



Polio Perspectives

polio
network
victoria

Our new age of inter-dependence (and needing help)

Chair Report – Spring, 2021

AS we race toward the end of another year, which no doubt has proved very difficult for so many, I hope that the future is brighter and less restricted than it has been over the past, almost, couple of years.

Just recently I had to make one of the hardest decisions I have faced in my 72 years. I agreed to an assessment for My Aged Care. Recently retired from work and with significant deterioration in my physical function I realised that I could no longer undertake all the tasks I have done for so many years.

It appears that to maintain our independence in the era of “older age” we need to demonstrate how “dependent” we are and acknowledge our vulnerability. There is a need to highlight what we can’t do, what causes pain physically and emotionally. The everyday tasks we undertake are increasingly difficult or impossible. In short, that we need help.

All this goes against the grain when, for most of our lives, we have strived to demonstrate our independence, ability to cope and not give in to anything.

For all this, I say to anyone contemplating taking this path – just do it. It is not easy, but in the long run there will be benefits which ease the physical burden and provide security knowing that we have done all we could to maintain that long fought for independence.

You will need to be persistent, not always able to obtain an assessment at first request but don’t give up. Continue until you achieve what you want and engage every person you can to go on the journey with you.

There is no certainty about the level of package you will receive or when you will receive it but at least if you are in the system, you can continue to push your case.

Enough about me.

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Victorian Polio survivor Geoff O'Brien became angry about anti-vaxxers and spoke up making his point to several newspapers and Sky News.

Polio survivor: 'I know from experience' what happens without vaccination

June 23, 2021 - 13:41 Herald Sun

A Melbourne polio survivor is furious many people are hesitant about having the COVID-19 vaccine after he contracted the disease at just two years old in 1953, three years before the Salk vaccine was made available.

Geoff O'Brien had to wear metal callipers to support his legs and also wore plaster casts at night until he was 12 years old.

More than 65 years later he is still suffering from post-polio symptoms and says high vaccination rates eradicated the disease.

"People in their 30s, 40s, whatever, just don't understand what it's like to go through an

epidemic ... people were in a panic state in the early '50s, keeping children out of school, out of swimming pools," he told Sky News. "It's the same as it is today but as I say if it weren't for the polio vaccine we'd be in dire straits."

And speaking to *The Age*, June, 21:

IF anyone needs a reality check on the worth of vaccines, Geoff O'Brien is here to help. The 69-year-old is angry at those who are vaccine hesitant and anti-vaxxers, and he wants everyone to "stop all this squabbling over Pfizer and AstraZeneca" and get the COVID-19 jab, if we can.

He feels well qualified to make the call. Sixty-seven years after being diagnosed with polio, Mr O'Brien is mostly housebound, walks with a frame and is prone to falling out of chairs. He suffers hour-long, intensely painful muscle spasms, his back seizing up and legs shaking uncontrollably, about once a day.

The Pakenham grandfather has post-polio syndrome – a vicious recent return of old symptoms. In 1953, at age two, he contracted polio when there was no vaccine for that infectious disease caused by a virus. Mr O'Brien was hospitalised "on and off" for two years, and didn't walk until he was six – his father carried him around before that. He wore metal calipers to support his legs and plaster casts at night until he was 12 years old.

He remembers his legs and back aching all the time. "Your body was feeling weak because polio wastes your muscles away."

Today, in the midst of a different pandemic, he has no time for people unwilling to get their first or second COVID-19 jabs. He contacted *The Age* because he feels it's time to speak out.

With the short-term effects of COVID-19 sometimes debilitating or fatal – like polio – and its long-term effects unknown, he doesn't want anyone to suffer as he has.

"Carers are coming into my home unvaccinated," Mr O'Brien said.

"Some are refusing to be vaccinated. So please stop all this squabbling over Pfizer and AstraZeneca and get vaccinated to protect yourself, family and friends and the community."



Geoff O'Brien of Pakenham, Pic Herald Sun.

From P 1

Sadly for the second year running our Polio Day will not be happening. It is hoped that members of local Support Groups may be able to gather in some form of celebration and the Network is able to provide some support to enable these gatherings.

