Communication     |                              |

The day concluded with the film "Afternoon of a Faun: Tanaquil Le Clercq", a great ballerina whose career came to an abrupt end when, on a tour of Europe, she was struck down by polio and paralysed.

### Day 3

The "Mind" day commenced with a Plenary presentation by Dr Andrew Sinclair, Manager of Psychology, Case Management and Outreach Services at Independence Australia, and was followed by sessions on:

- Mindful Self Compassion
- Mindful Movement
- Early Polio Memories
- What's your 'Type'? [2 sessions]
- Cryptic Crosswords
- Creative Writing
- Exploring the Share Market
- Partnering Polio
- Kazdoodle: Creative Drawing
- Ikebana
- Find Your Voice
- Why Family History

The day concluded with Shaun Islip as MC for a **"Polio's Got Talent"** show from talented Retreaters, and included a number of items from the 'Choir' after dinner.

### Day 4

The "Spirit" day commenced with a Plenary presentation by Shaun Islip, a singer, conductor, French horn player and pianist at the Guildhall School of Music and Drama in London, followed by concurrent sessions on: Worship Through Music, Meditation, and Philosophically.

### Evaluations

By way of demonstrating how this Retreat has 'changed people's lives', a sample of the evaluation comments follows:

- *To recognise fatigue and accept that it is not a failure to rest when needed.*
- *Don't get hung up on the big stuff you can't change but the 5% you can change.*
- *The relationship between concept, fatigue and willpower makes sense now! With only a finite amount of willpower in my day, I have learned the need to pace my mind as well as my body.*
- *Made me realise that I am OK with what I am, and how planning routines to establish good patterns can help when times are tough.*
- *I have been guilty in the past of refusing to admit to very few, including myself at times, to the fact that I am a Polio Survivor. After such a life changing few days in the company of so many amazing other Survivors I now acknowledge the term as a badge of honor.*

### Acknowledgements

We are very grateful to all the session facilitators and therapists (see Section 3) for sharing their time, knowledge and expertise, especially as the majority of these presenters provided their services at no charge.

Polio Australia warmly thanks GlaxoSmithKline for their ongoing and generous support for these Retreats. The financial support provided the opportunity to provide the 4 day/3 night Retreat at a reduced cost, starting from \$450 per person twin share, which included all meals, accommodation and most activities.



## 2. Demographics

### Who Came?

Polio Survivors	Spouse/Carers	Total Participants
52	18	70

### Gender Representation

Female	Male
47 Total (40 Polio Survivors)	23 Total (8 Polio Survivors)

### States

SA	NSW	VIC	QLD
8 (2 male / 6 female)	16 (7 male / 9 female)	33 (10 male / 23 female)	9 (3 male / 6 female)
TAS	NZ		
2 (1 male / 1 female)	2 (1 male / 1 female)		

### Repeat Participants

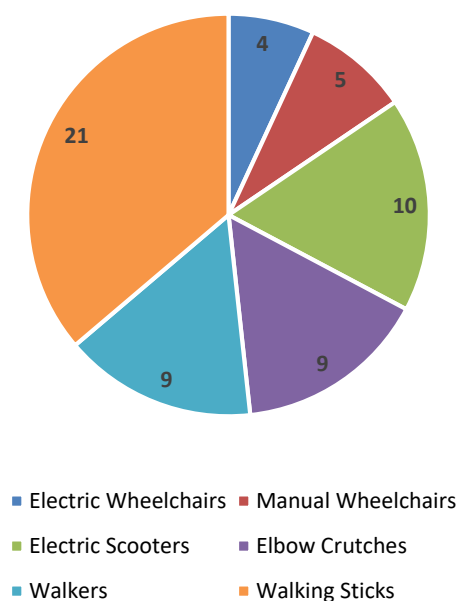
NSW	VIC	QLD	SA	TAS	Total Repeats
15	13	6	2	2	38

## STATISTICS CHARTS

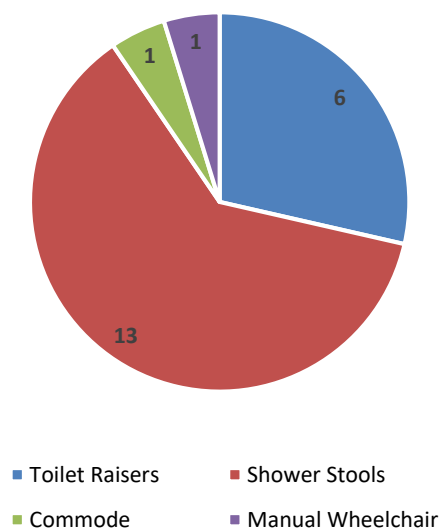
**Participants Year of Birth Range:** 1927 to 1965

**Years Polio Contracted:** 1929 to 1960

Mobility Aids Used



Assistive Devices Hired



### 3. Program

#### Day 1 - Orientation - Thursday 30 April

Time	Activity
2.00 to 6.00 pm	Retreat Check In Registration, and facility orientation
6.30 to 7.30 pm	<b>Dinner in Dining Room</b>
7.30 pm	Welcome by Dr John Tierney President, Polio Australia and Gillian Thomas Vice President, Polio Australia and President, Polio NSW
7.45 pm	Guest Speaker - Peter Willcocks <i>All Walks of Life: Post-Polio Awareness</i>
8.15 pm	Program Overview and Brief Announcements
8.30 pm	Participant Introductions
9.00 pm	Relax and Mingle

#### Day 2 – The Healthy Body - Friday 1 May

Time	Sessions
7.30 to 9.00 am	<b>Breakfast</b>
9.15 to 10.00 am	<b>Plenary: "Body"</b> Dr Steve de Graaff Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria
10.00 to 10.25 am	<b>Morning Tea</b>
10.30 am to 12.00 pm	<b>Pain and Fatigue Management</b> Dr Steve de Graaff Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria
	<b>Take a Deep Breath</b> Anne Duncan Outreach Coordinator Victorian Respiratory Support Service
	<b>Natural Health Care</b> Tim Altman Naturopath
	<b>Exercise Options</b> Tim Lathlean Accredited Exercise Physiologist (AEP)
12.15 pm	<b>Lunch</b>
1.00 to 2.00 pm	Rest and Relaxation Guided Meditation Physiotherapy Consultation Therapeutic Massage

### 3. Program (cont'd)

2.00 to 3.30 pm	<b>To Brace or Not to Brace</b> Stephen Hughes Orthotist Polio Services Victoria, St Vincent's Hospital, Melbourne
	<b>Let's talk about Self Care</b> Oriana Caporilli Social Worker Polio Services Victoria, St. Vincent's Hospital Melbourne
	<b>Hearing, Listening and Communication</b> Jade Frederiksen Audiologist Australian Hearing Centre
	<b>Pain and Fatigue Management</b> Dr Steve de Graaff Director of Pain Services and Senior Rehabilitation Physician Epworth Healthcare, Victoria
	<b>Partnering Polio</b> Graeme Smith This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.
3.30 to 3.55 pm	<b>Afternoon Tea</b>
4.00 to 5.30 pm	<b>Maintaining Mobility</b> Paul Graham Podiatrist Total Care Podiatry
	<b>Healthy Eating</b> Rachel Jeffery Dietitian and Nutritionist
	<b>Being Medicine Wise</b> Nader Mitri Registered Pharmacist Amcal Pharmacy
6.30 to 7.30 pm	<b>Dinner</b>
8.00 pm	Film " <i>Afternoon of a Faun: Tanaquil Le Clercq</i> "

### Day 3 – The Healthy Mind - Saturday 2 May

Time	Sessions
7.30 to 9.00 am	<b>Breakfast</b>
9.15 to 10.00 am	<b>Plenary: 'Mind'</b> Dr Andrew Sinclair Manager of Psychology, Case Management and Outreach Services Independence Australia
10.00 to 10.25 am	<b>Morning Tea</b>

### 3. Program (cont'd)

10.30 am to 12.00 pm	<b>Mindful Self Compassion</b> Dr Andrew Sinclair Manager of Psychology, Case Management and Outreach Services Independence Australia
	<b>Mindful Movement</b> Margot Islip Movement Specialist MG Movement
	<b>Early Polio Memories</b> Joan Smith Polio Survivor and Convener Knox-Yarra Ranges Post-Polio Support Group, Victoria
	<b>What's Your Type?</b> Mary-ann Liethof National Program Manager Polio Australia
12.15 pm	<b>Lunch</b>
1.00 to 2.00 pm	Rest and Relaxation Guided Meditation Therapeutic Massage
2.00 to 3.30 pm	<b>Cryptic Crosswords</b> Gillian Thomas Vice President Polio Australia
	<b>What's Your Type?</b> Mary-ann Liethof National Program Manager Polio Australia
	<b>Creative Writing</b> John Craig Tutor U3A Geelong
	<b>Exploring the Share Market</b> Tim Kottek Tutor SurfCoast U3A
	<b>Partnering Polio</b> Graeme Smith This is a guided discussion for anyone who has come along to the Retreat with a person who is post-polio.
3.30 to 3.55 pm	<b>Afternoon Tea</b>

### 3. Program (cont'd)

4.00 to 5.30 pm	<b>Kazdoodle: Creative Drawing</b> Karen (Kaz) McGlynn Artist and Art Educator
	<b>Ikebana</b> Christopher James Ikebana Practitioner and Teacher
	<b>Find Your Voice</b> Shaun Islip Choral Conductor, Music Pastor, Founder and Director Open Door Singers (Gospel and Community)
	<b>Why Family History</b> John Stewart Tutor U3A SurfCoast and President and Research Officer Geelong Family History Group Inc.
6.00 to 7.00 pm	<b>Dinner</b>
7.00 to 9.00 pm	"Polio's Got Talent" and Choir Performance.

### Day 4 – The Healthy Spirit - Sunday 3 April

Time	Sessions
7.30 to 9.00 am	<b>Breakfast</b>
9.15 to 10.00 am	<b>Plenary: "Spirit"</b> Shaun Islip Choral Conductor, Music Pastor, Founder and Director Open Door Singers (Gospel and Community)
10.00 to 10.25 am	<b>Morning Tea</b>
10.30 am to 12.00 pm	<b>Worship Through Music</b> Shaun Islip Choral Conductor, Music Pastor, Founder and Director Open Door Singers (Gospel and Community)
	<b>Meditation</b> Jade Frederiksen Yoga and Meditation Teacher
	<b>Philosophy</b> Rien Willemse Tutor U3A Geelong
12.15 pm	<b>B-B-Q Lunch</b>
1.15 to 2.30 pm	<b>Closing Plenary</b> Mary-ann Liethof National Program Manager Polio Australia

## 4. Evaluations

### 4.1 Plenary Sessions

1 = Below standard to 5 = Excellent	1	2	3	4	5
<b>Day 2 (Body)</b> Dr Steve de Graaff	0	1	1	6	29
<b>Day 3 (Mind)</b> Dr Andrew Sinclair	0	0	2	7	26
<b>Day 4 (Spirit)</b> Shaun Islip	0	0	3	9	15

