

A STEP AHEAD

SUMMER EDITION



Encouraging Ability and Success

Amputees & Families
Support Group Qld Inc.

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www.inhouseprint.com.au

We would like to thank InHouse Print & Design for the printing of our quarterly newsletter. Please contact them for all your printing requirements.

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FROM THE OFFICE



Welcome to the Summer Edition!

Once again the year has flown by and we are already nearly at Christmas!

As you may have read in our previous Newsletter we received a grant from the Gambling Community Benefit Fund which was used to visit our existing Support Groups and also create new Support Groups in areas where it is needed.

The Peer Support Outreach took Joe Watts and I to Townsville, Mount Isa, Mackay, Cairns and Rockhampton. We enjoyed meeting people throughout the communities that we visited and we are working to expand our peer support network across the State. If you would like to join our peer support network or create a support group in your area please contact the office.

I would like to welcome Paul Harris and Jason Elliott who are creating a supportive network on the Northside of Brisbane offering peer support and social events. If you are interested, their details are on page 3.

We have also updated our Information brochures and given them a fresh new look! I have enclosed a copy for you to them check out.

It has also been brought to our attention that QALS have had delays with processing approvals, if you have any delays please contact the office as we are working closely with the prosthetists to ensure that this is being rectified.

On behalf of the Management Committee and myself I would like to take this opportunity to thank all our members for your support throughout the year and wish you all a Merry Christmas and a healthy and happy new year!

A handwritten signature in blue ink, appearing to read 'Lynda'.

Lynda Foulis
State Coordinator

The Amputees and Families Support Group Qld Inc is partially funded by Queensland Health.



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Artificial Limbs & Appliances (ALA) is celebrating its 47th year of providing a high level of prosthetic care to the Amputees of Queensland.

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

We are very proud of our facility and welcome everyone to come and visit.



Contact

Artificial Limbs & Appliances Pty Ltd
Unit 1 - 67 Depot St Banyo QLD 4014
P: 07 3266 1255
F: 07 3266 7033

E: info@alaprosthetics.com.au
W: www.alaprosthetics.com.au



 www.facebook.com/ArtificialLimbsAppliances
 www.instagram.com/alaprosthetics/



DATES FOR THE DIARY

December

3rd Christmas Coffee Catch Up*

2020 Events

Please see the information flyers in the newsletter.

Office Closure

The Amputees & Families Support Group Qld Inc would like to thank you for all your support throughout the year and wish you all a very Merry Christmas and a safe and happy New Year!

The physical office will be closed from Monday, 16 December 2019 through to Monday, 13 January 2020 inclusive.

For any URGENT queries please call 07 3290 4293 and we will respond to you as soon as possible. ALL medical emergencies please call your local doctor or 000.



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Every Dollar Counts...What is Available!

Every magazine we will include information on concessions that are available for you to access further if they are required. <https://www.qld.gov.au/community/cost-of-living-support/concessions>

Queensland Seniors Card

Eligibility for certain Queensland Government concessions. Discounts on goods and services at participating outlets throughout Queensland.

Seniors Card +go

This card is for seniors who use, or plan to use, public transport in South East Queensland. It offers the same concessions and discounts as above, but also functions as a *go* card on Translink services.

Eligibility

There is one application process. You will be issued with the card that offers the most benefits based on your eligibility. You can apply up to 2 months prior to your 60th birthday (your card will be issued when you turn 60).

Residency requirements

To be eligible for Seniors Card, Seniors Card+*go* or a Seniors Business Discount Card, you must:

- be a permanent resident of Queensland.
- live in Queensland for at least 6 months of the year and your home address must be shown on your driver licence, or be registered as your home address with (at least) 1 of the following:
 - Electoral Commission of Queensland
 - Centrelink
 - Commonwealth Department of Veterans' Affairs.

Applications

Call 13 QGOV (13 74 68) for more information.



Join us for a monthly Catch Up



Feel like getting out of the house, relaxing and enjoying the company of others? Then come on down and visit us for our monthly catch ups in the Logan Central Community Centre!

On the first Wednesday of every month we have an open house! Come down, enjoy a free cuppa, morning tea and have a chat.

Dates: Wednesday, 5 February 2020
Wednesday, 4 March 2020

Where: Amputees & Families Support Group Qld Inc
Logan Central Community Centre
9-11 Jacaranda Avenue
Logan Central

Time: 10:00am - 12:00pm

Cost: FREE

Everybody is welcome!





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Morning Tea | Onsite Parking

\$10 per book = 20 games

When: 26 February 2019
25 March 2019
22 April 2019

Time: 9.30am for 9:45am start

Where: Logan Central Community Centre
9-11 Jacaranda Avenue
Logan Central

RSVP: 3290 4293



Amputees & Families
Support Group Qld Inc.

