

# ***AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.***

*P.O. Box 1374, BUDERIM QLD 4556*



## ***NEWSLETTER***

### **GENERAL MEETING**

Meetings are held the 3<sup>rd</sup> TUESDAY of each month at 10  
A.M. at

EDUCATION CENTRE,  
HIBISCUS RETIREMENT RESORT  
Lakehead Drive, Chancellor Park

For information please contact:  
President: 0411 499 488

**March – May 2018**

## **EXECUTIVE COMMITTEE**

<u>President:</u>	Brian Poulter	0411499488
<u>Secretary:</u>	Debbie Murr	0416042735
<u>Treasurer:</u>	Bob McClintock	5443 4561
<u>Committee Members:</u>		
	Joy Laxton	5442 1860
	Graham Flatters	5477 1818

<b><u>Welfare/Liaison</u></b>	Brian Poulter	0411499488
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**Newsletter Editor** With thanks to the Office of Mark McArdle, Member for Caloundra

**Newsletter Printing** Kindly sponsored by our Patron, Fiona Simpson MP, Member for Maroochydore.

**Contact** Debbie Murr debbie@amputeesupport.net.au

**Website** [www.amputeesupport.net.au](http://www.amputeesupport.net.au)

### **Patrons:**

Fiona Simpson MP Member for Maroochydore	5443 7995
Jarrold Bleijie MP Member for Kawana	5478 1189

### **Clinics by Appointments Only**

Nambour Clinic – 3<sup>rd</sup> Thursday of each Month  
For Appointment Telephone: (07) 3636 7286

Currimundi Clinic, Coora Street, Currimundi - 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each Month  
For an Appointment telephone: 3266 1255

*Disclaimer: The material contained in this publication is in the nature of general comment only and never purports, nor is intended to be advice on any particular matter.*

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## *President's Report*

Hi there everyone and welcome to another New Year.

I look forward to an eventful and helpful year, with your support.

Over the last couple of months, I have delivered 5 wheelchairs to new amputees.

I have picked up 3 wheelchairs and been called to repair 1.

I have ordered 2 more wheelchairs. They have gone up \$200 each, which includes \$45 postage each.

I also leant out a shower commode.

One chair needed to be repaired after it was returned, damaged. I would like to thank all the Executive committee and members for their continued support.

Cheers, Brian

*Brian Poulter*



## *Secretary's Report.*

Hello everyone, I hope you all had a lovely Christmas and New Year, spending some quality time with family and friends. I enjoyed 2 weeks holiday, staying at home, catching up on gardening, having a bit of a clean out and a well- deserved rest.

We enjoyed our Christmas lunch at Mooloolaba Bowls Club 10<sup>th</sup> December. It is always good to catch up with our members and friends, who are not able to attend our General meetings.

We were very fortunate to have our Patron Fiona Simpson call in to see us. Unfortunately, Fiona was unable to stay for lunch. It was lovely to see Winsome and new husband Frank join us.

We have already had our first General meeting in February. It was great to see so many of you there and staying to have a cuppa and a chat after the meeting.

Robyn Boxsell spoke about the NDIS information from the QALS meeting she attended. Thank you very much Robyn.

Thank you for representing our Association at the QALS meetings. Robyn is also attending meetings at our Sunshine Coast University about the prosthetic and orthotic course.

I'll be in contact with those of you who sell raffle tickets for us at Kawana Shoppingworld soon. We'll also add raffle tickets with the newsletter. This is our main fundraising for the year, if you can buy or sell the tickets that would be very much appreciated.

Tickets are still 6 for \$5. We will be having a change from Easter egg baskets this year as the dates we requested to sell tickets are not available. How does a TV sound for first prize?

You can pay for tickets by direct deposit, our bank account details are:  
**Amputee Support Assoc S/C Inc. BSB 084 756 ACNT: 6311 95916 or post cheque to PO BOX 1374, Buderim QLD 4556.** Please send ticket butts back by 4<sup>th</sup> April 2018.

I'm waiting for reply from Kawana Shoppingworld to confirm raffle dates. Thank you very much to the Executive team and you, our members, for your continued support. I'm looking forward to another great year for the association.

Regards, Debbie

EXCITING NEW BUSINESS FOR NAMBOUR, DYNAMIC PROSTHETICS & ORTHOTICS.