#### 4.1.1 Plenary Comments – Polio Survivors

##### Day 2 – Dr Steve de Graaff (Body)

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> <li>Steve's knowledge and understanding of the effects and after effects of polio x10.</li> <li>How polio affected nerves, why we have PPS now and distinction between LEOP and PPS x9.</li> <li>Depth of information provided and clarity of the presentation x7.</li> <li>Fantastic for first time retreaters with other sessions building on this basic overview x4.</li> <li>Excellent new perspective on the polio body, including we are adaptivex3.</li> <li>Fabulous personality, great to listen to and validated what I feel is real x2.</li> <li>Packed in as much as possible, more expansive picture than before x2.</li> <li>Conversations around movement for pain relief x2.</li> <li>Steve does not treat us like idiots! Need more doctors with Steve's outlook.</li> <li>Most beneficial plain talking, debunked myths and enlightening.</li> <li>Latest on symptoms, diagnosis, immunisation and brain involvement.</li> <li>How age at initial infection relates to the prognosis for potential PPS.</li> <li>% of muscle power used by polio's vs non-polio's shows why we need more rest.</li> <li>Great advice on leg elevation to reduce nighttime visits to the loo and proper seating.</li> <li>Clarified some issues which I did not realise were related.</li> <li>Learning about our body, watching others in the room and that not everything is polio.</li> </ul>	<ul style="list-style-type: none"> <li>Handouts or link to watch again.</li> <li>Muscle contraction and more time with Steve.</li> <li>Volume needed to be louder, difficult to read the slides.</li> <li>Some slides were dealt with too quickly due to time pressure.</li> <li>How to explain to others.</li> </ul>

**Day 3 – Dr Andrew Sinclair (Mind)**

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> <li>• All most practical with clear examples and good humor x10.</li> <li>• Pragmatic approach and strategy to change and improve x7.</li> <li>• Why to make decisions early in the day x6.</li> <li>• Inspiring and helpful to plan/adjust your day x4.</li> <li>• Concept of storing will power, habits, routines x4.</li> <li>• Willpower, being structured in life skills x4.</li> <li>• Prioritising my workload and pacing myself.</li> <li>• The idea of planning routines to establish good patterns when times are tough.</li> <li>• Aspect of small steps at a time.</li> <li>• Will influence my future behaviour.</li> <li>• Decision fatigue, replace not eliminate.</li> <li>• New concept – fatigue and willpower – makes sense but why didn't I think of it myself? Only certain amount of willpower in my day – this is new. Now I can learn to pace my mind as well as my body.</li> <li>• Andrew's talk was the best I have heard him present.</li> <li>• Relaxation revisited – I needed the reminder.</li> </ul>	<ul style="list-style-type: none"> <li>• More teaching on yo-yo dieting.</li> </ul>

**Day 4 – Shaun Islip (Spirit)**

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> <li>• Different interpretations of 'Spirit' and what it means to different people x5.</li> <li>• Great presenter, covered everything I needed x4.</li> <li>• For effectiveness work in unison and balance spirit/body/soul x3.</li> <li>• All was enlightening and encouraging x2.</li> <li>• Singing together x2.</li> <li>• Reinforcing ideas on the healthy spirit and what hinders the spirit x2.</li> <li>• Terrific plenary speaker, able to relate the session to the group – well done. Very inspirational plenary session.</li> <li>• Loved presenter's cheeky human jokes.</li> <li>• That spirit is a very personal part of your person.</li> <li>• Opportunity to discuss topics with my husband we don't normally talk about.</li> <li>• Right and Left Brain.</li> <li>• Message of forgiveness.</li> <li>• How presentations over the past three days have complemented each other.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

#### 4.1.2 Plenary Comments – Spouse/Carers

##### Day 2 – Dr Steve de Graaff (Body)

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> <li>• Every part, information in everyday language explained clearly x10.</li> <li>• Reality: fatigue, pain, weakness, not imagined.</li> <li>• Covered many aspects about living with polio I was not aware of.</li> <li>• Different symptoms.</li> <li>• Guidance on amount of activity and rest required.</li> <li>• Technical information on difference between PPS and LEOp.</li> </ul>	<ul style="list-style-type: none"> <li>• Copy of PowerPoint Presentation.</li> </ul>

##### Day 3 – Dr Andrew Sinclair (Mind)

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> <li>• Very informative, enjoyed this presentation x4.</li> <li>• Good information, very thought provoking x2.</li> <li>• Guidelines on willpower – inspiring!</li> <li>• Interesting about willpower and ways of being better at it – very entertaining.</li> <li>• Bringing things back to basics.</li> <li>• Eat, sleep, sex, play games, and talk to the person next to you.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

##### Day 4 – Shaun Islip (Spirit)

Most useful aspects	What other information would have liked
<ul style="list-style-type: none"> <li>• Very interesting and enthusiastic speaker x3.</li> <li>• Made me look at myself and consider my actions x2.</li> <li>• Uplifting, positive and social x2.</li> <li>• Right and Left Brain.</li> <li>• Awareness of one's spirit.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

## 4.2 Day 2 Feedback – Polio Survivors

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<p><b>Pain and Fatigue Management</b></p> <p><i>Dr Steve de Graaff</i></p>	<ul style="list-style-type: none"> <li>• Excellent speaker and listener, with great advice - wanted it to go longer x7.</li> <li>• Common sense ways to manage fatigue and pain without resorting to medication such as heat packs and let go of some work x2.</li> <li>• The in-depth discussions on fatigue and pain x2.</li> <li>• Steve is straight forward and to the point.</li> <li>• The evidence of fatigue, effects of supplements, adjusting walking dynamics.</li> <li>• Good information on medication and possible side-effects. Good facilitator.</li> <li>• How various medications vary impact on muscle activity.</li> <li>• Learnt I suffered 'drop foot' and how I can prevent falls.</li> <li>• Explained some symptoms and why they happen.</li> <li>• Understanding the body's way of protecting itself.</li> <li>• Interactive exercises were particularly helpful.</li> </ul>	<ul style="list-style-type: none"> <li>• More on pain medication.</li> <li>• More on strategies to deal with pain and fatigue.</li> <li>• Muscle contraction issues and what to do about them.</li> <li>• What is available medically to help, services and/or medications.</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>Take a Deep Breath</b>  <i>Anne Duncan</i>	<ul style="list-style-type: none"> <li>• Very informative, sleeping, swallowing, breathing and throat information x7.</li> <li>• Varied questions and ideas from other participants x2.</li> <li>• Specific information on signs to look for needing professional advice x2. Breathing exercises and sleep apnea.</li> <li>• Introduction to different breathing aids.</li> <li>• Allowed me to realise the progress I had made over the past 10 months.</li> <li>• Anne understood polio effects from family and professional experience.</li> </ul>	<ul style="list-style-type: none"> <li>• Breathing techniques to strengthen the breathing process.</li> <li>• Insufficient time to go over sample machines.</li> <li>• More time for questions.</li> </ul>
<b>Natural Health Care</b>  <i>Tim Altman</i>	<ul style="list-style-type: none"> <li>• Learning about Mickel therapy was interesting x2.</li> <li>• Looking at how old patterns affect current life – could have spent all day on this session x2.</li> <li>• Tim’s ability to communicate ways of dealing with stress and emotions and how this relates to our activities and breathing techniques x2.</li> <li>• Connection between the thinking brain and the emotional brain center.</li> <li>• Ability to present firsthand experience and break down Nutrition – Breath – process stress.</li> <li>• Gained different perspective on solving matters in my life that demand action.</li> <li>• Great new knowledge on hypothalamus and its role in the regulation of the body system and developing diseases later.</li> <li>• Websites useful.</li> </ul>	<ul style="list-style-type: none"> <li>• More practical approach needed.</li> <li>• More on Mickel theory and nutrition.</li> <li>• Only covered one of three topics planned x2.</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>Exercise Options</b>  <i>Tim Lathlean</i>	<ul style="list-style-type: none"> <li>The idea that exercising right leg can pattern for left – interesting x2.</li> <li>Good Thera-band exercise demonstrated.</li> <li>Presenter learnt a lot from the group.</li> <li>Good positive session – exercise IS important – pace yourself.</li> <li>Small things one can do for exercise.</li> <li>Explanation re exercise physiologist and willingness to find one in our area.</li> <li>Tim had obviously done his research and understood polio limitations.</li> </ul>	<ul style="list-style-type: none"> <li>More exercise and less talk.</li> <li>Needed more physical exercising, bit we did was good.</li> <li>More time to discuss/trial body exercise.</li> <li>Expected more interactive exercise options, spent most of the time answering questions.</li> </ul>

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
<b>To Brace or Not to Brace</b>  <i>Stephen Hughes</i>	<ul style="list-style-type: none"> <li>Showing different braces available – more modern systems / inventions x5.</li> <li>Excellent presenter, very practical x2.</li> <li>Very honest, straightforward discussion on types and myths of orthotics.</li> <li>Bracing is an ongoing process and specific to individual needs.</li> <li>Clarification of the purpose of bracing.</li> <li>Better understanding of assessment process.</li> <li>I need an orthosis assessment.</li> <li>I wear my brace from morning to 2pm, which is the limit of time.</li> <li>Victoria has many polio health professionals.</li> </ul>	<ul style="list-style-type: none"> <li>Point by point explanation of how bracing can help.</li> <li>What can we get vs. how much Victorians can access.</li> <li>More about how brace can affect my insides.</li> </ul>
<b>Hearing, Listening and Communication</b>  <i>Jade Frederiksen</i>	<ul style="list-style-type: none"> <li>Information on inner ear structure, how it works, supported by handouts x3.</li> <li>Questions asked and information gained x2.</li> <li>Enjoyed presenter, kept people on track – to her credit.</li> <li>Aspects of the ear affected as deafness develops.</li> <li>Slow to get into subject.</li> <li>Interest in the whole person, all sensory effects, importance of family and readiness to use hearing aids.</li> </ul>	<ul style="list-style-type: none"> <li>Slow to start but interesting session but rushed at the end.</li> <li>Like to have seen different types of aids.</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>Let's Talk About Self-Care</b>  <i>Oriana Caporilli</i>	<ul style="list-style-type: none"> <li>• Very good presentation and exchange of new ideas x5.</li> <li>• Planning process and guides to assist with self-care.</li> <li>• Useful handouts.</li> <li>• Reinforcing the need to look after ourselves and using the things we already know.</li> <li>• Structured, informative self-care presentation involving everyone.</li> <li>• Concept of broadness of self-care to community and aspects of life beyond dealing with chronic condition management.</li> </ul>	<ul style="list-style-type: none"> <li>• Needs to be more focused on topic and outcome.</li> <li>• No need for participants to introduce themselves, or reading by participants.</li> <li>• Facilities to retain some form of independence.</li> </ul>
<b>Pain and Fatigue Management</b>  <i>Dr Steve de Graaff</i>	<ul style="list-style-type: none"> <li>• Absolutely excellent comments and approach to self-management x2.</li> <li>• Fatigue and pain and ways to handle it explained to perfection x2.</li> <li>• Hearing other people's stories, needs and Steve's responses x2.</li> <li>• Total interaction – whole session spent answering questions x2.</li> <li>• To recognise fatigue and accept that it is not a failure to rest when needed.</li> <li>• When to say yes and no to people's demands.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
<b>Healthy Eating</b>  <i>Rachel Jeffery</i>	<ul style="list-style-type: none"> <li>• Fun, well presented and very informative session x9.</li> <li>• Rachel was great at explaining food groups, diets and reading food labels x2.</li> <li>• Emphasised benefits of a balanced diet and dispelling fad diet myths x2.</li> <li>• Realistic approach to nutrition, made healthy eating sound possible and enjoyable.</li> <li>• Dispelling myths of fad diets.</li> <li>• Worked in the field for 25 yrs, still learnt new nutritional advice.</li> <li>• Great knowledge presented in a simple matter of fact way.</li> <li>• Acknowledgement no perfect diet, need to work better with what we do.</li> <li>• Excellent takeaway chart.</li> <li>• Helpful website suggestions.</li> </ul>	<ul style="list-style-type: none"> <li>• Meal choices.</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>Maintaining Mobility</b>  <i>Paul Graham</i>	<ul style="list-style-type: none"> <li>• Instruction and hands on use of Nordic sticks, seeing gait technology work x6.</li> <li>• Extremely knowledgeable, thorough speaker, did well in time allocated x4.</li> <li>• Specifically information on foot and ankles, everything covered.</li> <li>• Nordic walking session which showed me how useful an aid could be.</li> <li>• Outstanding information, now value just what podiatry can offer.</li> <li>• Movement being assessed individually and shown on computer.</li> <li>• Understanding assessment tools for pressure, balance and gait.</li> <li>• Best session of the day, felt the term symmetry particularly apt.</li> <li>• Dr Comfort shoe range.</li> <li>• Grip and balance analysis details.</li> <li>• Relieved joint pain, took pressure off, regained symmetry.</li> <li>• Fascinating information on feet and balance.</li> <li>• Hearing about barriers to mobility and ideas from the floor.</li> </ul>	<ul style="list-style-type: none"> <li>• Needs to stick to the topic.</li> <li>• How to cope with Nordic walking, found it difficult, need more help.</li> <li>• More detail of what was shown on the computer.</li> <li>• Relationship of pressure, balance and gait in relation to myself.</li> </ul>
<b>Being Medicine Wise</b>  <i>Nadir Mitri</i>	<ul style="list-style-type: none"> <li>• Brilliant, fantastic session, so helpful, especially use of vitamins with PPS x6.</li> <li>• Explained good vs bad foods, natural vs processed food, medications what they do in the body x3.</li> <li>• Very educational and interactive x2.</li> <li>• Very good presenter, talked about value of natural foods as much as medicines x2.</li> <li>• Which medications clash and natural remedies x2.</li> <li>• Explained using plain lay person language and clear answers.</li> <li>• Excellent speaker who covered his subject well.</li> <li>• Very informative on medications to take, will discuss with my GP.</li> <li>• Drug interaction and over-prescription, what needs revising.</li> <li>• Thorough understanding of professional standards.</li> <li>• Home visit service provided from pharmacist.</li> </ul>	<ul style="list-style-type: none"> <li>• More time to hear the presenter.</li> </ul>