Falls

Falls

Falls can cause serious injury, limit your mobility and damage a prosthesis. To limit your injury risk you should keep working on your exercise program. If falls are a concern discuss balance, strength and agility training with your physiotherapist. You can practise falling techniques with your physiotherapist to lower your injury risk.⁽¹⁾

How you injure yourself during a fall depends on how you land. The body has natural reflexes that occur when you fall. The arms will try to break the fall to protect the head and neck. The body would prefer a broken wrist rather than a head injury so it is essentially sacrificing the arms to protect the brain. Injuries can also occur due to hitting objects while falling and the hardness of the ground you land on.⁽²⁾

In amputees there is a loss of sensory input because our feet can detect slippery or unstable surfaces and will instinctively spring back to stop a fall. A prosthetic foot does not know it has stepped onto a slippery or unstable surface and will not spring back, increasing the risk of a fall. You will find that you have to watch the ground more often to see hazards before you step on them.⁽¹⁾

Preventing Falls in the Home

While you may feel safe in your home you are more likely to fall at home than anywhere else. Falls are a serious issue: on average ten Queenslanders fall and break their hips every day and sadly close to 500 Queenslanders die every year of injuries caused by a fall. The following tips will assist you in lowering your fall risk at home.⁽³⁾

- Remove throw rugs and secure large area rugs with carpet tape or tacks.
- Rearrange your furniture so that there is something to grab if you begin to fall.
- Leave a light on at night.
- Wipe up spills immediately.
- Reduce clutter.
- If thresholds cause problems, have them lowered or removed.
- Move any furniture that has sharp edges away from main pathways.

- Use a shower chair with arms.
- Have handrails and grab bars installed in bathrooms and toilets.
- Adjust doors with automatic closures so they do not bump you from behind.
- Move telephone and extension cords from traffic areas.
- Avoid 'scuff' slippers and walking with only your socks on.⁽⁴⁾

Other things you can do to prevent falls include:

- Exercise regularly to increase your strength and improve your balance.
- Review your medications with your doctor or pharmacist; some medication can make you dizzy or sleepy or affect your balance.
- Have your vision checked every year.
- Rise slowly after sitting or lying down.⁽⁴⁾

If you live alone, consider a monitored personal alarm or carry a mobile phone with you as you may be immobile for some time if you are injured. Make sure your alarm batteries are changed regularly.⁽⁵⁾

How to get up from a fall

The following guide will assist you to get up from a fall. There are several methods for getting up after a fall; your physiotherapist can show you techniques. The two methods shown can be done with or without a prosthesis.

Keep track of how often you fall and what caused it. If it was due to your physical environment, for example, tripping over a rug, make changes to lower the risk. If it was medically related such as a dizzy spell, see your doctor to check your health.⁽⁶⁾

If you fall in public bystanders may try to help you up. It is important to assess if you have any injuries before you let others lift you. Ask someone to check you for visible injuries. If anything feels extremely painful, broken, numb, dislocated, bleeding or you hit your head; have a bystander call an ambulance and remain on the ground until help arrives.⁽⁶⁾

How we fall

There are four basic ways we can fall while close to the ground: slips, trips, tumbles and crumples (not including stumbling which may or may not cause a fall). How you fall will affect the type of injuries received.⁽²⁾