Sincere thanks go to those who have made a contribution to enable the continued production of our *Polio Perspectives* newsletter. This publication provides a source of information, stories and general interest to over 1,000 recipients and feedback certainly confirms the need to keep going. Our amazing Editor, Fran Henke, never ceases to deliver and my thanks go to her for her continued efforts.

I strongly encourage you to re-engage with your allied health services as soon as possible to get back on track with your physio, hydro and all the activities which provide such valuable support for your physical, emotional and mental wellbeing.

All I can do now, is wish everyone all the very best for Christmas and most sincerely wish for a great New Year where we are able to resume “normal” activities safely with friends and family.

Please take care.

Bev Watson
 Chair – Polio Network Victoria

Breaking news!

- We have had Health Conditions funding approved! We applied for \$5000 p/a over the next two years. Polio Perspectives will continue to be produced and distributed. We may even be able to make plans for Polio Day 2022.
- Also: following representation to the new Liberal leader Mathew Guy, the shadow minister for Disability Tim Bull, has been in touch saying in the previous lockdown, when pools were closed for those needing hydrotherapy sessions, he made reps in the Parliament. The Minister then directed that therapy pools could be opened for use by booking for those who need it. We are yet to ascertain what kind of pools this can be extended to.



Polio Day 2016: Arts Centre - Sir Gus Nossal, Don Jago, Rotary chair, Fran Henke and Bev Watson



Polio Day 2017: Bendigo Town Hall



Polio Day 2018: Hawthorn - Ros Pickhaver, with John and Carol Membrey. Below Polio Day 2019: Warrnambool - Anne Clapham and Bev Watson



Enablers - or simple tools?

by Millie Malone Lill

ENABLERS have gotten a bad name. People think of them as those who enable drug addicts or alcoholics to continue their bad behaviour and that is a bad thing. But what about the good enablers? I'm thinking of all the parents who helped us with those horrible exercises, enabling us to walk again. The nurses and doctors who enabled us to continue living after the polio virus grabbed us and shook the heck out of us were enablers, too.

I met a good enabler last Tuesday. He works for NuMotion, a DME supplier. His name is Lonnie Shafer. He and a Physical Therapist (notice that I did not refer to her as a Physical Terrorist as I usually refer to a PT) were so kind and so, well, enabling. I've worked with Lonnie before, when I got my current power chair six years ago. He understands PPS and is a dream to work with. It took a lot longer than I thought it would, but he and the PT were quite thorough. They will get me the power chair that I need, enabling me to remain independent awhile longer.

Think about it. The crutches, canes, wheelchairs that I've been trying to teach you to see as simple tools are actually enablers. They enable us to move from one place to another. My lift on the back of my van enables me to load my power chair into the van. The van enables me to go further than I could if I only drove my power chair. The power chair enables me to get my own groceries, take care of myself and my little dog Fiona (AKA Bossypants.)

The new power chair will have all the bells and whistles. It will have an elevating seat and I can actually drive the chair while the seat is elevated, enabling me to reach my cupboards and sink, maybe actually cook again, and reach stuff off the shelves in the grocery store. I can even, if I choose and at my own cost, get a backup camera! I know this sounds a bit far fetched but are you aware of how many toes I've crunched when I back up? Most people do not actually see wheelchairs, even when a large chair with a purple polka dotted seat cover is parked directly in front of them. I cannot see behind me because the headrest blocks my view. Also, I tend to forget that I have eggs in the bags on the back of my chair when I get my groceries. Backing up too far in the elevator has resulted in a real mess of smashed eggs, let me tell you.

Lonnie The Enabler also gave me the contact information for a company that is nationwide and deals with used accessible vans! I spoke to someone there and she told me that if I decide I need a van that I can drive my chair into, she could set me up with a used van like that and I can trade in my current van. I've looked at used mobility vans and the cost made my eyes cross so hard they switched sockets, but she told me about one that is a 2010 and would sell for \$21,000, not counting whatever my current van's trade in value is. I don't know the exact details of this van, but with the condition my back and hips are in, I can easily see that I will need something that does not require my walking from driver's seat to the lift and I will need it sooner than later.