#### 4.2.1 Follow-up actions

##### Pain Management

- Adjust home activities - be more aware of my limitations.
- Realised that 'pushing' myself to my limits sometimes, is counterproductive to my wellbeing.
- Referral to Dr Steve de Graaff / Dr Nigel Quadros / Paul Graham / GPs x10.

##### Respiratory Management

- More general/breathing exercises x3.
- Visit respiratory therapist when needed x2.
- Have sleep study tests.

##### Natural Healthcare

- Improve the balance in my life.
- Try and control stress levels x2.
- Give myself permission to select activities when pushed.

##### Exercise Options

- Find physio specialising in skeleton-muscular area.
- Be more aware of how to prevent falls.
- Using a roller to relax muscles.
- Attend Mt Wilga Private Rehabilitation Hospital for assessment.

##### Orthotics

- Look into bracing for more support and to manage my fatigue x7.
- Investigate all resources and aids suggested x3.
- Study how the body works with/without bracing.
- One-on-one with Stephen Hughes was great.
- Will seek a review on 'drop foot'.
- Now realise I have assessments I need to organise.
- Have my orthotics adjusted or replaced.

##### Communication

- Hearing test x4.

##### Self-Care

- Find out more and encourage discussion x4.
- Review self-care goals and management options suggested x2.
- Investigate psychologist, improve communication.

##### Healthy Eating

- More aware of food labels to find best choice x3.
- Plan healthier eating for myself x2.

##### Podiatry/Mobility

- Find podiatry support x4.
- Use my Nordic sticks more.
- Learn more about Nordic walking.

##### Medicine-Wise

- Adjust diet to compensate for medicine side effects.
- Re-evaluate my medications, try natural remedies.
- Replace some of my vitamins with fresh foods.

#### 4.2.2 General Comments

- Amazing beneficial, excellent practical sessions x6.
- Put into practice what I have learned x3.
- Need for an area-specific register of GP's and physios etc, who are polio orientated x2.
- So many things new to me, am inspired at the quality of sessions.
- Excellent job of organising and times worked in with all sessions.
- Appreciated the exchange of ideas during each session.
- The preparation of the presenters was obvious and much appreciated.
- All presenters knowledgeable, good at delivering information and committed to their subjects.
- Good meeting new people.
- Kudos to organisation and presenters.
- Exciting to discover solutions that may improve my mobility and quality of life.
- You don't feel so isolated with polio issues.
- Fantastic venue with time to walk across to the beach and soak up the sun.
- Full on day, lots to process.
- Very friendly and co-operative group of people ready to discuss topics.
- Learned more about attitudes to acceptance and coping with PPS.
- All presenters had relaxed style that encourages questions and information sharing.
- Interaction with other participants has been invaluable.
- Speakers need to be totally straight forward with us.
- Seating in gym was low slatted bench and extremely uncomfortable.
- Interactive sessions distract the session focus by resolving their issues.
- Much prefer a presentation and then question and answers relating to the topic.

#### 4.3 Day 2 Feedback – Spouse/Carers

##### Which sessions did you attend today?

10.30am to 12.30pm

Session	Most useful aspects	What other information would have liked
<b>Pain and Fatigue Management</b> <i>Dr Steve de Graaff</i>	<ul style="list-style-type: none"><li>• Use aids only when they need to be used.</li><li>• Using a wheelchair means I will always be confined to a wheelchair.</li><li>• Way too hard to narrow it down!</li><li>• Take little rests and Panadol osteo.</li><li>• Very interactive session with good facilitator.</li><li>• Just the relaxed feeling in the room.</li></ul>	<ul style="list-style-type: none"><li>• More on pain and fatigue management, less on advice to individuals, but it is difficult to address.</li><li>• Maybe not always specific as everyone's needs are different.</li></ul>
<b>Take a Deep Breath</b> <i>Anne Duncan</i>	<ul style="list-style-type: none"><li>• Gained information on breathing and sleep disorders.</li><li>• Discussion on sleep testing and the results.</li></ul>	<ul style="list-style-type: none"><li>• More on breathing exercises to strengthen chest muscles.</li></ul>

<b>Session</b>	<b>Most useful aspects</b>	<b>What other information would have liked</b>
<b>Natural Health Care</b>  <i>Tim Altman</i>	<ul style="list-style-type: none"> <li>• Whole session was very interesting and thought provoking, explained some if not all of my problems.</li> <li>• The Mickel theory; how our emotions can, if left unrecognised, cause fatigue.</li> <li>• The careful explanation.</li> <li>• The idea that our body design is 40,000 years old and we live in today's world.</li> <li>• Reinforcement of, and extension to, my current knowledge about human behavior, the inherent motivation drivers and the impact on physical and emotional health of continuing to work under stress.</li> </ul>	<ul style="list-style-type: none"> <li>• More weight exercise ideas.</li> </ul>
<b>Exercise Options</b>  <i>Tim Lathlean</i>	<ul style="list-style-type: none"> <li>• Ideas for simple exercise.</li> <li>• Types of exercise and diagnostic information on practitioners.</li> </ul>	<ul style="list-style-type: none"> <li>• More specific exercises of a sample basic set of movements to get started.</li> </ul>

2.00pm – 3.30pm

<b>Session</b>	<b>Most useful aspects</b>	<b>What other information would have liked</b>
<b>To Brace or Not to Brace</b>  <i>Stephen Hughes</i>	<ul style="list-style-type: none"> <li>• Seeing the range of new braces.</li> <li>• Steve was very confident presenter.</li> </ul>	<ul style="list-style-type: none"> <li>• More understanding of when 'to brace or not to brace' and why.</li> </ul>
<b>Hearing, Listening and Communication</b>  <i>Jade Frederiksen</i>	<ul style="list-style-type: none"> <li>• Sharing with others and hearing different stories.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Let's Talk About Self-Care</b>  <i>Oriana Caporilli</i>	<ul style="list-style-type: none"> <li>• That self-care is holistic and a powerful tool for independence and self-worth.</li> <li>• Importance of self-care.</li> <li>• Some extensions to my idea of self-care.</li> </ul>	<ul style="list-style-type: none"> <li>• Concepts were sound but presenter needs more fleshing out.</li> <li>• Hearing other stories and broadened my ideas.</li> <li>• More time spent on LEOp sufferers and less on general population.</li> </ul>
<b>Pain and Fatigue Management</b>  <i>Dr Steve de Graaff</i>	<ul style="list-style-type: none"> <li>• Information was most helpful.</li> <li>• An excellent session.</li> <li>• Discussion with other polio survivors and Dr Steve.</li> <li>• That Dr de Graaff understood sufferer's concerns and could offer advice/solutions.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>Partnering Polio</b>  <i>Graeme Smith</i>	<ul style="list-style-type: none"> <li>• Good presenter.</li> <li>• Sharing thoughts about the carer's role is the strength of the group's learning process.</li> <li>• Strategies for dealing with changes that will test our adaptation skills in the future.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
<b>Healthy Eating</b>  <i>Rachel Jeffery</i>	<ul style="list-style-type: none"> <li>• All information was valuable and well presented.</li> <li>• Rachel was very informative.</li> <li>• Confirming what our eating habits should be.</li> <li>• Careful explanation of food groups.</li> <li>• Structured program that outlined the basis of healthy eating.</li> <li>• Presenter had a wealth of knowledge, skillfully presented.</li> <li>• Encouraged participants to learn more about the foods we purchase and consume.</li> <li>• Useful revision of food and amounts to eat.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Maintaining Mobility</b>  <i>Paul Graham</i>	<ul style="list-style-type: none"> <li>• Don't get hung up on the big stuff you can't change but the 5% you can change.</li> <li>• Everything an outstanding session. Dr Comfort, mixed sizes available.</li> <li>• Very thorough presentation.</li> <li>• I could listen to Paul all day!</li> <li>• Wealth of knowledge and an approach that is easy to understand.</li> </ul>	<ul style="list-style-type: none"> <li>• Maybe information on professionals who work with polio.</li> </ul>
<b>Being Medicine Wise</b>  <i>Nader Mitri</i>	<ul style="list-style-type: none"> <li>• Very interesting and informative session x2.</li> <li>• An enthusiastic pharmacist very clear in his attention to use of drugs.</li> <li>• Liked question and answer format.</li> <li>• Presenter provided contact details for further information if needed.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

#### 4.3.1 Follow-up actions

- Get referral to Steve de Graaff for assessment and advice on how to improve my daily life x2.
- Support my partner as chooses what follow-up action and take better care of myself!
- Medication suggestions, use of Vitamin D and K and other pain management.
- See a podiatrist.
- Further investigate internet information.
- Explore the Mickel theory further.
- Will review our eating habits after today's information.
- Carefully read package food labels before deciding what to buy!

#### 4.3.2 General Comments

- Very good day with lots of information x2.
- Pleased with the level of participation and the frank and open comments made.
- Favorite comment "Be a human being not a human doing".
- So much great stuff, especially if you don't know where to start. Maybe a list of where to start, what are the benefits various professionals offer i.e. podiatrist, orthotist, etc.
- Most informative day.
- Good rapport with speakers and participants.
- Valued especially self-care, healthy eating and healthy aspects of natural care.