*Regards, Debbie*

**DPO**  
DYNAMIC PROSTHETICS & ORTHOTICS

Locally owned & family operated Prosthetic & Orthotic practice on the Sunshine Coast.  
We are committed to the care and improvement of our patient's quality of life

  
**Dewet Heyns**  
Senior Prosthetist/Orthotist  
Dewet has over 19 years experience in his field, 7 of these have been right here on the Sunshine Coast.  
As a local Dewet understands the community & knows what they value the most

**Custom Prosthetics & Orthotics**

**Upper Extremity Prosthetics**  
**Lower Extremity Prosthetics**  
**Compression Garments**  
**Foot Orthotics**  
**Sports Braces**  
**Spinal Braces**  
**Helmets**  
**Knee Braces**  
**Leg Braces**  
**Custom Footwear**

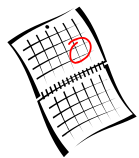
**Fast Response**  
Calls returned quickly  
Clinician by email  
Phones monitored 24/7

**Excellent Care**  
Highly Educated Clinician  
Experienced Staff  
Regular Reviews

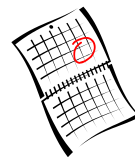
**Personal Attention**  
Dedicated Clinician  
Clinical Team approach  
Site Visits Available

29a Matthew St, NAMBOUR  
**0407 470 045**  
dheyns@dynamicpno.com.au

  Follow us



## *Upcoming Events*



### **Tuesday 20<sup>th</sup> March 2018**

General Meeting 10am, Hibiscus Retirement Resort,  
Education Centre, Lakehead Drive, Chancellor Park.  
and chat after meeting.

Morning Tea

### **Raffle at Kawana Shoppingworld 22/3, 23/3, and 24/3/2018**

#### **Tuesday 27<sup>th</sup> March 2018**

11.30am Join us to look at the **viewing platform at Lake Currimundi**, in memory of our much-loved past President, **Cliff Hargreaves**. We will then go to the Kawana Waters Bowls Club for **free lunch**.

### **Raffle at Kawana Shoppingworld 4/4, 5/4, 6/4 and 7/4/2018**

**1<sup>st</sup> Prize Soniq 40" TV, 2<sup>nd</sup> Prize \$150 JB HI-FI gift card, 3<sup>rd</sup> prize \$50 JB HI-FI gift card.** (Ticket butts need to be returned by 4<sup>th</sup> April please. Amputee Support Association S/C Inc. PO Box 1374, Buderim QLD 4556. Bank account details – Amputee Support Association S/C Inc. BSB 084 756 ACNT 6311 95916)

### **Tuesday 17<sup>th</sup> April 2018**

General Meeting 10am, Hibiscus Retirement Resort,  
Centre, Lakehead Drive, Chancellor Park.  
after meeting.

Education  
Morning Tea and chat

### **Tuesday 15<sup>th</sup> May 2018**

General Meeting 10am, Hibiscus Retirement Resort,  
Centre, Lakehead Drive, Chancellor Park.  
after meeting.

Education  
Morning Tea and chat



*Council recently unveiled a memorial plaque near the Currimundi Beach lifeguard tower in honour of our dear Cliff*

## **LIMB-itless Amputee Conference -28<sup>th</sup> & 29<sup>th</sup> October 2017** **- Ottobock Australia**

Several members of the association attended the two day conference organised by Ottobock Australia which was held at the Southern Cross University, Gold Coast over the weekend of the 28<sup>th</sup> & 29<sup>th</sup> October 2017.

This event was one of the biggest that Ottobock had organised and it was the first time to run over two days and included an official social event.

The two days were packed full of information, interactive exhibits, hands on workshops, demonstrations and social activities. The aim of the LIMB-itless conference was to provide a broad spectrum of information and education for those with limb-loss and their families, friends and carers.

The conference was very successful all due to the Ottobock Marketing Coordinator, Anita Stapleton and her team's hard work.

As a long term amputee I found it extremely valuable as it provided current up to date information on the new Ottobock technology, the implementation of NDIS and the role of QALS.

In the current climate it is essential for the consumer to have a greater understanding of the service providers including the company that provides the product's i.e. Ottobock. The knowledge of the new technology, products and services available for the consumer can only be advantageous for the consumer when they commence discussing their NDIS plan with their Prosthetic or Orthotic Service Providers.