1. Slipping: losing friction between your feet and the floor. You will usually fall backwards.⁽²⁾



2. Tripping: the surface level changes or something obstructs your foot. You usually fall forwards.⁽²⁾



3. Tumbling: falling from a higher object or down stairs, sometimes resulting in somersaults or barrel rolls.⁽²⁾



4. Crumpling: losing the ability to hold yourself up and collapsing to the ground e.g fainting or a knee giving way.⁽²⁾

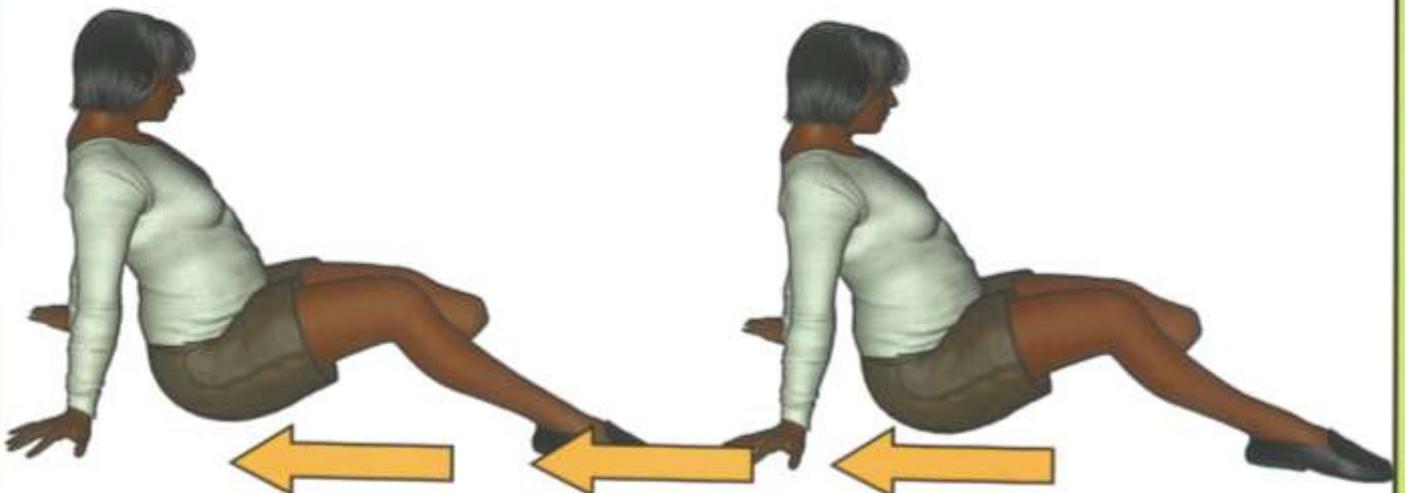
How to get up from a fall on your own



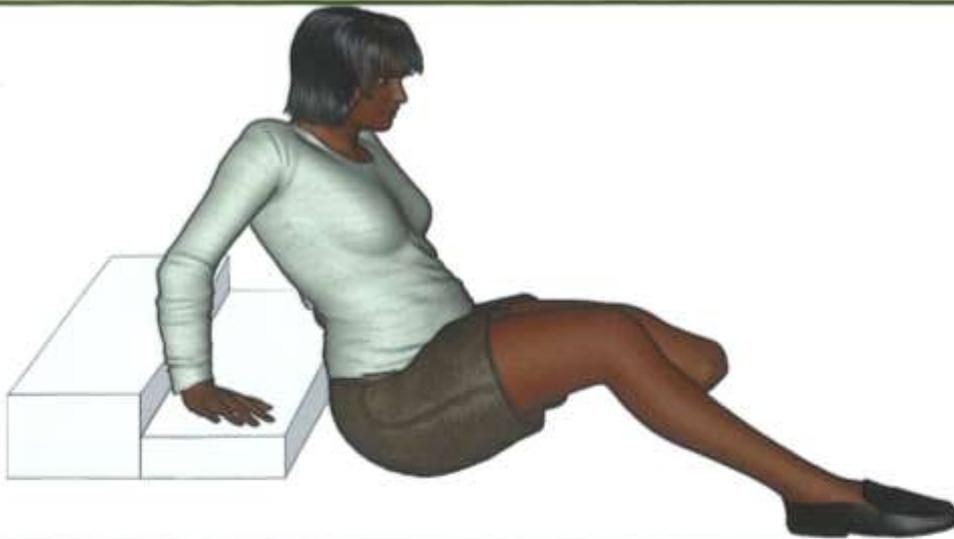
1. Lay for a moment and make sure you are not hurt. Roll over onto your side.⁽⁷⁾



2. Use both hands to push yourself up into a sitting position.⁽⁷⁾



3. Use your hands to scoot along the floor until you reach a low & flat surface.⁽⁷⁾



4. Use your hands and leg to push yourself up so that you are sitting on the surface.⁽⁷⁾

What to do if you can't get up while alone

HELP!!!



1: Attract attention, call out and make lots of noise.

2: In cold weather stay warm by using items around you such as rugs or towels.^(5,7)



3: Move to avoid pressure sores by gently rocking or raising your arms and legs if you can. 4: Try to crawl or shuffle your way to a telephone.^(5,7)

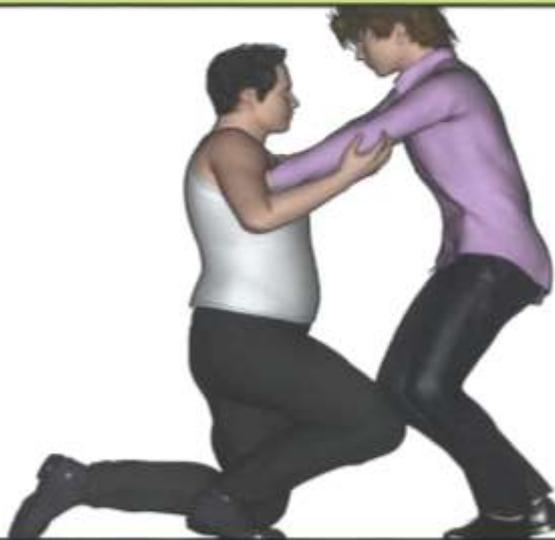
How to get up from a fall with help from bystanders