#### 4.4 Day 3 Feedback – Polio Survivors

##### Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<b>Mindful Self Compassion</b>  <i>Dr Andrew Sinclair</i>	<ul style="list-style-type: none"> <li>• Great practical session x3.</li> <li>• Breathing and focusing the mind x3.</li> <li>• Exercising the brain and meditation by focusing on one thing x2.</li> <li>• Learning to 'defuse' the pain by mindfulness x2.</li> <li>• Getting some understanding of mindfulness x2.</li> <li>• Great voice for leading meditation. I reached alpha state on first 2 times.</li> <li>• Excellent speaker.</li> </ul>	<ul style="list-style-type: none"> <li>• Need to explain more about "in the moment" x2.</li> <li>• Is it breathing, talking to yourself, visualization, or all three?</li> </ul>
<b>Mindful Movement</b>  <i>Margot Islip</i>	<ul style="list-style-type: none"> <li>• Fitted in all for the time available.</li> <li>• Great presentation, vibrant speaker x5.</li> <li>• Exercise techniques that suit all fitness levels x5.</li> <li>• She had all participants involved and enjoying the workshop x2.</li> <li>• Ideas on benefits of limited exercises and stretching x2.</li> <li>• Regular small movements shown to keep flexible.</li> <li>• I thought I was going to a 'sweaty' gym session, wow it was nothing like it.</li> <li>• Concepts of symmetry and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Early Polio Memories</b>  <i>Joan Smith</i>	<ul style="list-style-type: none"> <li>• It's good to hear about other people's memories x5.</li> <li>• Everyone joined in with honesty, laughs and good listening.</li> <li>• Great to talk out the 'feelings' and pain aspect to folk who also 'get' it.</li> <li>• A small group but very friendly and everyone shared.</li> <li>• Good presenter.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>What's Your Type</b>  <i>Mary-ann Liethof</i>	<ul style="list-style-type: none"> <li>• All great, interesting insights x2.</li> <li>• Discussing different types and maybe finding out my Type x2.</li> <li>• Useful information and handouts x2.</li> <li>• Fun, interesting session x2.</li> <li>• That my MBTI had changed!</li> <li>• This justifies the various identities individually.</li> <li>• Found my husband was of a Type – not peculiar.</li> <li>• My Type is the same as 20 yrs ago.</li> <li>• We all have elements of each components.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

2.00pm – 3.30pm

Session	Most useful aspects	What other information would have liked
<b>Cryptic Crosswords</b>  <i>Gillian Thomas</i>	<ul style="list-style-type: none"> <li>• Enjoyed the contest, well out of my field, great guidance from fellow puzzlers x3.</li> <li>• Learning some hints, all new to me x2.</li> <li>• Understanding the words that mean an anagram!</li> <li>• Could talk to the class and teacher about my own sheet.</li> <li>• Good for beginners.</li> </ul>	<ul style="list-style-type: none"> <li>• The answers!</li> <li>• Start with easy words for beginners.</li> <li>• Bit quick for beginners to grow with it.</li> </ul>
<b>What's Your Type</b>  <i>Mary-ann Liethof</i>	<ul style="list-style-type: none"> <li>• Knowledgeable, clear and interesting speaker x7.</li> <li>• Pausing to think about my own characteristics x3.</li> <li>• A lively interactive exchange x3.</li> <li>• Clearly understanding the various types x2.</li> <li>• We are a mix of 'Types' x2.</li> <li>• The ability to interact with individual's types.</li> <li>• Will complete on line assessments.</li> <li>• Presented in non-threatening way – "all results are good".</li> <li>• Made me realise that I am OK with what I am.</li> <li>• Ways of recognising a conflict is purely due to "person's Type".</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Creative Writing</b>  <i>John Craig</i>	<ul style="list-style-type: none"> <li>• The creative minds people have.</li> <li>• Finding my writing abilities again.</li> <li>• Formulas for writing, how to start.</li> <li>• The assumption we are writers already.</li> <li>• Challenging myself to write more creatively.</li> <li>• New exercises were stimulating.</li> </ul>	<ul style="list-style-type: none"> <li>• Bit more theoretical background.</li> </ul>

Session	Most useful aspects	What other information would have liked
<b>Exploring The Share Market</b>  <i>Tim Kottek</i>	<ul style="list-style-type: none"> <li>• All interesting, informative and motivating x4.</li> <li>• Good leadership that encouraged wonderful discussion.</li> <li>• Useful handouts.</li> <li>• Clarified share market complexities and idiosyncrasies.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

4.00pm – 5.30pm

Session	Most useful aspects	What other information would have liked
<b>Kazdoodle: Creative Drawing</b>  <i>Karen McGlynn</i>	<ul style="list-style-type: none"> <li>• Relaxing, new enjoyable hobby x7.</li> <li>• Beyond all expectation, found a latent interest x6.</li> <li>• Everything prepared in detail x3.</li> <li>• All went home with a lovely item x3.</li> <li>• Got straight into the session.</li> <li>• Doing it! Not just listening.</li> <li>• Another form of 'mindfulness' to utilise.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Ikebana</b>  <i>Christopher James</i>	<ul style="list-style-type: none"> <li>• Combining both theory and practice in the art of Ikebana x3.</li> <li>• Principles behind Ikebana and setting up the model.</li> <li>• More aware now, I am not artistic.</li> <li>• Understanding the balance of flower arranging.</li> <li>• Creative understanding of Japanese art.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Find Your Voice</b>  <i>Shaun Islip</i>	<ul style="list-style-type: none"> <li>• Just to sing and have fun x5.</li> <li>• Excellent session, great leader x3.</li> <li>• The energy we all found and sheer release of pleasure we shared.</li> <li>• Absolutely brilliant, fun, encouraging and total enjoyment.</li> <li>• How easy it is to pick up a tune/part with good leading.</li> <li>• Wow, such a result from scraps of people in such a short time.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Why Family History</b>  <i>John Stewart</i>	<ul style="list-style-type: none"> <li>• Knowing where to go to find info and how far we can go x3.</li> <li>• Websites to explore x2.</li> <li>• Hearing how to go about beginning tracing family history.</li> <li>• Lots of information on retrieving information on ancestry.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

#### 4.4.1 Follow-up actions

- Many ideas from the day to improve my life quality x6.
- Mindfulness x5.
- Preparing for the organisation of activities early in the day, not at bedtime x3.
- Doodling x3.
- Be more aware of my responses to various situations x2.
- Try and change a few bad habits x2.
- Treat 'new' chronic pain differently x2.
- Increasing willpower x2.
- Will study people's behaviours a bit closer.
- Complete MBIT on line.
- Website searches.
- Investigate shares.
- Seated exercise.
- Finish my story and return to family research.
- Making use of my flowers for home arrangements.
- Creative drawing.
- Voice lessons.
- Enjoying the challenge of singing.

#### 4.4.2 General Comments

- Great food, excellent day, amazing people x4.
- Everything chosen was just right for where I am x3.
- All great, but getting tired x2.
- I chose subjects for new interests!
- Evening concert – great audience participation.

### 4.5 Day 3 Feedback – Spouse/Carers

#### Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<b>Mindful Self Compassion</b>  <i>Dr Andrew Sinclair</i>	<ul style="list-style-type: none"> <li>• I finally understood what mindfulness means.</li> <li>• That forms of meditation / mindfulness can reduce the effects of pain.</li> <li>• A different way of mindful relaxation.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>Mindful Movement</b>  <i>Margot Islip</i>	<ul style="list-style-type: none"> <li>• An exhilarating session – relevant and excellent x2</li> <li>• Very useful, lots of help and information x2.</li> <li>• Like the adaption for seated movement and those who use hands instead of feet.</li> </ul>	<ul style="list-style-type: none"> <li>• Information sheet or chart of movements shown would be helpful.</li> </ul>
<b>Early Polio Memories</b>  <i>Joan Smith</i>	<ul style="list-style-type: none"> <li>• The stories and experiences of others was reassuring for all.</li> <li>• Very interesting listening to other polio's.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
<b>What's Your Type</b>  <i>Mary-ann Liethof</i>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>

2.00pm – 3.30pm

<b>Session</b>	<b>Most useful aspects</b>	<b>What other information would have liked</b>
<b>Cryptic Crosswords</b>  <i>Gillian Thomas</i>	<ul style="list-style-type: none"> <li>Certainly tested me, my brain was tired but still enjoyed it.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>What's Your Type</b>  <i>Mary-ann Liethof</i>	<ul style="list-style-type: none"> <li>Interesting, never thought of these aspects of personality before.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Creative Writing</b>  <i>John Craig</i>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Exploring The Share Market</b>  <i>Tim Kottek</i>	<ul style="list-style-type: none"> <li>GREAT, very useful.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Partnering Polio</b>  <i>Graeme Smith</i>	<ul style="list-style-type: none"> <li>Group discussion, Graeme conducted a very good session x3.</li> <li>Lively discussion - support from the other carers.</li> <li>Interesting to listen to others' stories, giving me an insight as to what may lie ahead in our future!</li> <li>Hearing reactions of other PPS sufferers.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>

4.00pm – 5.30pm

<b>Session</b>	<b>Most useful aspects</b>	<b>What other information would have liked</b>
<b>Kazdoodle: Creative Drawing</b>  <i>Karen McGlynn</i>	<ul style="list-style-type: none"> <li>Great fun, relaxing and well-presented x2.</li> </ul>	<ul style="list-style-type: none"> <li>Little more focus on how it can help 'sufferers' to improve wellbeing.</li> </ul>
<b>Ikebana</b>  <i>Christopher James</i>	<ul style="list-style-type: none"> <li>A lot of history and talking for 8 minutes of actual task.</li> </ul>	<ul style="list-style-type: none"> <li>Would have preferred more hands on and less lecture.</li> </ul>
<b>Find Your Voice</b>  <i>Shaun Islip</i>	<ul style="list-style-type: none"> <li>N/A</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<b>Why Family History</b>  <i>John Stewart</i>	<ul style="list-style-type: none"> <li>Very practical, useful session x3.</li> <li>Very extensive information regarding how to do your family history, well done.</li> <li>Local Victorian resources.</li> <li>List of 'rights'.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>

#### 4.5.1 Follow-up actions

- Work on family history x2.
- Reorganise my day, decisions early, action later.
- Follow-up Mt Wilga assessment appointment for my husband.
- Mindful movement, cryptic crosswords, here I come!

#### 4.5.2 General Comments

- Overall a good day, good presenters and good participation.
- Today has made me think about issues I'm facing in life.
- Carer's session is a very important part of the Retreat.
- We do need to know we are not the only one.
- Fantastic evening of entertainment and participation, highlight of the weekend!
- Disappointed at late meals.

### 4.6 Day 4 Feedback – Polio Survivors

#### Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<b>Worship Through Music</b> <i>Shaun and Margot Islip</i>	<ul style="list-style-type: none"><li>• Width of worship aspects in daily life x6.</li><li>• Singing together in harmony, very uplifting x3.</li><li>• Discussing the meaning of 'worship' and singing in praise.</li><li>• Beneficial to my soul, all covered.</li><li>• Enjoyed speakers' humour, thought provoking conversations and music.</li><li>• Not my thing entirely, however appreciated the enthusiasm and fellowship.</li><li>• Uplifting - enjoyed the singing.</li><li>• Enjoyed singing and the leader's presentation.</li></ul>	<ul style="list-style-type: none"><li>• N/A</li></ul>
<b>Meditation</b> <i>Jade Frederiksen</i>	<ul style="list-style-type: none"><li>• Actual meditation x3.</li><li>• Was very helpful – backed up yesterday's self-mindfulness.</li><li>• Relaxing.</li><li>• Very good insight into the start of Yoga.</li><li>• Taking time out for self-focus.</li></ul>	<ul style="list-style-type: none"><li>• Needed longer on meditation.</li></ul>
<b>Philosophy</b> <i>Rien Willemse</i>	<ul style="list-style-type: none"><li>• Understanding how to discuss/philosophise with each other without arguing.</li></ul>	<ul style="list-style-type: none"><li>• Talked about U3A instead of philosophy.</li><li>• Little group interaction.</li></ul>

#### 4.6.1 Follow-up actions

- More singing x4.
- Put more of the spiritual back into my life x2.
- Continue to broaden my idea of 'worship'.
- Further my own quiet times.
- Challenge the way I think.
- Will be taking time to self-focus mindfully.
- Be more conscious of all aspects of life.
- Meditation.

