

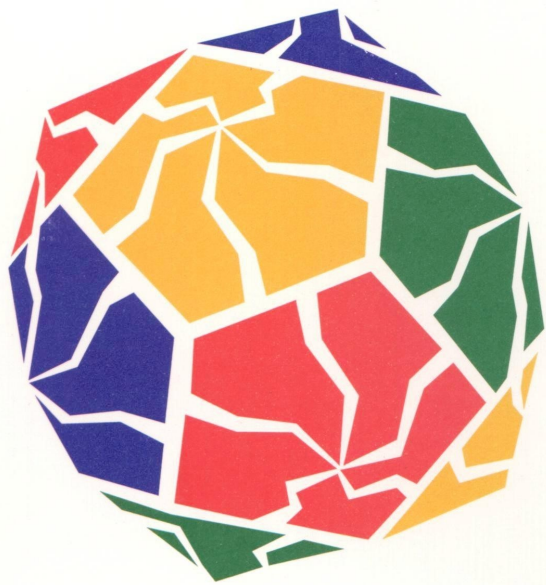
# Polio Australia

*Representing polio survivors throughout Australia*



## Prospectus

*Future Proofing Services*



# Polio Australia

Who we are



## Polio Australia's Purpose

As the national peak body for polio survivors, Polio Australia's purpose is to:

- educate Australian polio survivors and their families and the community about the Late Effects of Polio (LEoP);
- source and provide best practice information, education and training to general practitioners, medical specialists and allied health professionals to improve the diagnosis/management of the LEoP;
- facilitate the provision of appropriate and consistent health and other support services, across all states and territories, to improve the treatment and management of the LEoP;
- advise governments on policy development and programs in relation to the LEoP;
- stimulate research into the LEoP;
- assist the State Polio Networks to support polio survivors and their families, friends and carers at a local level;
- facilitate and encourage coordination between State Polio Networks; and
- support and promote polio immunisation programs.

## Vision

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

## Mission

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

## Values

Polio Australia represents the needs of the post-polio community and works with passion and professionalism to educate, advocate and achieve recognition for polio survivors.

## Strategies

- Capacity building: secure a stable income stream to support Polio Australia and its key programs.
- Education: promote enhanced knowledge and management of the LEoP across the health and community sectors.
- Health service promotion: lobby and advocate for recognition of, and appropriate service provision for, Australia's polio survivors.
- Collaboration: work with and support State Polio Networks by producing relevant resources and standardised information.



# The Late Effects of Polio (LEoP)

*What are they? Who do they affect? What impact do they have?*

## *What are the LEoP?*

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

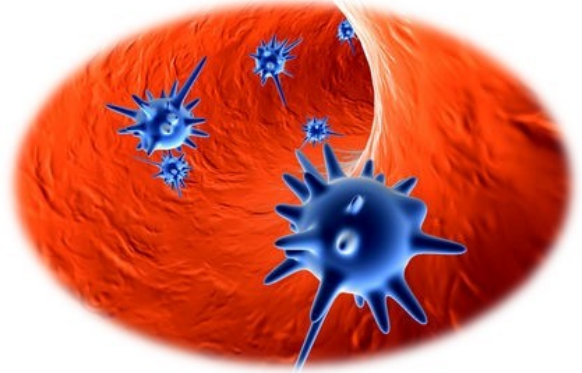
## *Who Do the LEoP Affect?*

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

## *Symptoms of the LEoP*

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

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



## *Impact on Polio Survivors*

Inadequate information and support can lead to:

- misdiagnosis and inappropriate treatment;
- exacerbation of motor neuron damage;
- limited awareness of one's own condition;
- a high incidence of falls resulting in hospital admissions;
- co-morbidities, including risk of obesity due to decreased mobility;
- financial burden associated with increased cost of aids, equipment and in-home support;
- limited family/community understanding of the physical and emotional issues affecting polio survivors; and
- mental health concerns such as depression and anxiety.

## *Impact on Community and Health Sector*

Appropriate resources to deal with the condition are limited, including the need for:

- more post-polio specialist practitioners;
- better training for undergraduates, allied health professionals and the provision of pre- and post-operation care;
- focus on a multi-disciplinary approach;
- social inclusion and accessibility;
- greater community awareness; and
- migrant outreach and support.







# Current Initiatives

Polio Australia has a range of existing services and information sources

## Polio Awareness Month

October is Polio Awareness Month; an opportunity to raise awareness of the polio survivors' plight. The media campaign conveys the message: **"We're Still Here!"**.

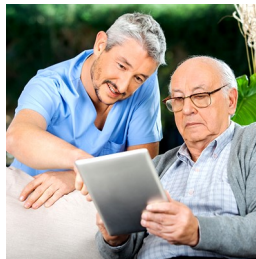
[www.stillhere.org.au](http://www.stillhere.org.au)



## Information for the Post-Polio Community

The Polio Australia website promotes the main activities of the organisation. It provides a rich resource of information in relation to the LEOp to assist polio survivors make informed decisions.