The presenters were very experienced and allowed plenty of time for questions and any queries related to the following conference topics:-

- What is the NDIS and How to prepare for the NDIS?
- K-Levels and Prosthetic Prescription Upper limb Prosthetics Fundamentals.  
Cosmetic / Body powered / Myoelectric
- Foot Care. It really is 'Foot Care' not 'Feet Care' now
- Socket Technology Overview
- Advanced technology for those in need of greater support
- Advanced technology for those with minimal limitations
- Managing Limb Pain
- Troubleshooting the skin and socket interface
- How to prepare for the NDIS Funding for those who are not- NDIS eligible – Debra Berg.
- "Walk Better" Workshop Above Knee Amputees, and
- Get Active Activities 'Get Active' Golf and 'Get Active' Fitness

Robyn Boxsell

Member Amputee Support Association Sunshine Coast Inc.

March 2018



## **PROSTHETIC AND ORTHOTIC ADVISORY GROUP**

### **Sunshine Coast University (USC)**

On the 1st of December 2017, I attended the inaugural meeting of the Prosthetic & Orthotic Advisory Group (P&OAG) at the Sunshine Coast University as a consumer representative and on behalf of the Amputee Support Association Sunshine Coast.

The Sunshine University now offers a prosthetic and orthotic degree and is in the process of being recognised by Australian Orthotic and Prosthetic Association (AOPA). Ben Lucas, Senior Lecturer, Prosthetics & Orthotics (USC) is the course coordinator and chairs the advisory group. The participants include: Allied Health disciplines i.e. Occupational Health, Prosthetic Service Providers, consumer representatives and student representatives.

Background: The P&O program at USC took its first students in the beginning of 2016 in the original program format approved by the university. These students took core courses for the first three semesters and there are currently five students that will be entering their third and final year at USC. After the program leads arrival in May of 2016, a major change in the program took place and was approved by the university in late 2016. The changes shifted some of the emphasis to more clinical courses (including OT), starting P&O specific courses earlier in the program, and allow more room for extended placements in the last year. The first five students are currently in a mix of the old and new program and will be focusing their last year on completing a portfolio of competence to become eligible for AOPA at the end of their degree.

There are approximately 18 students starting their second year and of those many will progress directly to the third year, with a few students completing their studies part-time. These students are being matriculated through the new program, which is in the process of seeking interim accreditation through AOPA. The application is with the Dean of the faculty and should be submitted to AOPA by the time the first meeting convenes. Approval will set USC on a path to submit for full accreditation for the graduating class of 2019 which will provide students with eligibility for AOPA membership upon graduation upon successful approval.

The purpose of the Advisory Group is to discuss ways to improve the program offered at USC.

The information and format were provided prior to the meeting to assist the participants in discussions related to the improving the program and changes relevant to the field that need to be addressed. To work towards a method of providing substantial feedback in improving the program in training new graduates both from a clinical and user perspective. At the end of the inaugural meeting a tour of the new USC Prosthetic and Orthotic Workshop on campus was conducted by two of the emerging 3rd year students.

The Workshop was very impressive and they showcased the new space and provided some examples of how they have and intend to use the space in the development of the student's technical, clinical, and critical reasoning skills. The

new workshop is staffed by a .5 FTE technician who has experience in both Occupational Health & Safety and orthotic/prosthetic clinical work.

*The topics discussed at the meeting were as follows:-*

- *The Role of the Advisory Group*

In a round-table discussion, the forum opened by discussing the role of the group and the reasons for membership, there were several reasons/ideas presented, but they tended to centre on the following themes:

- Commitment to the Improving Clinical Provision Quality
  - Communication – the ‘story’ of the person
  - Clinical Assessment/Outcome Measures
- Informing/Influencing Change in the Culture of P&O Clinical Care
  - Knowledge of lifespan/prognosis and role of P&O
  - Mentor/Coach/Educator
  - Empowerment of the Person in their own care
- *What skills/attributes are most important to develop in students/new graduates?*
- *Potential challenges within the field and education, both present and future?*
- *Potential Ideas for Student-led Clinics*



**sunshineorthopaedic**  
services

**P 07 54412488**

E [sales@sunshineorthopaedics.com.au](mailto:sales@sunshineorthopaedics.com.au)