#### 4.7 Day 4 Feedback – Spouse/Carers

##### Which sessions did you attend today?

10.30am to 12.00pm

Session	Most useful aspects	What other information would have liked
<b>Worship Through Music</b> <i>Shaun and Margot Islip</i>	<ul style="list-style-type: none"><li>Very sharing insightful, fun and musical.</li></ul>	<ul style="list-style-type: none"><li>N/A</li></ul>
<b>Meditation</b> <i>Jade Frederiksen</i>	<ul style="list-style-type: none"><li>Importance of refreshing the mind and practising willfulness.</li><li>Practise being in the moment.</li></ul>	<ul style="list-style-type: none"><li>More doing!</li><li>Very disappointed – just PowerPoint.</li></ul>
<b>Philosophy</b> <i>Rien Willemse</i>	<ul style="list-style-type: none"><li>Thought inducing.</li></ul>	<ul style="list-style-type: none"><li>Wanted the chance for discussion.</li></ul>

##### 4.7.1 Follow-up actions

- To learn more.

#### 4.8 Booked Sessions – Polio Survivors

##### Which sessions did you attend?

Session	Most useful aspects
<b>Self-Management Discussion</b> <i>Dr Steve de Graaff</i>	<ul style="list-style-type: none"><li>All my questions answered.</li><li>Referrals to specialists.</li><li>Very useful information.</li><li>Ability to ask questions I've not asked before.</li><li>Amazed how quickly Steve was able to grasp/analyse issues.</li></ul>
<b>Respiratory Assessment</b> <i>Anne Duncan</i>	<ul style="list-style-type: none"><li>Professionalism, facts shared and thoughts passed on.</li><li>Open discussion and not being 'told' what to do.</li><li>Lung function test, checks and CPAP pressure.</li></ul>
<b>Gait Assessment</b> <i>Stephen Hughes</i>	<ul style="list-style-type: none"><li>I need an orthotic on my 'good' leg now.</li><li>The improvements I can make.</li></ul>

##### 4.8.1 Booked Sessions Follow-up actions

- Get an orthotic for my 'good' leg.
- See Speech Pathologist.
- Make an appointment to see the specialist and podiatrist.
- Follow-up respiratory suggestions.
- Appointment with Steve de Graaff.

#### 4.9 General Feedback

- This has been another fantastic, high standard Retreat x4.
- I have learned a lot about myself and my communications with others.
- Liked that most sessions included lots of discussion.

#### 4.9.1 How did you find out about this Retreat – Polio Survivors

- Attended Previous Retreat: 12
- PA Polio Oz News: 11
- Polio PNV Network: 8
- PA Website: 5
- Other State Polio Network: 3
- Other: 3
- Word Of Mouth: 2

#### 4.9.2 How did you find out about this Retreat – Spouse/Carers

- Attended Previous Retreat: 6
- PA Polio Oz News: 1
- Other State Polio Network: 1
- PA Website: 0
- Polio PNV Network: 0
- Word Of Mouth: 0
- Other: 0

#### 4.9.3 Facility

<b>1 = Below standard to 5 = Excellent</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Standard of Venue	0	0	3	18	17
Standard of Room Accommodation	0	0	1	16	21
Standard of Meals	1	2	10	19	7
Met any special requirements	0	1	7	10	12

#### 4.9.4 Organisation

<b>1 = Below standard to 5 = Excellent</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Organisational Standard	0	0	1	8	3
Standard of Retreat activities	0	0	0	0	0
Standard of Retreat entertainment	0	2	2	14	20


#### 4.9.5 Future Retreats

<b>Would you recommend this type of Polio Health and Wellness Retreat to others?</b>		<b>Would you attend another Polio Health and Wellness Retreat in future?</b>	
<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>
40	0	39	0

## 5. Presenters (in order of presentation)

**Thursday 30 April**



	<p><b>Welcome</b></p> <p><b>Dr John Tierney OAM</b> President and National Patron Polio Australia</p>	<p>From 1991 to 2005 John Tierney gave 14 years of distinguished service to the Australian Parliament, where he served as Senator for NSW. During his time in Parliament, he was a Parliamentary Secretary to the Deputy Leader in the Senate and Shadow Parliamentary Secretary for Communications, Information Technology and the Arts. John also chaired a number of Senate Standing and Select Committees over a range of portfolio areas, with a particular focus on education, employment, industrial relations, communications, information technology, health and welfare issues. John has taken a passionate interest in the area of disability, having contracted polio at birth, and was a special parliamentary adviser to the Minister for Community Services on disability matters from 1998 to 2001.</p> <p>In 2005 John became a Partner at Government Relations Australia Advisory, a position he retired from in 2011. However, he found it hard to completely retire and is now working part-time as Special Counsel at 1st State Government and Corporate Relations. John provides strategic advice on government matters to corporate clients across a wide range of industries at both a federal and state level in NSW. Additionally, he has undertaken pro bono advisory work for Lifeline Australia, Polio Australia and the Australian Association for the Education of the Gifted and Talented.</p> <p>In the 2012 Australia Day Awards John was awarded a Medal of the Order of Australia (OAM): For service to the Parliament of Australia, to education, and to the community.</p> <p>John was elected President of Polio Australia at the 2012 Annual General Meeting. In addition, John continues as Polio Australia's National Patron.</p>
	<p><b>Welcome and Mind Matters</b></p> <p><b>Gillian Thomas</b> Vice President Polio Australia</p>	<p>For over 25 years I have worked for Polio NSW on a voluntary basis. I was a member of the original Working Party set up in 1988 to establish the Network, was subsequently elected as Secretary, and in 1997 became the Network's President.</p> <p>From 1989 until 2012 I was the Editor of the Network's highly regarded quarterly newsletter <i>Network News</i>. In 2002 I was honoured to receive an inaugural <i>David Bodian Memorial Award</i> from the International Post-Polio Task Force in recognition of my work for polio survivors, while in 2004 I was invited to serve on Post-Polio Health International's <i>Consumer Advisory Committee</i>. In January 2009 I was delighted to be awarded an <i>Australia Day Community Service Award</i> from Randwick Council for my outstanding service to polio survivors and the community. I passionately believe in the need for a national voice for polio survivors and my efforts culminated in the highly successful meeting of all Australian State Polio Networks in May 2007 and the unanimous agreement to form Polio Australia. Polio Australia is now a reality and in 2008 I was elected its inaugural President.</p> <p>In accordance with Polio Australia's Constitution, I stepped down from the role of President at the 2012 AGM and now serve as Vice President.</p>


	<p><b>Guest Speaker</b></p> <p><b>Peter Willcocks</b> Co-convenor Bayside Polio Support Group</p>	<p>I am a co-convenor of the Bayside Polio Group, a visitor with the MS Community Visitor's Scheme, and have recently accepted a role with Council of the Ageing on the COTA policy council. I spend much of my spare time with research and working with others on submissions to government to help us thrive in a post-polio world. My life with polio began in 1954. After a couple of year's immobilisation and splinting I re-joined the un-splinted 'normals' and like many I had a long period of stability. Like many, I denied myself the privilege of rest and worked long desk hours to make up for my lack of physical endurance. I enjoyed management in the book trade and developed a passion for marketing and administration.</p> <p>Like many I had battled on for years with the learnt 'use it or lose it' option. Like most the more I did, the worse I got. From an accidental hearing of radio program, I learnt that perhaps my unrelenting fatigue, pain, swallowing difficulties and apprehension were most likely due to childhood polio so long forgotten.</p> <p>In 2005 I was referred to Steve de Graaff. I walked, he talked and I got labels 'the late effects of polio and post-polio syndrome'. All I had to do was learn to do what he told me do – accept help and slow down. It took years of patience – his, supported by a stack of OT's and physios. I only really listened when I fell down and couldn't pretend that it hadn't happened- sound familiar?</p> <p>In 2015 I am rejuvenated by use of a power wheelchair, BiPAP, a stack of sticks and a very understanding and supportive family. My days are filled trying to find ways to help others on their journey up the hill not when they are slipping backwards on their way down.</p> <p>The Bayside Polio Group's mini film <b><i>All Walks of Life: Post-Polio Awareness</i></b> produced in partnership with the Rotary Club of Bentleigh Moorabbin Central and Individual Films is a shared education to life in the post-polio world.</p>
	<p><b>Program Overview and What's Your Type?</b></p> <p><b>Mary-ann Liethof</b> National Program Manager Polio Australia</p>	<p>I worked as the Coordinator of Polio Network Victoria from 2004 to 2009, which included being one of the Victorian representatives on the Management Committee for Polio Australia. I was officially appointed as Polio Australia's National Program Manager in early January 2010 on a part time basis, which increased to full time in January 2011 thanks to a three year grant from The Balnaves Foundation.</p> <p>In 2008, I visited 10 post-polio related services across North America on a Churchill Fellowship Study Tour grant, the purpose of which was "<i>To identify techniques to better manage the late effects of polio</i>". In 2009, I travelled to Roosevelt Warm Springs in Georgia, USA for Post-Polio Health International's 10th International Conference: <i>Living with Polio in the 21<sup>st</sup> Century</i> and Wellness Retreat to learn the benefits of the holistic chronic condition self-management model. With this experience, I was able to put together Polio Australia's first Late Effects of Polio Self-Management Residential Program (also known as a Polio Health and Wellness Retreat) in April 2010 in Sydney, and four subsequent Retreats across Australia. In September 2011, I gave a presentation on our Retreats at the European Post-Polio Conference in Copenhagen, where there was considerable interest expressed in this Program.</p>





**Friday 1 May**





	<p><b>"Body" and Pain and Fatigue Management and Self- Management Discussion</b></p> <p><b>Dr Steve de Graaff</b> Senior Rehabilitation Physician and Director of Pain Services Epworth Healthcare</p>	<p>Dr Stephen de Graaff is a Fellow of the AFRM (RACP). His areas of research interest include Stroke Rehabilitation, Spasticity Management, Pain Management, Post-Polio Sequelae and Continuing Professional Development. Steve is currently Chairman of the Education Committee of the Australasian Faculty of Rehabilitation Medicine (RACP).</p>
	<p><b>Take a Deep Breath and Respiratory Assessment</b></p> <p><b>Anne Duncan</b> Outreach Coordinator Victorian Respiratory Support Service</p>	<p>(RN Grad Dip Bus Mgt)</p> <p>I began working with ventilator dependent people in 1989 at Fairfield Hospital (FH) in Melbourne. At the time there were fewer than 40 people in Victoria using ventilators and 15 of them lived in the hospital. I was the Nurse Unit Manager of the ward from 1990 to 1998. In 1996 FH closed and we moved to the Bowen Centre at the Austin hospital.</p> <p>In 1998, with Dept of Health funding, I set up the VRSS Outreach Service. This is a state-wide service that provides equipment, information and support for ventilator users living in the community. I operated alone in this role until 2005 when I took over the contract for ventilator service/repair and expanded our staff to manage to the additional work.</p> <p>The Outreach team now consists of 4 Nurses, 1 Bio-medical engineer and a part time secretary. We have 700 clients who use a ventilator to help maintain their respiratory health, plus 315 patients seeing us for respiratory review but not presently using ventilation. Approximately 6% of our clients are people living with the late effects of Polio.</p>
	<p><b>Natural Health Care</b></p> <p><b>Tim Altman</b> Naturopath</p>	<p>Tim Altman B.Sc. B.H.Sc. (Naturopathy) has been providing Naturopathic Services from clinics in Torquay, South Melbourne and South Yarra for many years.</p> <p>He has a very strong affinity with nutrition and treating the whole body as an integrated system rather than viewing systems as separate entities. The intention is to treat the 'root cause' of the illness rather than simply focussing on symptoms.</p> <p>The understanding of what causes illnesses at its deepest levels, opens the gateway to achieving a level of health that most people would never experience or even consider possible. This creates heightened level of energy, resistance to illness, concentration and mental clarity.</p>