So here's a shout out to all the Good Enablers out there. Thanks for enabling me and my fellow polio survivors to live our best lives.

Millie Lill is a Polio survivor from Iowa, publishes Polio Perspective for the Nebraska Polio Survivors Association. (Sadly Fiona recently crossed the Rainbow Bridge).

Vale – John Piccoli - the Spanner Man

BOORT sculptor and Polio Survivor John Piccoli, known as the Spanner Man, died suddenly in April, leaving family, fans and Boort locals to celebrate a caring man and master of a unique art form.

Diagnosed with Polio in 1949, Mr Piccoli carried on farming his third-generation Central Victorian property from a wheelchair before 'retiring' to embrace life as an 'accidental artist'.

"I've grown up with (Polio) and basically been in a wheelchair the whole time," he said once. "You're only

restricted by your lack of determination. If I want to do something, I usually do it.

Mr Piccoli sourced antique spanners from far and wide to create the sculptures. "The first one was a little coffee table that used the 600 spanners I had lying around."

Eventually he was convinced to open his farm to visitors. Three hundred people came the first year; nearly 20 years later, it was attracting 100-200 visitors a day.

"I was farming until 2000. Then I leased the land and retired," he said. "This was just something to do. Farming is an eight-day-a-week job and I'm someone who likes to do things."

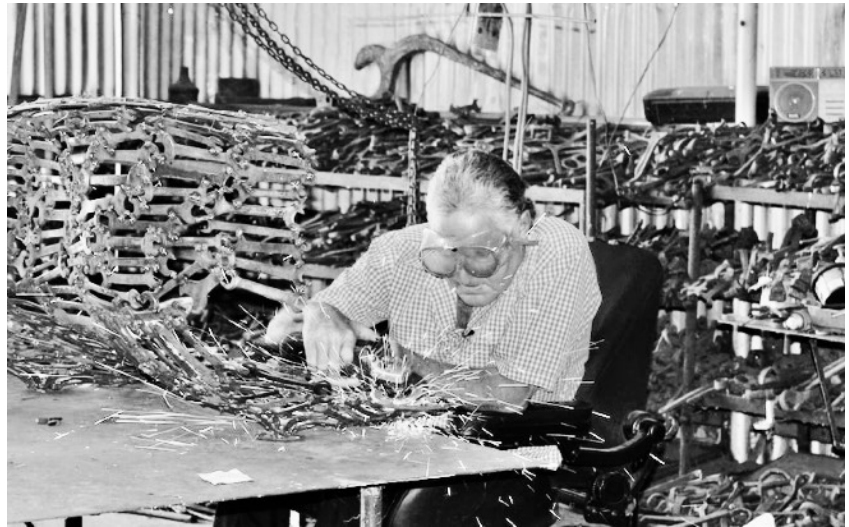
The sculptures were made in his shed using a winch and block and tackle to help hold them up. "Everyone seems to be pretty pleased with the sculptures but I just do it because I can. I don't see anything special about them," he told a journalist.

Over the years, Mr Piccoli spent more than \$250,000 on spanners and estimated there were 126,000 spanners in the shed waiting to be used. "We pick them up at swap meets, Bendigo and Ballarat have good swaps," he said. "I restrict myself to (spending) \$2 per spanner. The tours pay for the spanners."

Boort local and Mr Piccoli's friend Paul Haw said the popular man's work was probably the biggest tourist attraction in the Loddon Shire.

"He had an incredible skill," Mr Haw said. "He was terribly artistic. He used to lie in the dirt on his back to weld. He had the ability to achieve perspective. He didn't want to make any money out of it, he just wanted to see the pleasure that people got out of his artwork," Mr Haw said

The tourist attraction, which plays a major role in the local economy of the 700-person town, is expected to go on. "John would have made plans for that," he said. "I'd say his farm will be just as popular when re-opens. I used to take kids out there, not for his artwork but for how he treated life. He was an example to everyone."