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



## Information for Health Professionals

The Polio Health website has a range of valuable resources for health professionals, including: Clinical Practice Workshops; the Health Professional Register; post-polio research database; and instructional videos on the LEOp.

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



## Polio Oz News

Polio Australia publishes a quarterly e-magazine "Polio Oz News". This publication is a rich source of information for polio survivors, their families, health professionals, and the general community.

[www.polioaustralia.org.au/polio-oz-news/](http://www.polioaustralia.org.au/polio-oz-news/)



## Residential Self-Management Program

Polio Australia facilitates annual "Polio Health and Wellness Retreats" for around 70 polio survivors and their families/carers. Over 4 days, participants learn self-management strategies to promote a healthy 'Body, Mind and Spirit'.

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



## Australian Polio Register

This Register was established in 2010 to gather information on the number of polio survivors living in Australia today, and is an excellent resource for detailed statistics.

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

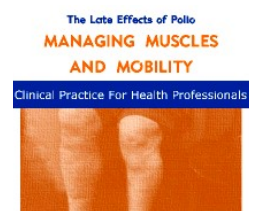


## Clinical Practice Resources

Polio Australia has produced two print and online resource modules:

- *The Late Effects of Polio: Introduction to Clinical Practice*
- *The Late Effects of Polio: Managing Muscles and Mobility*

[www.poliohealth.org.au/polio-australia-resources](http://www.poliohealth.org.au/polio-australia-resources)



## Speaker Program

Polio Australia representatives attend speaking engagements at a variety of service clubs, such as Rotary and Lions Clubs, to educate and inform the community about the LEOp.



# Support and Sponsorship Opportunities

## Philanthropic Funding

Polio Australia regularly applies for philanthropic project grants to support the provision of quality polio information and service provision across Australia for polio survivors.

## Individual Donations

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

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

## Business Support and Sponsorship

To assist in the provision of necessary support to those experiencing the LEOp, Polio Australia seeks the generosity of individuals and organisations for activities such as: the annual Polio Health and Wellness Retreats; *Walk With Me* and other fundraising events; and Polio Awareness Month.

Financial, in-kind support, and staff participation are all meaningful contributions.

## Event Charity Collection

Consider Polio Australia as the recipient for your next charity event donation collection.

## Bequests

By leaving a bequest to Polio Australia, your support will continue to help raise awareness of the LEOp and provide training resources for polio survivors and health professionals.

[www.polioaustralia.org.au/bequest-program/](http://www.polioaustralia.org.au/bequest-program/)

## Walk With Me Fundraiser

Join us on this annual campaign, or sponsor a walker, to both raise awareness of the LEOp and to raise funds for Polio Australia's work in supporting polio survivors.

[www.polioaustralia.org.au/walk-with-me](http://www.polioaustralia.org.au/walk-with-me)

# Bequest Charter



# What Does Financial Support Achieve?

A better equipped organisation, both financially and in human resources, not only allows Polio Australia to run its current programs more effectively, it also facilitates the development of a raft of other innovative programs to ensure Australia's survivors are well supported.



**Self-Management Program: \$1,000** fully sponsors a polio survivor to attend the annual 4 day educational *Polio Health and Wellness Retreat*, facilitated in a different state each year.

**Continuing Professional Development: \$2,000** delivers a clinical training day for up to 20 health practitioners in how to best manage the LEOp.

**Websites: \$2,000pa** assists in the development and maintenance of Polio Australia's informative websites.

**Australian Polio Register: \$3,000pa** increases the information reach of the Australian Polio Register. The more polio survivors learn about and sign up to the Register, the more comprehensive the data collected on their demographics for both current needs and historical records.

**Polio Awareness Month: \$5,000pa** ensures a vibrant campaign is promoted across various media, increasing the reach of awareness raising of the LEOp in the community.

**Fact Sheets: \$6,000pa** enables the development, promotion and distribution of a range of LEOp Condition fact sheets for polio survivors and health professionals, and when speaking to government, community organisations and service clubs

**Clinical Webinars: \$10,000** produces a series of webinars, providing online information and training for health professionals.

**Clinical Practice Resource: \$30,000** produces a professional publication for health practitioners to improve clinical practice in managing the LEOp.

**Annual Conference: \$60,000pa** funds post-polio support/networking conferences for thousands of polio survivors and their families/carers across Australia.

**Core Costs: \$Ongoing** This is fundamental to our organisation's survival, but can't be directly associated with any specific outcome: management, staff training and development, office rent and equipment, promotion, insurance and business administration costs.

# Contact Us

## Address

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Victoria 3102

## Phone

+61 3 9016 7678

## Websites

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

## Email

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

## Social Media

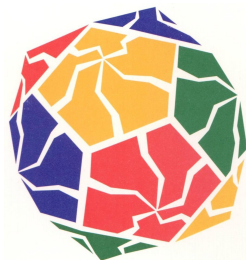


Page: [www.facebook.com/PolioAustralia/](https://www.facebook.com/PolioAustralia/)  
Group: [www.facebook.com/groups/PolioAustralia/](https://www.facebook.com/groups/PolioAustralia/)



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

# "We're Still Here!"



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