	<p><b>Exercise Options</b></p> <p><b>Tim Lathlean</b> Exercise Physiologist</p>	<p>As an Accredited Exercise Physiologist (AEP), Tim excels at helping patients prevent and manage chronic disease and specialises in clinical exercise intervention for persons at high-risk of developing, or with existing chronic and complex medical conditions and injuries.</p> <p>His expertise includes:</p> <ul style="list-style-type: none"> <li>• Screening and risk stratifying to ensure the safety and appropriateness of exercise and physical activity interventions</li> <li>• Assessing a person's 'movement' capacity in people of all ages and levels of, health well-being or fitness.</li> <li>• Development of safe, effective individualised exercise interventions</li> <li>• Provisions of health education, advice and support to enhance health and well-being</li> <li>• Provisions of exercise intervention and advice for those at risk of developing a chronic condition or injury.</li> <li>• Provisions of clinical exercise prescription for those with existing chronic and complex medical conditions.</li> <li>• Provision of rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being.</li> </ul>
	<p><b>To Brace or Not to Brace and Gait Assessments</b></p> <p><b>Stephen Hughes</b> Orthotist Polio Services Victoria St Vincent's Hospital Melbourne</p>	<p>Since 2009 Steve has been the senior orthotist for Polio Services Victoria at St Vincent's Hospital Melbourne. He works exclusively with polio survivors, providing specialist mobility assessment and advice for all, as well as orthotic management of the most complex presentations. It's a role that makes good use of his expertise in gait analysis, mechanical troubleshooting and education. Steve is also heavily involved in teaching final year prosthetics and orthotics students from La Trobe University.</p> <p>Prior to joining PSV Steve worked in New Zealand and from 2007-2009 he volunteered with his wife in the Solomon Islands to establish a satellite orthotics and prosthetics 'outpost' on one of the more populous outer islands.</p> <p>Steve has a couple of youngsters at home, and he loves to run, drum and tinker with technology whenever he's able to find a spare moment.</p>
	<p><b>Let's Talk About Self Care</b></p> <p><b>Oriana Caporilli</b> Social Worker Polio Services Victoria St Vincent's Hospital Melbourne</p>	<p>Oriana is a Social Worker who has worked in various roles including counselling, case management and education and training, across a range of fields including vision impairment, drug and alcohol, and with veterans and their families. She is currently part of the Polio Services Victoria team at St Vincent's Hospital, Melbourne. She has a variety of interests, including mindfulness and its application to everyday life, playing guitar and travelling.</p>

	<p><b>Hearing, Listening and Communication</b> <i>and</i> <b>How to Live a Full and Conscious Existence</b></p> <p><b>Jade Frederiksen</b> Audiologist Australian Hearing Centre <i>and</i> Yoga and Meditation Teacher</p>	<p>I graduated from a Masters of Clinical Audiology in 2003, and then spent 3 years building confidence in the field working with Australian Hearing in hearing rehab with adults and then children. I was soon after drawn to pursue other passions. First, it was my love of the outdoors and adventure which led me to studying leadership and team building in the outdoors. Later, having all but exhausted the desire for travel, adventure and physical risk-taking, my journey turned inward. I found Yoga. I began a new expedition of self-enquiry!</p> <p>Although my restless decade of searching took me to some of the most remote pockets of the world and had me trying my hand at other skills, audiology has remained a near constant in my professional life for the past 11 years. I have volunteered in Nepal, India and Vietnam; and spent several years immersed in the expanse and magic of the Northern Territory, working in remote Aboriginal communities.</p> <p>I now combine Yoga and Audiology. I am passionate about the wellness of humanity. I believe that balanced and authentic relationships are important for our wellness. And communication is the key to building these relationships. Listening is a huge and often neglected part of communication. Real listening. I help people to hear better, and I help people to access presence in order to listen more deeply.</p>
	<p><b>Partnering Polio</b></p> <p><b>Graeme Smith</b> Spouse/Partner/ Carer</p>	<p>As the husband of a polio survivor, I have learned about a whole new part of my wife's childhood. I have also learned to share and partly understand her current issues dealing with post-polio and recently cancer. Being a carer created many new issues for me. I found that sharing with others who understand can be very helpful.</p> <p>Through my membership of our polio support group I have been able to meet with other partners of polio survivors and talk about our experiences and challenges. It has also given me the opportunity to gain more information about the condition and how I might be able to help, for example, by modifying our lifestyle and living arrangements. Sharing with trusted friends can also allow a good measure of humour to ease the way.</p>
	<p><b>Maintaining Mobility</b></p> <p><b>Paul Graham</b> Total Care Podiatry Geelong</p>	<p>B.App.Sc (Pod) F.A.A.P.S.M. / M.Aust Pain Society Paul has been a podiatrist in private practice for the past 27 years with a special interest in musculoskeletal conditions. He is a fellow of the Australasian Academy of Podiatric Sports Medicine and has recently become the first podiatrist admitted as a member of the Pain Society of Australia.</p> <p>The focus of his practice has always been on comprehensive, evidence based examination and diagnosis of the underlying causes of presenting symptoms, to achieve the best possible outcome for each patient.</p> <p>Paul has been using computerised plantar pressure measurement and video examination since 1998 to aid in analysis and diagnosis of gait and foot function. His practice has developed a team care management program for patients who have multiple and complex conditions and chronic pain, with in house podiatry, physiotherapy and exercise physiology.</p>


		<p>Paul has had very encouraging results using an individualised, modified Nordic walking technique for people with limited mobility, and is currently conducting a pilot study through the School of Medicine at Deakin University to ascertain if Nordic walking will maintain mobility and improve quality of life for individuals who are awaiting knee and hip surgery.</p>
	<p><b>Healthy Eating</b></p> <p><b>Rachel Jeffery</b> Dietitian Geelong</p>	<p>Rachel Jeffery is an Accredited Practising Dietitian (APD) and Accredited Practising Nutritionist. She believes that food is there to be enjoyed as well as nourish. Everything in moderation is the key indulging in favourite foods while maintaining a healthy diet. The secret is “pleasure not avoidance”.</p> <p>Rachel believes food rejuvenates the soul and an occasional treat can help revive us, as much as the healthiest food product can. It is this no-nonsense attitude and balanced view that is making Rachel a popular media commentator on all things diet and nutrition.</p> <p>With expertise in adult lifestyle diseases, diabetes, sports and paediatric nutrition, Rachel is able to offer a broad base of knowledge in the field of dietetics.</p> <p>Currently Rachel works as a Project Coordinator for the TAC in Victoria. Previously Rachel was the Ambassador for IGA Supermarket's Food4Life Program. Prior to moving to the TAC, Rachel was at the forefront of dietetics in the medical field in her role at the Alfred Hospital in Melbourne. With her bubbly personality and a string of accreditations in the field of Nutrition and Dietetics, Rachel is the new breed of Nutrition expert, spurred on by the great work already achieved by her colleagues before her.</p>
	<p><b>Being Medicine Wise</b></p> <p><b>Nader Mitri</b> Pharmacist Amcal Pharmacy Waurne Ponds</p>	<p>Nader is a registered pharmacist with over 10 years of experience in community pharmacy. Nader currently runs a large pharmacy in the Geelong region that has a strong focus on wellness and illness prevention. His team take a holistic approach to healthcare which looks at more than just traditional medicine. His specialties include natural and alternative therapies, pain relief and hormone therapy. In addition, Nader is an experienced compounding pharmacist which gives him the ability to create tailor made medication solutions for a number of patients.</p> <p>Waurne Ponds Pharmacy provides ongoing medication management support for a number of people in the local community, helping them to be medicine-wise. The main focus of this service is to prevent medication misadventure, which is a major contributing factor to hospitalisation. This practice has eased the medication burden for both patients and their families, and it is something he believes that any patient taking more than 5 medications a day should consider.</p>

	<p align="center"><b>Healthy Mind/Healthy Body? Plenary <i>and</i> Mindful Self Compassion</b></p> <p align="center"><b>Dr Andrew Sinclair</b> Psychologist Independence Australia</p>	<p>Andrew is the Manager of Psychology, Case Management and Outreach Services at Independence Australia.</p> <p>Andrew has a bachelor of Arts with Honors in Psychology and a Bachelor of Science with a major in physiology. In post-graduate education Andrew has completed a professional doctorate in Health psychology. His combined physiology, psychology and health background allows him to specialise in working with people who have chronic illness or disability.</p> <p>In his career Andrew has collaborated in the development of innovative and successful group programs in psycho-educational settings managing stress related health problems, insomnia and pain management. In addition, he has developed and facilitated cognitive-behavioural therapeutic groups in the areas of depression, anxiety and anger management. Andrew has well developed evaluation and research skills, having completed a doctoral thesis, presented original research at national and international conferences and been published in scientific journals on a number of occasions.</p>
	<p align="center"><b>Early Polio Memories</b></p> <p align="center"><b>Joan Smith</b> Convener, Knox- Yarra Ranges Post-Polio Support Group, Victoria</p>	<p>As a polio survivor I have been committed to advocating for the rights and dignity of people with disabilities. That was a strong focus for me as Principal of a school for children with severe to profound disabilities.</p> <p>After early retirement, due to post-polio syndrome, I embarked on writing my life story for my grandchildren. That developed into the further project of producing and publishing "The Calliper Kids" – a book detailing life stories of eleven polio survivors living in our area. The book has proved a useful tool in educating our medical practitioners, aged-care providers and wider communities across the State. The outcomes of the project have also been very powerful for our story tellers.</p> <p>I continue in the role as Convenor of the Knox-Yarra Ranges Polio Support Group, where we continually receive and share very positive feedback about our stories.</p>
	<p align="center"><b>Mindful Movement <i>and</i> Worship Through Music</b></p> <p align="center"><b>Margot Islip</b> Movement Specialist MG Movement</p>	<p>Margot has an international career in movement spanning 40 years. Originally, Margot studied movement as an art form during her prolific career as a contemporary dancer. She has gone on to study movement as a science, qualifying in Pilates, Stretch Therapy, Bio-mechanics and Structural Integration.</p> <p>Margot's expertise is presented with enthusiasm and fun, imparting clients with the knowledge and ability to make changes for optimal health.</p> <p>Located in Melbourne, Australia, Margot is the owner of a boutique Pilates studio, and is available to teach workshops for health and well-being.</p>
	<p align="center"><b>Creative Writing</b></p> <p align="center"><b>John Craig</b> Tutor U3A Geelong</p>	<p>Tasmanian born John Craig is a retired teacher who tutors in Creative Writing for the University of the Third Age, Geelong. He has published in local anthologies and on-line including Antipodeans SF and Amazon Kindle.</p>

	<p><b>Why Family History?</b></p> <p><b>John Stewart</b> Tutor U3A Surf Coast and President and Research Officer Geelong Family History Group</p>	<p>After retirement as an Agricultural Scientist, I developed an interest in Local and Family History when I moved to land originally owned by my Great-Great-grandfather. I have been closely involved with the Geelong Family History Group for the past 15 years.</p>
	<p><b>Exploring the Share Market</b></p> <p><b>Tim Kottek</b> Tutor SurfCoast U3A</p>	<p>Tim has withdrawn from the paid workforce some years ago after a period of forty years. Initially trained as an Engineer. He included several periods in Teaching and now is his own Fund Manager operating his Self-Managed Superfund. He is a member of "The Sharemarket Cooperative Limited" an active "Investment Club" with real money.</p>
	<p><b>Ikebana: An Introduction</b></p> <p><b>Christopher James</b> Ikebana Practitioner and Teacher</p>	<p>In 1992 Christopher spent four months in Japan during which time he had his first formal lessons in Ikebana. He has studied Sogetsu Ikebana continuously since 2001 and became an accredited teacher in 2005. Currently he holds a First Grade Somu Teachers Certificate (the fifth level teacher's certificate). He has participated in conferences and exhibitions in Japan and Australia including the Melbourne International Flower and Garden Show and the creation of 'Five Elements Water' at the National Gallery of Victoria under the direction of Tetsunori Kawana in 2009.</p> <p>In 2011 Christopher spent three months studying at the headquarters of the Sogetsu School in Tokyo as a recipient of the Norman and Mary Sparnon Endowment Scholarship. He has described this time as the most extraordinary privilege that enormously enriched his understanding of the art ikebana in particular and Japanese culture in general.</p> <p>Christopher's working life is in health care and he is a firm believer in the need of having a creative outlet to balance the demands of 21st century living.</p>
	<p><b>Kazdoodling</b></p> <p><b>Karen (Kaz) McGlynn</b> Artist and Art Educator</p>	<p>Kaz runs KAZWORKS ArtsKool at Studio One in Barwon Heads. Her passion is bringing art to the Bellarine Peninsula community, and to improve creativity and increase self confidence in children and adults by developing creativity, imagination, cognitive skill, problem solving abilities and much more at KAZWORKS Art'Kool.</p> <p>Through brainstorming conversations, they are exploring the entrepreneur within. It is this thinking that brings tourism and a strong sense of community to such towns as Barwon Heads", says Kaz.</p> <p>Due to her background in Industrial Textile Design, screen printing, weaving, ceramics also teaching at Technical colleges and Deakin University; she is a product orientated artist. KAZ can see the potential of what an artwork could be made into which she inspires her students to explore.</p> <p>Kaz's style of teaching is about nurturing and helping her students build their self-esteem through art as well as learning many art methods and techniques incorporating the art principals and elements of design and using them in everyday living and problem solving.</p>