John Piccoli at work in his shed

Many readers of Polio Perspectives indicated they would be willing to pay \$10 annually to continue to receive the quarterly newsletter. No longer supported by an auspicing body, Polio Network Victoria relies on funding to print this newsletter and undertake other activities, so dear readers now is the time to send in your \$10. Can be addressed to The Treasurer, PO Box 205, Woodend, 3442, or by direct deposit to: BSB 633 000 a/c 169 887320. A/c name Polio Victoria Inc. Be sure to put your name in the reference field. Thank you!

Tips for managing Post-Polio Fatigue at social events

Steph Cantrill, Polio Australia

LARGE family or social gatherings can be times of great fun and laughter. People come together to celebrate milestones, to coo over new grandchildren, to feast, and to make memories that last a lifetime. But, for someone with post-polio fatigue, these gatherings can also be absolutely exhausting. So how do you take part in events without spending the next three days in bed? Here are some ideas – we'd love to hear yours too!

Tip 1: Plan

A big part of managing fatigue is planning. If you really want to prioritise this event, make sure you've got a quiet day before and after. Obviously if you've got a party on tonight, today might not be the day for vacuuming the house! Remember to be kind to yourself – if you want to go to the event, it doesn't have to completely wipe you out.

Tip 2: Say “yes” to help

Once upon a time, you might have spent the week leading up to an event in full preparation mode: cooking enough for a hundred more people, cleaning every inch of your house, polishing the deck, mowing the lawn, planning the music, arranging table decorations. How many times has someone offered to help, and you've automatically responded with, “No, no – I can do it!” Maybe it's time to let them take over? It may not be exactly what you would have done, but you might find you're able to enjoy yourself more if you're not completely wiped out from getting the event ready. Is someone offering to take the work off your hands? Time to say yes!

Tip 3: Say “no” to overdoing it

In the same vein, perhaps it's time to start saying no. Just because you've always provided the meal, passed out drinks, written thank-you cards – doesn't mean you have to keep doing it! What can you delegate? What can you downsize? What can you let go of altogether? Saying no, especially when you're used to saying yes and being available to those around you, can be difficult. Give yourself time to respond – try something like: “Can I get back to you on that?” And, if you need to, practise saying no – rehearse what you're going to say with a partner or trusted friend. If you feel uncomfortable saying no, try to remind yourself that it's an important part of caring for yourself. And if you can care for yourself well, you'll have more capacity to be there for others in the way that you want to.

Tip 4: Know your limits

Sometimes we can fall into an “all or nothing” trap. If we can't go for the whole event because of fatigue, we feel like we may as well not go at all. Being aware of your own limits can help you find a middle ground. For example, can you limit the time you spend at the function? Can you skip dinner and just meet your friends for dessert? Also, think about the seating. If it's the kind of event where people are standing around, balancing a drink in one hand and a plate of nibbles in the other, that can be very difficult for people with post-polio issues. Remember that you don't want to overwork polio-affected muscles, and prolonged standing can be problematic. Perhaps you could ask the host to ensure you're able to sit down in a comfortable, supportive chair. That way you can chat to those around you without having to “work the room.”

Tip 5: Communicate

Communication can be a big part of managing your fatigue. Remember, people don't know what you don't tell them. Friends or family members may not be aware that a standing-only event is too physically demanding for you. Or, they might see how well you walk up and down steps and think it's fine to hold an event upstairs, but not know how much it contributes to your fatigue or pain. Letting others know your concerns can make a big difference. If you're not comfortable telling everyone that you have limitations due to fatigue, muscle weakness or other issues, choose just a few people to share with. The Spoon Theory can be a good tool for communicating your capacity. **So... Let's party!**

Bill Crosbie, sportsman, gardener and polio survivor

BILL Crosbie was fortunate to celebrate his 90th birthday in September.

Earlier this year, having finally moved from the home his grandparents built in 1924 “a drop punt from the Stony Point jetty” into a very nice townhouse in Hastings, he took a fall in the backyard. The personal security alarm was inside on a chair. His legs wouldn't work. So, to quote Bill, he “bum-walked” himself inside and rang Tricia.

