

Polio Advisory Committee Minutes

Friday 29th May 2009

Present

Jill Burn, Geoff Dean, Michael Judson (Chairman), Mary-ann Liethof, Gordon McKinnon, Jo McKenna, Jill Pickering (Minute Taker) and Liz Telford

Apologies

Margaret Cooper, Peter Willcocks, Linda Morton and Simon Hughes (PSV)

Confirmation of 27 March 2009 Minutes

Moved Geoff Dean, seconded Jill Burn. All in favour.

Agenda Items

- **Summary of Warm Springs Wellness Retreat & Polio in the 21st Century Conference**
Liz and Mary-ann reported that the Wellness Retreat was the highlight of their trip. It was an excellent environment and structure to absorb information. Everyone enjoyed the interactive style and it demonstrated the benefits of learning progressively and practically over a few days and being able to talk things over with fellow residents. Each day commenced with a talk on the theme of the day, i.e Body, Mind, Spirit, and was followed by relevant activities.

A Conference highlight for Liz was the 'History of Polio' plenary given by David Oshinsky, author of "Polio: An American Story", plus the politics of the day regarding the care given to coloured vs white children. Also heard from people who had actually met FD Roosevelt. Lots of positive twists leaving the famous 'Warm Springs Glow'.

- **Polio Day - Health & Wellness Try Day Progress**
Local Municipal Councils have all provided funding for the day: Yarra = \$500; Darebin = \$1,000; and Moreland = \$550. This extra funding will go a long way to offset the expense of the catering charged at the Darebin Arts & Entertainment Centre. Richard Prentice from Fundraising is also putting in a submission for \$4,000 with the Ian Potter Foundation. A program has been drafted as follows:

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| 10.30am | Registration / Refreshments |
| 11.00am | Housekeeping and Introduction of IA Rep and PAC Chair |
| 11.10am | Welcome from Independence Australia rep and Polio Advisory Committee Chair |
| 11.15am | Keynote Speakers:
Trying new things at the Post-Polio Wellness Retreat
– Roosevelt Warm Springs, April 2009 <ul style="list-style-type: none">• Shirley Glance, Convener, Bayside Polio Support Group• Fran Henke, Member, Mornington Peninsula Post Polio Support Group• Liz Telford, Member, Polio Advisory Committee |
| 12.00pm | Stretch |
| 12.10 | Summary of "Living with Polio in the 21 st Century" Conference <ul style="list-style-type: none">• Mary-ann Liethof |

- 12.40pm **Lunch / Social / Displays**
- Catch up with old and new friends
 - Run PPS: Shades of Grey film
 - Polio Roll Call PowerPoint / alpha print out display
 - Various displays, i.e. photo board, information tables, IA Health Solutions
- 1.40pm **Concurrent Activities**
1. Seated Yoga / Meditation with Chiro Yoga
 2. Write your Story with Katherine Ross
 3. Pain – Cause & Management with Dr Stephen de Graaff
 4. Try out Mobility aids & equipment / PSV Orthotist & Occ Therapist / Mobility Plus (TBC)
 5. Mini Massage with Kangan Batman TAFE Myotherapy students
 6. Exercise options with Polio Services Victoria physiotherapist, Simon Mathieson
 7. Adapted Bocce with Bocce Victoria
 8. Introduction to the Internet (Michael Judson to look into)
- 3.15-3.30pm **Return to Grevillea Room for Door Prize Draw & Conclusion**

- **Polio Australia Funding Update**

Polio Australia missed out on a \$200,000 funding submission for 6 Wellness Retreats with the Dept for Health and Ageing Chronic Disease Self-Management/Lifestyle and Risk Modification Grants (a joint project between Post-Polio Network NSW & Polio Australia).

Mary-ann and Gillian Thomas from NSW put in another submission to the 'Marion & E F Flack Trust', applying for \$20,000.00 to facilitate one Wellness Retreat for 40 people in NSW in 2010. This project was costed at \$32,000.00 so would need additional funding through other sources if successful.