	<p><b>Find Your Voice</b> <i>and</i> <b>Talent Show</b> <i>and</i> <b>The Healthy Spirit</b> <i>and</i> <b>Worship Through Music</b></p> <p><b>Shaun Islip</b> Choral Conductor, Music Pastor, Founder and Director Open Door Singers (Gospel and Community)</p>	<p>Shaun trained as a singer, conductor, French horn player and pianist at the Guildhall School of Music and Drama in London. With an extensive background in choral music and contemporary expression, Shaun's distinguished professional international career now spans 45 years in Arts Performance and Production in the United Kingdom, Europe, South Africa, USA and Australia.</p> <p>Shaun has also spent decades as a Worship Pastor and Music Minister in London, California and Melbourne, leading and facilitating all styles of traditional and contemporary worship in services.</p> <p>Shaun's warm and engaging personality, inclusive approach and excellent credentials are a key contributor to the popularity of the numerous choirs he directs.</p>
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### Sunday 11 May

	<p><b>Philosophy</b></p> <p><b>Rien Willemse</b> Tutor U3A Geelong</p>	<p>I arrived in Australia from The Netherlands in 1956, aged 17. Having had my secondary education interrupted, I resumed studies at various institutes in Geelong and Melbourne. It was around this time that I first became interested in the study of philosophy, an interest that has continued to the present. Later I joined the Dept of Defence as an Industrial Engineer and retired after 30 years' service.</p> <p>I joined U3A Geelong in 1990 and was a member of three classes: Comparative Religions, Bioethics, and Western Philosophy. In 1995, I took over the Philosophy Class and have been its tutor ever since. Today my class has up to 60 members and we meet weekly for two hours.</p>
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## 6. Articles on the Retreat

### 6.1 Ron Blackwell 2015 Retreat Article

Putting aside what we all went for, what a magnificent venue. Initially a bewildering array of lifts, stairs and passage ways gave way to lovely views of the Southern Ocean in what proved to be brilliant weather. The organisers are to be commended for such outstanding quarters and the location. In true polio survivor tradition everyone was pretty good on the tooth, putting away a breakfast that would satisfy a shearer and checking in at every morning and afternoon tea.

**The Program:** Having attended the Retreat at Glenelg, I wondered what the theme of Mind, Body and Spirit could offer. A check of the Program showed that it followed the same theme with similar topics but the presenters and their approaches were refreshingly different and very informative. Peter Willcocks from the Bayside Polio group spoke to and presented a short film "*All Walks of Life*" at the Thursday evening meal. A simple interview theme, the film was clear and informative as people spoke of their polio experiences. **(South Australia)**

### 6.2 Jill Burn 2015 Retreat Article

Ikebana is the Japanese art of flower arranging, but so very different from what we would normally see as flower arranging. Western-style flower arranging has a wide range of different flowers, leaves and branches all clumped together, so it's sometimes hard to see the individual flowers. Ikebana is quite the opposite, sometimes using only two or three flowers and a couple of branches, all designed to create harmony and balance, usually a very stylised take on nature such as mountains with a stream. The space between the stems is just as important as the flowers themselves.

Our session was presented by Christopher James whose personality reflects the calmness and balance in Ikebana. Christopher studies the Sogetsu style of Ikebana, visiting Japan on a number of occasions to perfect his craft. Christopher started studying Ikebana after he retired. On the surface it appears quite easy, but many of us struggled to get the right arrangement, although it was lots of fun trying.

We were each given three beautiful roses and two branches, and you would think well, anyone can do this but no, most of us had to have our version of the arrangement re-designed. Christopher very patiently put our efforts to right, giving us something beautiful to take home. He had brought along some very beautiful books and most of us stayed behind to spend time going through them. Thank you Christopher for taking the time to teach us this ancient art. I will certainly be trying it out as I'm usually hopeless at flower arranging. **(Victoria)**

### 6.3 Arthur Dobson 2015 Retreat Article

These were a healthy mixture of 'Newbies' coming to their first Retreat, 'Semi-regulars' who had been to several and 'Retreat Junkies' who had been to all six. After dinner we were welcomed by Polio Australia President, John Tierney, and Vice President, Gillian Thomas, followed by guest speaker Peter Willcocks from the Bayside Polio Support Group (Victoria) who outlined the development of the "*All Walks of Life*" film and information pack that has been mentioned in recent issues of this newsletter. This was followed by a Program Overview and Announcements before the microphone was passed around the room for each participant to introduce themselves.

Friday focuses on maintaining a Healthy Body and began with Stephen de Graaff's plenary titled *Challenges in Post-Polio*, which gave an overview of the various problems faced by polio survivors with tips on how manage our increasing disabilities. Although I had heard most of Steve's talk before, each time I hear something new both from Steve and his response to audience questions.

*To Brace or Not to Brace:* Stephen Hughes explained bracing (i.e. orthotics) can be one of the most effective options to combat weakness and instability, as well as improving walking efficiency and to get the most out of limited energy supplies. This interactive discussion proved very informative and later in the day I had a private Gait Assessment session with Steve who, whilst being impressed with the support I had experienced with the shoe inserts I had purchased on my trip last year, strongly advised me to also use a walking stick for additional support to help prevent or slow down further deterioration with my gait which could lead to back and other skeletal problems. I have taken his advice and conscientiously use a walking stick as much as possible. This also gives me something to lean on when I have to stand.

*Being Medicine Wise* with pharmacist Nader Mitri was very informative, not only advising how to best manage your medicines but also the best way to utilise the naturally occurring medicines in the food we eat and how to prepare this food to make these drugs available. Leafy greens release much more of their vitamins and minerals when lightly boiled or steamed and the water should be kept to use in soups, stews etc as it contains many of these that are leached out of any vegetables that are cooked.

We heard how a *Webster Pack* can manage medications by the pharmacist compiling a week's supply of your medications in clearly labelled plastic container sections. The pharmacist keeps your prescriptions and discusses these with your doctor as appropriate. This system reduces the number of admissions to hospital and visits to doctors each year due to the accidental misuse of medications.

A Home Medicines Review can be arranged through your doctor and is usually free of charge being covered by Medicare. The pharmacist comes into your home to conduct a 'Home Medicines Review' of all your medications including non-prescription medication and so called natural remedies as many of these can adversely affect the performance of prescribed medications.

After dinner the film "Afternoon of a Faun: Tanaquil Le Clercq" was shown. This was the story of one of the world's greatest ballerinas whose career came to an abrupt end when, on a tour of Europe, she was struck down by polio and paralysed, never to dance again.

Saturday's focus was on The Healthy Mind and this was the subject of a plenary session commencing with Dr Andrew Sinclair, Psychologist with Independence Australia, Victoria. Healthy Mind/Healthy Body Plenary and Mindful Self Compassion and how 'decision fatigue' affects our ability to make sustainable changes to our health behaviours.

*Mindful Self Compassion*, a concept I still haven't fully come to grips with. The notes for this session explain as follows. "All living beings desire to live happily and free from suffering. Mindful self-compassion is about being aware in the present moment when we are struggling with feelings of inadequacy, despair, confusion, and other forms of stress (mindfulness) and responding with kindness and understanding (self compassion). This session will help you learn the benefits of Mindful Self Compassion". This interactive session brought many questions and much discussion. I was relieved that a number of other participants were like me and had difficulty in tuning out from everyday life to concentrate on our own needs.

*What's Your Type?* The session's notes explain as follows. "The Myers-Briggs Type Indicator" (MBTI) personality inventory is a tool which helps to make the theory of psychological types described by C G Jung understandable and useful in people's lives. The goal of knowing about personality type is to understand and appreciate differences between people. As all types are equal, there is no best type!". This was an interesting experience with all participants filling in assessment forms to determine their type. I was quite surprised to find that my self-assessment produced a quite different personality type than how other people see me.

A much lighter session followed afternoon tea led by the gifted Shaun Islip, Director and Conductor of Open Door Singers Gospel and Community. Titled *Find Your Voice* this uplifting session focused on the fact that "most people love to sing – even if it's only in the shower. Increasingly more people are learning about and experiencing the many documented benefits of singing. Singing improves wellbeing and enhances the mechanisms for coping with stress, feeling happy, releasing emotions, processing information, unlocking creativity – the list is endless".

Shaun was assisted by his equally talented wife, Margot, and after only two short sessions they had the 'Choir' of four blokes and about twice as many girls singing three- and four-part harmonies very proficiently. This session was a lot of fun and showed just what a competent leader can do with a group of willing participants.

After dinner, Shaun was also the MC for a talent show called "Polio's Got Talent" which featured some very talented performers indeed and included a number of items from the 'Choir'. This production was interspersed with an auction of artworks donated to raise funds for Polio Australia.

Sunday morning Shaun also gave the plenary address titled *The Healthy Spirit* and following morning tea I went to his and Margot's session *Worship Through Music* where again we were led into some joyful singing of sacred music through the ages and also discussed this music, its origin and composer.

*"Christianity has been a musical religion throughout its history. In every corner of the globe and in every era, music has been an integral part of the Christian faith. However, for centuries considerable controversy in the church has centred on music. Complaints about music were often based on concerns that non-church music styles and idioms were infiltrating the church and corrupting godly worship. The Word of God makes it clear that those who follow the Lord are a singing people; Christians naturally sing. Scripture explains why Christians should sing, how they should sing, and even what they should sing. Music and singing or chanting plays an important part of worship for most other religions around the world".*

Following lunch, the closing addresses were made by the Polio Australia Executive, the raffle drawn and the microphone again passed around the participants for them to sum up what they had gained from attending the Retreat. **(Tasmania)**

#### **6.4 Janice Gordon 2015 Retreat Article**

I thoroughly enjoyed our time at the Torquay Retreat. All sessions I attended were interesting and informative. Something a bit different was the session I attended on 'Kazdoodling'. We started the session watching a video of people doodling, then completed a part-finished origami bird - very hard. We traced around the top of a box, using a black pen filled this in with doodles, just the same as doodling when waiting on the phone, etc.

I started with a bird, which I filled in doodling and then doodled the surrounds. Some of the finished articles were fantastic - a lot of artistic people out there. The men had a go and were very funny with their comments. We then cut this out and pasted it onto the top of the box and decorated it with ribbon, cut outs, words and other pieces, which were provided. I loved this session - it was interesting, relaxing and fun.