Patricia Tagliabue, polio survivor also a member of the Mornington Peninsula Post Polio Support Group, lives a few houses away. She came immediately. The two do lunch every Wednesday. She says Bill is an excellent cook (which he disputes). Naturally the front door was locked. While Tricia had an emergency key for the front door, she didn't have one for the screen door, so yelling instructions to the hearing-impaired Bill inside, she encouraged him to open both doors from the floor, which somehow he managed.

Once inside, Tricia realised Bill was in big trouble with a head wound (that he doesn't remember) already with shoulder problems, now non-functioning legs. She called an ambulance.

Bill was taken she thought, to St John of God Frankston and on reaching there, found herself parked next to the Mornington Peninsula PPSG convenor Ian Bladon, attending for rehab. No Bill. Eventually she found him at the Berwick hospital, where he remained for 20 days, requiring surgery to relieve pressure on the brain. On one visit, nurses told her they arrested Bill in a singlet and knickers, on his way out to the carpark, had enough, was going home. That's Bill.

Bill was born tough at St Arnaud in September, 1931. His father was a railway worker which involved many work-related moves around country Victoria. When he was eight, his mother moved with the three children back to her parents' home at Stony Point. Bill went to the local school, then Caulfield Tech, travelling daily by steam train from Stony Point at 7.30am to Caulfield and back by 7pm.

He admits to being more interested in sporting activities than sitting in a classroom, becoming captain of the Caulfield Tech cricket team and vice-captain of the football side. This led to him joining Hastings Football Club in 1947, becoming captain of the juniors, winning best and fairest. He has fond memories of training with seniors like the Coleman brothers – John accorded a bronze statue in Hastings for his legendary roles with Essendon Football Club.

In 1951 Bill attracted the attention of the Melbourne Football Club and was invited to train with the Demons. However, he recalls, coming out of a cinema feeling very ill, realised he needed to get quickly to the train to Stony Point and home. It was Polio. The calf muscle of his right leg was severely affected, limiting kicking and running abilities, but nothing stopped Bill Crosbie. After hard work and perseverance, he was back on the field, learning to kick with his left leg. He returned to the Crib Point Club, playing 120 games, winning best and fairest awards in 1955 and 57. His football career came to an end when work at the BP oil refinery no longer accommodated the time he wanted to devote to the game.

But there was always cricket! Bill played from the age of 14 with the Bittern Cricket Club, a member of their premiership side in 1945/6, going on to be a valued member of the senior side. Games were initially played in a cow paddock with a tree down one end. “At the start of play we had to put flags around to indicate where the boundary was, then take a wheel barrow to pick up cow pats”, he recalls.

At the game in February 1952, where players stood for one minute's silence in memory of the late King George VI, the final score for Bittern read: no wicket for 224: E Allen 103, B Crosbie 101 – regarded as one of the finest batting displays witnessed on the Mornington Peninsula. Bill still holds the opening partnership record at Hastings with Ernie Allen.

Cont. P 8

And golf: Bill was a member of the prestigious Flinders Golf Club; also helping clear the land for the Devil Bend Golf Course; named twice, champion of the golf section of the Hastings Cricket and Football Social Club.

And Bowls: in 1980 he joined the Hastings Bowling Club, winning or figuring prominently in just about every award possible as his trophy shelves attest – twice Club Champion.

Vic Jeremiah wrote “with sheer determination and commitment, Bill was able to put aside and overcome the early health scare which had threatened to put an end to his overall sporting ambitions. He has proven to be one of the Mornington Peninsula’s finest all-round sportsmen and all who have played with or against him, would agree he has been a most admired and respected competitor”.

Vic went on that “Bill has remained a single man for all his life and maybe was not prepared to allow his sporting aspirations to play a secondary role to the overall rigour of married life”.

While that may be true, the always generous Bill was not short of ‘lady friends’. His 90th birthday was celebrated by a steady stream (in the lockdown break) of friends and family bearing cakes and flowers.