Thanks to the efforts of a member of Post-Polio Network (NSW), a delegation representing Polio Australia has been invited to go to Parliament House, Canberra – for the 3rd time – to address the House of Representatives Standing Committee on Health and Ageing on Wednesday 24 June 2009. This time, Mary-ann will join Gillian Thomas, Neil Von Schill and John Tierney (all from NSW). They will discuss the need for polio survivors to have a National voice and to look at how funding can be obtained for the following projects:

- collaborating in research to establish numbers of polio survivors living in Australia
- further identifying the demographic of those survivors for whom there is absolutely no data, for example, younger migrants and aboriginal people
- conducting awareness campaigns to educate health professionals of the existence of LEOP
- facilitating chronic illness self management education programs, that is, retreats/community education programs
- co-ordinating an annual national Polio Awareness campaign
- promoting a national drive to recruit LEOP-aware allied health professionals to facilitate podcast or face-to-face in-service activities for their peers and to publish articles in peer journals
- in conjunction with LEOP therapists and polio survivors, establishing and promoting a practical model of service delivery for polio survivors ageing with a disability across Australia
- becoming a national agency for disseminating polio-related information and becoming a centre of expertise on LEOP

- **Ramesh Ferris: Cycle to Walk**
Mary-ann met Ramesh at the Warm Springs Conference. He is a 29 yo polio survivor who was born in India but adopted by Canadians and raised in that country. After a trip back to India to visit his birth mother and seeing the lack of rehabilitation available for polio survivors, he decided to raise funds for third world countries. Ramesh expressed a keen interest in coming to Australia to repeat his "Cycle to Walk" fundraising activity in Canada which saw him hand cycle across the country. Mary-ann has spoken to Gillian in NSW about this who has forwarded the information on to an entrepreneur who may be better resourced to arrange an activity on this scale.
- **Upload of PPS: The Australian Experience on You Tube**
This film is now available for viewing on You Tube, thanks to Steve Maccagnan from Moving Planet Productions who produced it.

Review of Previous Action Plan

- **PAC Nominations/Election**
No new nominations. Current 3 will continue on. Need to 'second' one person to replace Margaret Cooper. No offers so far.
- **Darebin, Moreland & Yarra Council Funding for Polio Day/Wellness Forum**
Covered in Polio Day - Health & Wellness Try Day Progress (above)
- **Letter re Medical Cooling Concession**
Some people were not accepted but some complained and then received the cooling sessions.
- Next meeting/Margaret Cooper
- **PPS: Shades of Grey link to Rotary International** – Next meeting/Peter Willcocks
- **Updating Attendant Care and other brochures**
Not going to happen in the near future.
- **Glimpses of Polio Book Project Update**
History Awards made available after publications. Available on the internet. Categories to put book into for an award. Best *Collaborative/Community work*, Best *Print/Publication*, Best *Community Research/Register & records*, Best *Special Prize for Excellence*. No money beforehand. Publish guide/rules on what you want.

Book subcommittee will be meeting after Liz returns from Israel to discuss next stage.

Correspondence

Nil

Reports

Polio Community Officer

- Visited the Bairnsdale Support Group. Reduced numbers due to time of year/sickness, etc. Unfortunately, Arthur Beale, a member of the group and previous ParaQuad Vic Board Member, is in the late stages of cancer and is not expected to last much longer.

- Attended large meeting with the Bayside Support Group which has grown from strength to strength since it was re-established a year ago with Shirley Glance and Peter Willcocks sharing the Convener's responsibilities. Shirley and Mary-ann gave the members a joint rundown on their trip to the USA for the Wellness Retreat and Conference.
- Attending the Geelong meeting on Monday.
- Following the discussion about PAC Members visiting some of the Support Group meetings, Peter Willcocks will attend the Northern Region Polio Support Group with MAL in early June.

General Business

- During her holidays in Israel, Liz has been invited to speak in Knesset, the Israeli Parliament. She will be the honoured guest of the Polio Handicap Association in Israel. Liz will speak about Polio in Australia from her own personal experience.
- Michael reported some in their group need respite care. Apart from hospitals – is there anywhere else Polios can get respite care? Mary-ann advised that IA has a full care Respite house in Williamstown and suggested checking Respite Care information on PNV's Website.

Action

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| • Need to 'second' one person to replace Margaret Cooper | All PAC |
| • Letter re Medical Cooling Concession | MC |
| • PPS: Shades of Grey link to Rotary International | PW |

Date of next meeting

12.00pm for 12.30pm - Friday 26th June 2009, Independence Australia HQ, 208 Wellington Street, Collingwood – Ph: 9418 0411 / 1300 704 456