W [www.sunshineorthopaedics.com.au](http://www.sunshineorthopaedics.com.au)

- Upper Limb Prosthetics
- Lower Limb Prosthetics
- Sports and Specialty Prosthetics
- Full Government recognised Provider
- NDIS Registered and approved
- All our Clinicians are AOPA Accredited and Degree Qualified



THE AUSTRALIAN  
ORTHOTIC PROSTHETIC  
ASSOCIATION **MEMBER**

**The longest serving and most experienced Prosthetic and  
Orthotic Facility on the Sunshine Coast**





Artificial Limbs & Appliances (ALA) is celebrating its 46<sup>th</sup> year of providing a high level of prosthetic care to the Amputees of Queensland.

Your experience at ALA will be welcoming and supportive in a relaxed professional environment. The care and treatment you receive will be professional & personal.

At ALA we offer an extensive range of prosthetic management for all ages and activity levels. We make it a priority to assess the needs and requirements of each individual, and formulate a treatment plan to suit.

Our experience and knowledge combined with a personal approach helps make the experience of being fitted with a prosthesis one that is most satisfying for all of our clients and staff.

ALA is now a registered provider with the NDIA & NDIS, as well as being a Queensland Artificial Limb Service (QALS) Provider. ALA also provides services to DVA, Work Cover, TAC and Private funders.

Catering for all levels of limb amputation, utilising a broad range of techniques and technologies to help achieve client goals.

ALA have treating facilities in Brisbane, Sunshine Coast, Redcliffe / Deception Bay, Toowoomba & Rockhampton.

Our Sunshine Coast location has ample off street & designated disabled parking to make access to our facility very safe and easy for all of our clients

We welcome everyone to come and visit.



### **Contact**

Artificial Limbs & Appliances Pty Ltd  
Unit 1 - 67 Depot St Banyo QLD 4014

P: 07 3266 1255

E: [info@alaprosthetics.com.au](mailto:info@alaprosthetics.com.au)

### **Sunshine Coast**

Shop 5 – 2 Coora


### **Crescent**

F: 07 3266 7033

W: [www.alaprosthetics.com.au](http://www.alaprosthetics.com.au)

Currimundi QLD 4551

 [www.facebook.com/ArtificialLimbsAppliances](https://www.facebook.com/ArtificialLimbsAppliances)

 [www.instagram.com/alaprosthetics/](https://www.instagram.com/alaprosthetics/)

# DID YOU KNOW?

## **Fines for parking on Nature Strip.**

### **WHAT ARE THE RULES?**

- Vehicles must be parked wholly on the roadway.
- Vehicles cannot be parked on the footpath/nature strip ie you cannot park with two wheels on the nature strip.
- All motorists must leave at least 3 metres of clear roadway beside their vehicle. This is to allow large vehicles, such as waste collection vehicles and emergency services, to access local streets.
- Failure to comply with the regulations can result in a \$91 fine.

## **DO NOT CALL REGISTER**

### **Numbers on do not call register are now permanent.**

To register phone 1300 792 958 or visit [www.donotcall.gov.au](http://www.donotcall.gov.au)

## **QLD ROAD RULES FOR MOTORISED WHEELCHAIR USE**

### **The user must:**

- Exercise due care and attention for the safety of others at all times.
- Use the footpath or nature strip at all times, or if the footpath or nature strip is unsuitable, travel as close as possible to the left or right side of the road, Users should also face oncoming traffic is possible to do so.
- Use the most direct route available when crossing a road and use a crossing where available.
- Travel at a speed not faster the 10km per hour.

# *Happy Birthday!!*

## **Birthdays for March**

Colin Curtis, Marcia Dorricott, David Keir, Kevin Mahoney, Stanley Thelander.

## **Birthdays for April**

Robyn Boxsell, Maxine Curtis, Brian Fawcett, Jenny Hooper, Robert Kellalea, Sandra Patton, Carol Saroglia, Russell Sommer, Carol Todd.

## **Birthdays for May**

Allan McLean, Julie Smith, John Waters.



• Safe, secure, clean storage in our modern building

• Large variety of unit sizes

• 7 day access

Free trailer for move in

Mention this advertisement to receive 50% off your third month's storage fees

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28 ENTERPRISE STREET CALOUNDRA (JUST DOWN FROM THE POST OFFICE DELIVERY CENTRE)

PROUD SUPPORTERS OF :

THE AMPUTEE SUPPORT ASSOCIATION SUNSHINE COAST INC.