His garden at Stony Point was extraordinary, a large piece of land featuring leucadendron, protea, camellias. Finding it too much to manage, he decided to make the big move into town. Naturally his new courtyard and front gardens are a delight, innovative, experimenting with wildflower patches, trimming Sea Daisies into box hedging, generating buckets of cosmos and marigolds, shared around pals.

Friends at the bowls club continue to keep an eye on him, as do Polio friends.

*By Fran Henke, with thanks to Victor Jeremiah’s profile from the Hastings News 2009:
Bill Crosbie A Man of Many Talents*



Bill Crosbie of Hastings with a few of his sporting trophies - pic Fran Henke

Do's and Don'ts, general therapies and things to avoid for Post Polios

Arthur Dobson has produced a BIG newsletter for Tasmanian Polios for the past 20 years but this month was forced to retire. He continues to represent Tasmania on the Board of Polio Australia but would also like to step down from that role. The following article was given to him by a now deceased polio survivor involved in Tasmania's original TAS POLIO Support - pointing out as relevant today as then.

WHAT follows is a general, practical guide for post-polios that summarises current thinking about post-polio. It is not a substitute for individual medical evaluation or therapy. It will be most valuable if it stimulates you to seek further and more specific information.

- Take time to rest: nap if possible during the day. work fewer hours, take longer vacations.
- If you are experiencing increasing muscle weakness, exercise only under the supervision of a knowledgeable physician.
- Make sure you get adequate nutrition.
- Be alert to (not obsessed with) changes in your body, and heed your body's signals.
- Take note of any new symptoms plus clear or gradual changes.
- Get enough exercise to prevent disuse atrophy, but not enough to produce overuse damage. Learn how to pace yourself.
- Prevent the secondary complications of weakness, particularly falls; this might entail the use of crutches or a cane or a wheelchair for extended travel, braces or other adaptive equipment.
- Avoid weight gain; too much weight only aggravates stress on joints and muscles.
- Consider possible adaptations to your life style; even minor adjustments, changes in hobbies or modes of transportation, can help.
- Do not assume every physician fully understands post-polio problems; and never hesitate to ask questions.
- Minimise alcohol use, particularly at bedtime: alcohol inhibits swallowing, interferes with nutrition and causes falls and other accidents.
- Try to maintain a positive attitude toward your health; accept change, adapt, and never equate your self-worth with physical disabilities.
- Post-polios with respiratory insufficiency should take common colds very seriously.
- Get enough bulk-producing fibre in your diet. Avoid stimulant laxatives.
- Medical evaluation of post-polios should include a complete history, physical examination, and appropriate lab studies.
- Muscle strength evaluation should be done by a registered physical therapist or someone familiar with neuromuscular diseases. Repeat muscle testing is now advised every year, even if there is no obvious change in strength.
- All post-polios should have a complete medical evaluation covering the three major areas affected by polio: neuromuscular, circulatory and respiratory.



- Problems with extremities or joint function may require special consultation from physiatrists, orthopaedists and/or neurologists familiar with skeletal deformities and muscle weakness.

- Experienced physical or occupational therapists can help determine functional losses and how best to adapt.

- Muscle stretching and joint range-of-motion exercises are important where there is muscle weakness.

Thank you Arthur! (Pictured left)

Useful info

Polio Services Victoria (PSV) 9231 3900

St Vincent's Hospital, ground floor, Bolte Wing, Fitzroy, 3065. Team of allied health professionals offers: access to a rehabilitation consultant (referral required); specialist assessment; referral to & collaboration with mainstream health providers to develop client service plans; information & education service to health providers, clients who had polio, & the wider community.

PSV online:

www.psv.svhm.org.au

Independence Australia 1300 704 456

Not-for-profit organisation supporting people with a disability or other physical needs, providing services and products to regain and extend independence including attendant care, psychology, respite and accommodation services. This includes personal care, domestic assistance and overnight care.