Another different session was run by Mary-ann Liethof titled "*What's Your Type?*". Lots of laughter and loads of differing opinions on what our 'Types' were. [Using the Myers-Briggs Type Indicator.] I also enjoyed the movie/doco "*Afternoon of a Faun*". This was about a ballerina, Tanaquil Le Clercq, who, whilst on a tour of Europe, contacted polio and never danced again. **(Victoria)**

#### **6.5 Diane Mathews 2015 Retreat Article**

A big THANKYOU from me for all the work you put into the organising and running of the Retreat. Anyone who hasn't been involved in running something similar has no idea of the amount of involvement. 'Well done, you'. I hope I have the pleasure of attending another Retreat. I'd be happy to pay my own way because I got so much out of it and found that I could fly quite easily if I requested some assistance and didn't need to walk miles and stand in queues for long periods of time. **(Treasurer, Polio NZ Inc)**

#### **6.6 Carol Membrey 2015 Retreat Article**

Wellness Retreat, 2015 Wyndham Resort Torquay 30 April-3 May. The maximum of 70 people attended the Retreat coming from Queensland, New South Wales, Tasmania, Victoria and two from New Zealand, who will be running their first Retreat later this year. For some people it was their sixth Retreat but many were attending for the first time. For most of the six Eastern Polio Support Group members it was the first Retreat. Here is what some of our attendees had to say:

My first Polio Retreat proved to be all that I had expected and more. Mary-ann Liethof put together an incredible program with plenty of scope for individual choice. If only I could have been in two places at once! A highlight for me was to meet a few other South Australians who contracted polio at a similar time to me. We talked of Northfield Infectious Diseases Hospital and Somerton Children's Home in SA. It was also good to spend time with those from our own group. New experiences included introduction to cryptic crosswords and 'Kazdoodling'. I'm still going through the various handouts we received and learning from them. **(Victoria)**

## 6.7 John Membrey 2015 Retreat Article

Besides benefitting from the great program, good accommodation, brilliant organisation and the chance to talk to a number of new people, I was inspired by the acceptance of, and coping with, problems of those suffering from the late effects of polio. The humour shown throughout the Retreat by everyone was contagious. I learnt a great deal from these people by understanding more deeply their varied conditions, and also so much more about the problems associated with the limited knowledge so many doctors have of this condition. I will always remember the good will and companionship which was shown throughout the Retreat. **(Victoria)**

## 6.8 Jill Pickering 2015 Retreat Article

This was cited by attendees as the best Retreat yet. Great location, engaging range of session facilitators, time to chat, learn and rest – as balanced as it can be while providing such a broad program. The weather was so good we had lunch outside in warm sunshine on day one. The attendance was full at 70 participants.

Polio Australia is hosting Australia's first international Post-Polio Conference in September 2016. The key aim of the conference is to provide learning opportunities for Australian Health Professionals to hear from their overseas counterparts on the latest research and management programs occurring in many countries. Polios, their families and carers can also attend, but knowing this will be an intense conference style learning process, not a Retreat style.

**Pain and Fatigue Management:** Once again, Steve de Graaff provided a comprehensive overview of the later effects of polio, its origins and why they must be managed sensibly.

**Take a Deep Breath:** An enlightening session with Anne Duncan, Outreach Coordinator of Austin Health's Victorian Respiratory Support Service. Anne had a comprehensive understanding of the ways later polio effects can impact on breathing complications. My key learning included: how to pick up respiratory problems that need to be assessed; how respiratory issues can begin to impact on a range of daily activities; any Victorian can be assessed under this outreach program; Bi-pap respirators can access a level of subsidy, but not c-pap machines.

**Being Medicine Wise:** Nader Mitri, an excellent speaker and Pharmacist spoke on the holistic approach to healthcare such as ways traditional medicine can be complemented by natural and alternative therapies and healthy diet. My key learning included:

- We need to eat good fats to rebuild, produce new cells, regulate body processes, support immune function, reduce inflammation, etc;
- Well-rounded diets can provide the fats we need for optimum health, however some prescription medications reduce our vital fat levels and so need to be supplemented by diet or manufactured vitamins and minerals;
- All suggestions had the rider – make sure you talk to your Doctor or Pharmacist first.

**Healthy Mind/Body:** Andrew Sinclair, Psychologist at Independence Australia, gave me a new understanding of how willpower and decision fatigue can affect our ability to make and sustain our health behaviours.

A massive thank you to Mary-ann and Polio Australia for this well-run event, and roll on the next Retreat in 2017. **(Victoria)**

## 6.9 John and Fay Powell 2015 Retreat Article

Hello Mary-ann, thank you so much for all the work you did arranging the recent Retreat. As you know, we have become *Retreat Junkies* and have enjoyed all the previous Retreats we have attended, however this last one was really tops. Well done!! The venue proved to be very comfortable and the catering was excellent. We also enjoyed catching up with our fellow 'junkies' and comparing notes. As usual, you found wonderful presenters. We found the discussions, which developed in several of the sessions we attended, very interesting and informative. And as these must surely be helpful for the presenters too, we feel that they should be encouraged. **(New South Wales)**

### **6.10 Denise Stanford 2015 Retreat Article**

Retreat 2015! The cry rang out across the Land – So we, usually the minority, became the majority. Refreshing to find that here we mingled with others who know polio, either from direct experience or from association. A few days with a complete body of believers where we did not have to explain ourselves. How amazing!

The Wyndham Resort in Torquay, Victoria, hosted the Retreat, providing good food, accommodation and much TLC. Here we would regroup, to rekindle the fire that keeps us going. I've always thought of a Retreat as relaxing but this was a Polio Australia Retreat so offered the opportunity to be busy, busy, busy, along with the understanding that we pace ourselves, resting when needed. The vast array of activities stirred Body, Mind, and Spirit, to encourage us to open further to new experiences and possibilities or reawaken the dormant.

Personally: I sang with an impromptu choir; was stirred to write again; and experienced my first relaxation massage (the pain-easing benefits of which still remain). Others experienced walking with Nordic Poles, Doodling and Ikebana. They wrestled with the Cryptic, Philosophical and many other things. To think I almost didn't go, being very grateful for my last minute inclusion; but I regret not one moment.

Yes, it can be confronting to consider what may be ahead, but the determination of the polio survivor is contagious, it could be felt so strongly. It was reflected in the ocean waves intent on repeatedly gaining the sandy shores of the beautiful Victorian coastline visible from the resort windows. I know some of the young staff serving us had never heard of polio - they know now! Polio survivors will not be defeated, but we do Retreat, to fight another day! If you missed it, start saving now and make your mind up to be part of the next Polio Australia Retreat hopefully to be held in 2017. **(Victoria)**

### **6.11 Dr John Tierney 2015 Retreat Article**

Everyone who attended this year's sixth annual Health and Wellness Retreat in Torquay, Victoria, acclaimed it as the best ever. Although I have been to all of them, I really learnt a lot this time, thanks to the variety of topics and the quality of the invited speakers. Mary-ann, as usual, did an excellent job in putting this together and managing the day-to-day program. This will be the last Retreat for two years as next year's big event for learning about the Late Effects of Polio (LEoP) will be at the Australasia-Pacific Post-Polio Conference in Sydney. So if you missed Torquay this year, please join us in Sydney from 20-22 September 2016.

It was really great to have our friends across the ditch join our Retreat when Polio New Zealand President, Barry Holland, and Treasurer, Diane Mathews, took part in the Torquay Retreat. As we were on the international stage, I am very glad that it was our best Retreat ever. In August Polio NZ are putting on their own Health and Wellness Retreat in Hamilton, NZ, and to further strengthen the growing bonds between our two national organisations, Mary-ann and I will be taking part. I have been invited to be the guest speaker at the Polio NZ Retreat dinner and I am sure that Mary-ann will say something. **(New South Wales)**

### **6.12 Merle Thompson 2015 Retreat Article**

Mary-ann, you might like to know, I told my GP what I had done at the Retreat including the exercise physiologist and podiatrist. I have an EP coming to my place tomorrow to decide if she can help me and she is getting information about alternatives. I will see her again on Tuesday to confer on what we have found out. Also how much the whole Retreat, especially Shaun and Margot, got me out of my depression. I came home with the manager and committee village situation not able to be resolved but to put it bluntly I decided to think rather than let them continue to destroy 2 months of my life, in fact everything, I am not going to let them win. Since that pivotal moment, people are telling me how much better I seem. **(New South Wales)**

### **6.13 Billie Thow 2015 Retreat Article**

In previous years, I have attended the Polio Health and Wellness Retreats organised by Polio Australia and originally felt that I had *'been there and done that'* so it was late when I decided that I would go. Firstly, to catch up with old friends made at earlier Retreats, and secondly to give myself a break. It turned out to be a good decision.

We were lucky with the weather as last week was wet and windy. It was lovely sunshine all weekend. The choice of the Wyndham Resort at Torquay near Geelong was a good one as this venue was stunning. The rooms, the view, the lagoon swimming pool made a wonderful place to unwind, relax and enjoy friends old and new. As there were some of the regular presenters speaking I chose to enjoy a massage on the Friday morning and it was a great way to start the day's activities.

I knew that Mary-ann (*Liethof, National Program Manager for Polio Australia, who is responsible for organising these events*) had experienced many setbacks in pulling the program and presenters together and over the weekend I came to understand how hard she must have worked to achieve this. I don't think anyone would have realised that things had been changed, some at quite short notice, as she kept on top of the program, accommodation, and meals etc, to make the whole weekend run very smoothly.

I enjoyed the **Being Medicine Wise** presentation and found it very interesting. I learned that taking calcium, which we are told will delay osteoporosis, does not always have a positive impact. So, it is important to get the correct information as most Australians get more than their daily calcium requirements from fresh food. I feel it is very important to talk to your pharmacist before taking off-the-shelf vitamin and mineral supplements.

I have found that when it came to meal times at the Retreats we not only shared some lovely food and drinks but many stories of lifetime experiences as well, some not so good but polio survivors have a great strength to overcome obstacles in life's journey, so there was always lots of chatter and laughing.

The other presenters that stood out for me at the Retreat were Shaun and Margo Islip with their presentation on Sunday morning **Worship Through Music**. It was amazing how quickly they had us relaxed and singing in three parts, songs that brought out wonderful voices even if you thought you were tone deaf. This time went so quickly that I felt most of us could have enjoyed more.

Again congratulations to Mary-ann, we are blessed that she is not only just the National Program Manager for Polio Australia but she always puts her heart and soul into every Retreat pulling the whole thing together. I am sure it would be hard to not come away feeling that you have learnt something new, met new friends and heard different ideas and stories that will help in your own journey as a polio survivor. **(Tasmania)**

#### **6.14 Margaret Walker 2015 Retreat Article**

From the moment we booked in at reception we could tell that this was going to be a very special Retreat and it did not disappoint. Wyndham Resort is situated on Zeally Beach, Torquay, and the ocean views were superb and the days fine and sunny. Mary-ann Liethof worked tirelessly throughout the 4 days and the program provided answers for many people. I gained much from the workshops I attended and have a better understanding of when to rest, what to expect and where to go for help. The genuine feeling of friendship and understanding of other people's difficulties was very powerful. **(Victoria)**

#### **6.15 Fran Willmott 2015 Retreat Article**

For me it was a time to learn, share with others and relax. No thinking about meals apart from turning up at the allocated time. Free to rest, exercise or participate as I wanted . . . what bliss. The weekend was billed as benefiting Body, Mind and Spirit. Well my body certainly enjoyed the swim in the indoor pool and in time should benefit from Steve de Graaff's emphasis on 'pacing yourself'. I will also put into practice Anne Duncan's advice regarding breathing. Andrew Sinclair's comments on how important effective decision-making is really hit home. I had never met the term *Mindful Self Compassion* before and from the expert it did make sense. Care for your Mind and the Body will thank you. What most lifted my Spirit would have to be singing under the leadership of Shaun Islip – great fun. A great time to share. **(Victoria)**