## **Support Groups and Resources**

Amputee Support Association Sunshine Coast Inc.	0416 042 735
Artificial Limbs & Appliances Pty. Ltd.	3266 1255
Aged & Community Hotline	1300 020 103
Aged Care Queensland	3725 5555
Brisbane Prosthetics and Orthotics	3392 8440
Caloundra Community Health Services	5436 8552
Carers Queensland – Maroochydore	5451 1882
Commonwealth Carelink	1800 052 222
Community Alternative Transport Services (Maroochydore)	5443 2644
Council on the Ageing	1300 738 348
Disability Information Service	1800 177 120
<b>DPO</b> -Dynamic Prosthetics and Orthotics	0407 470 045
Elder Abuse Helpline	1300 651 192
Goodwill Orthopaedics	3849 8152
Home Assist Caloundra	5491 7489
Home Assist Maroochydore	5476 6130
Home Assist Noosaville	5455 8355
Lifeline Sunshine Coast	13 1114
Maroochy Home Assist Secure	5476 6130
Maroochydore Community Health Services	5459 6901
M.A.S.S. (Medical Aids Subsidy Scheme)	3136 3636
Meals on Wheels Caloundra	5491 6466
Meals on Wheels Coolum Beach	5446 1000
Meals on Wheels Maroochydore	5443 3246
Meals on Wheels Nambour	5441 3543
Meals on Wheels Tewantin-Noosa	5449 7659
Nambour Community Health Services	5450 4750
Nambour & District Care (including Transport)	5441 4441
Noosa Community Health Services	5449 5944
Queensland Amputee Limb Service (QALS)	3136 3660
Royal Brisbane Hospital for Appointments	3636 7286
St Vincent de Paul Caloundra	5491 2800
St Vincent de Paul Maroochydore	5443 1946
St Vincent de Paul Nambour	5459 5202
St Vincent de Paul Noosaville	5449 9980
Suncoast Cabs Ltd, Disabled Person Taxi	131 008
Suncoast Community Cabs	131 008
Suncoast Transport and Care (formerly H.A.C.C.)	5437 9190
Sunshine Orthopaedic Services	5441 2488
The St John's Ambulance – Silver Cord Telephone	1300 360 455
The Salvation Army Currimundi	5493 6053
The Salvation Army Maroochydore	5443 7775
The Salvation Army Community Services Nambour	5441 5538
Veteran's Home Care	1300 550 450
Veteran's Home Maintenance	1800 801 945

☐ NEW APPLICATION

Date: .....

**YEARLY MEMBERSHIP: \$15.00 PER PERSON**

1. Name: .....

Address: .....

..... Post Code: .....

Phone No.: ..... Date of Birth: .....

e-Mail Address: .....

Signature: .....

2. **Name:** .....  
**Address:** .....  
..... **Post Code:** .....  
**Phone No.:** ..... **Date of Birth:** .....  
**e-Mail Address:** .....  
**Signature:** .....

**Cause of Amputation:** .....

**BSB: 084 756 A/C: 631195916**

Do you wish to order Name Tags: \$10.00 each\*

\* Preferred name for Name Tag: (1) .....

(2) .....

*Return form to:* The Secretary  
Amputee Support Association  
Sunshine Coast Inc.  
P.O. Box 1374  
BUDERIM QLD 4556

**Office only:**

Receipt .....

Letter .....

Address List .....

Card Index .....

**ADDITIONAL INFORMATION REQUIRED**

**MEMBER'S NAME:** .....

**In Case of Emergency contact:**

*Not living with you, if possible*

(1) **Name** .....

**Address** .....

.....

**Telephone No.** **Home:** .....

**Business:** .....

**Mobile:** .....

(2) **Name** .....

**Address** .....

.....

**Telephone No.** **Home:** .....

**Business:** .....

**Mobile:** .....

**Do you have any ongoing illness for which you are being treated?**

**E.g. diabetes, epilepsy, etc?** .....

.....

**If this is being managed by medication please list:**

.....

.....

.....

.....

**Signature:** .....

This information is strictly confidential and will only be used by the President and Secretary.