Mobility Aids Australia

offers electric scooters, lift chairs, wheelchairs, walkers, electric beds, bathroom and toilet aids and much more. 1/820 Princes Hwy, Springvale Ph: 9546 7700

Garth Talbot Orthotics,

20 Clarendon Street, Frankston. Ph: 9781 0400
www.gtorthotics.com.au

Home & Community My Aged Care

Australian Government website and phone line on what aged care services may be available. Telephone 1800 200 422

NDIS

If aged under 65 with a disability, to participate in the NDIS, first be assessed against access requirements. Contact 1800 800 110

Equipment funding

State Wide Equipment Funding – SWEP

Ph: 1300 747 937. Aids and equipment to enhance independence at home can be arranged through SWEP's physio or OT.

Leef Independent Living Centre 652

Glenhuntly Rd, Caulfield South, Ph: 1300 005 333. Stocks scooters, walkers, assistive technology, shoes and clothing.

Disabled Motorists

Australia, 2A Station St, Coburg, Vic.

Ph: 9386 0413

Assists motorists with disabilities to gain independence through motoring. Referrals & support.

Orthotics

Neuromuscular

Orthotics

Phone: 1300 411 666
1846 Dandenong Rd, Clayton. Darren Pereira - Principal Orthotist:

www.neuromuscular-orthotics.com.au

Regional clinics for Polio Services Victoria 2021

Traralgon	June 23-24
Mildura	August 18-19
Warrnambool	October 13-14
Bendigo	November 24-25

Contact PSV on 9231 3900
or 1800 030 324

Make it a date

PNV meetings 2021:



Contact PNV:

PO Box 205, Woodend, Vic. 3442

Phone: 0407 227 055

E: polionetworkvichelp@gmail.com

<https://www.polionetworkvic.org>

Contact Bev: 0407 227 055
polionetworkvichelp@gmail.com
any questions and for venues of meetings.

Travellers Aid service:

www.travellersaid.org.au/bookings

Southern Cross station 9670 2072

Flinders St Station: 9068 8187

Seymour Railway 5793 6210



Brace yourself

Polio Support and Advocacy Groups

For all contact details:

Bev Watson: 0407 227 055
polionetworkvichelp@gmail.com

Ballarat meets socially

Bayside first Tuesday

Bendigo third Saturday bi monthly

Bairnsdale, Echuca & Eastern Region groups in recess, contacts available.

Geelong first Monday

Hume second Saturday

Knox Yarra Ranges meets socially only

Mornington Peninsula:

second Saturday, 11am

@Mornington Information Centre. Also luncheons.

Northern region in recess.

Shepparton quarterly on first Tuesday.

South Eastern Region second Saturday

Traralgon

Contact Elaine Smythe

Warrnambool fourth Tuesday.

Post Polio Victoria

Information and advocacy
info@postpoliovictoria.org.au

0431 702 137

Ross House Association
 247-251 Flinders Lane,
 Melbourne VIC 3000.

Polio Australia/Polio Health

National information advocacy body

<https://www.poliohealth.org.au>

(03) 9016 7678

The PP bookshelf



Life Skills for Polios – a light-hearted handbook

Everything you wanted to know about post-polio but were too afraid to ask? The ideal book for health professionals, friends, family and polios wanting to know how to manage not only post-polio symptoms, but how gracefully to:

- go shopping when supermarkets are too big;
- downsize home and life;
- demand the right chair;
- avoid falls and worse;
- manage the big four painful body parts;
- exercise without overdoing it;
- and find much needed sleep.

Cost \$15 plus \$7 postage and packaging.

As an e-book \$US5: www.postpolioinfo.com/lifeskills.php

Iron Wills – Victorian Polio Survivors' Stories

Stories from schooling to later life, *plus* a history of polio and founding of Polio Network Victoria.

Cost \$20 plus \$7 postage and packaging.

Polio Network bags - \$15

Strong with straps for shoulder or scooter wheelchair backs. Also drawstring bags.

The Polio Day Cookbook - fine food for the fatigued \$15 plus \$7 postage/ packaging.

To purchase Polio merchandise email polionetvic@gmail.com.



Travel/takeaway mug \$12.



Opinions expressed in this newsletter may be those of the writers only. Consult your doctor before trying any medication or new form of exercise. Give relevant information to your doctor and help them to help us. We do not endorse any product or services mentioned.

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