1: Don't let anyone help you up until you are sure you are not injured. Ask a bystander to check you for injuries. If you are hurt stay on the ground and call an ambulance.⁽⁶⁾



2: Roll onto your stomach then pull your knee/s up under your torso and get onto your hands and knees. Someone can help you if you find this difficult.⁽⁶⁾



3: Allow someone to help you up from your knee/s into a standing position.⁽⁶⁾

References

- 1 Groner C: *Upstanding interventions: Falls prevention in O&P* In: Lower Extremity Review March 2011 [internet cited 2013 Nov 22] Available from: http://lowerextremityreview.com/cover_story/upstanding-interventions-falls-prevention-in-op
- 2 *Mechanics of same level falls; analyzing and evaluating same level fall claims using forensic biomechanics.* [internet cited 2013 Nov 22] Available from: http://www.nsc.org/get_involved/divisions/BIDivision/Documents/falls%20forensic%20biomechanics.pdf
- 3 Queensland Government: *Falls Statistics* [internet cited 2013 Nov 22] Available from: <http://www.health.qld.gov.au/stayonyourfeet/facts/statistics.asp>
- 4 Amputee Coalition: *Before You Fall: Tips for Preventing Falls in the Home* In: Senior Step Volume 1 2004 [internet cited 2013 Nov 22] Available from: http://www.amputee-coalition.org/senior_step/preventing_falls.html
- 5 NIH Senior Health: *If You Fall* [internet cited 2013 Nov 22] Available from: <http://nihseniorhealth.gov/falls/ifyoufall/01.html>
- 6 Highsmith MJ: *A Brief Discussion of Falls Among Persons with Amputation of the Lower Extremity.* [internet cited 2013 Nov 22] Available from: <http://www.360oandp.com/amputees-and-falling.aspx>
- 7 Royal Free Hampstead Physiotherapy Department: *Getting up from the floor: advice for amputees (non prosthetic users)* [internet cited 2013 Nov 22] Available from: http://www.royalfree.nhs.uk/pip_admin/docs/get_up_%28non_prosth%29_1198.pdf

This Article was taken from "Information for People Living with Amputation" by Queensland Health. If you would like a copy of this book please contact the Amputees & Families Support Group Queensland Inc on 07 3290 4293 or via email admin@afsg.org.au and we will arrange for a copy to be sent to you.



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Wheel of Well-being

What is the Wheel of Well-being?

The Wheel of Wellbeing is an initiative by South London and Maudsley NHS Foundation Trust and is about doing more of the things you enjoy!

Research is showing us how our health and happiness can be boosted by doing certain things on a day to day basis to improve our moods, reduce the risk of depression, strengthen relationships, keep us healthy and even add seven years to our lives!

The Wheel of Wellbeing is your guide to some of them. The Wheel of Wellbeing is divided into six pieces - body, mind, spirit, people, places and planet. Start WoWing yourself now!!



Body: Be Active Your body is the engine that powers your wellbeing. It is designed to move and physical activities can positively influence the way you think, feel and function. Even 10 minute sessions of physical activity can make you feel good. It doesn't have to be strenuous, you just have to move your body!

- * Go for a walk
- * Play a game
- * Dance
- * Go swimming
- * Take up golf
- * Fishing



Mind: Keep Learning Studies are showing that life-long learners are some of the healthiest, happiest people around. Our wellbeing can improve by taking up a new hobby, it's fun and it helps build confidence.

- * Learn an instrument or new hobby
- * Learn a new language
- * Take cooking lessons
- * Join a craft group



Spirit: Give Did you know that giving to others does amazing things like reducing your blood pressure and improving your sleep? Practising random acts of kindness, volunteering time, or simply saying 'thank-you' all work wonders for your wellbeing.

- * Volunteer
- * Compliment somebody
- * Thank somebody
- * Smile
- * Make time to talk
- * Be friendly



People: Connect Close relationships with friends and family can add up to 7 years to our lives. Plan a party, get together or a coffee, connect more with the people around you. Connect with people that make you happy!

- * Have dinner with your family
- * Join a Club or Group
- * Catch up with friends
- * Ring a friend or family member



Place: Take Notice Take time to be aware of the world around you! Noticing nature helps us press the pause button. It reduces the stress of our 21st-century 'hurry-worry' lives. Savouring our surroundings gives us, quite literally, more breathing space.

- * Explore your local area
- * Enjoy the scenery
- * Smell the roses
- * Sit, breath and look around
- * Take notice of your feelings



Planet: Care Look after your community and environment. Keeping our blue planet in tip-top shape is the best recipe for world wellbeing. It can sometimes feel like a hopeless task, but small positive changes like getting switching off power points, your charger and recycling can make a big difference.

- * Reduce waste
- * Recycle
- * Repair and reuse
- * Go greener
- * Grow your own fruit and vegetables

For more information visit <https://www.wheelofwellbeing.org/>



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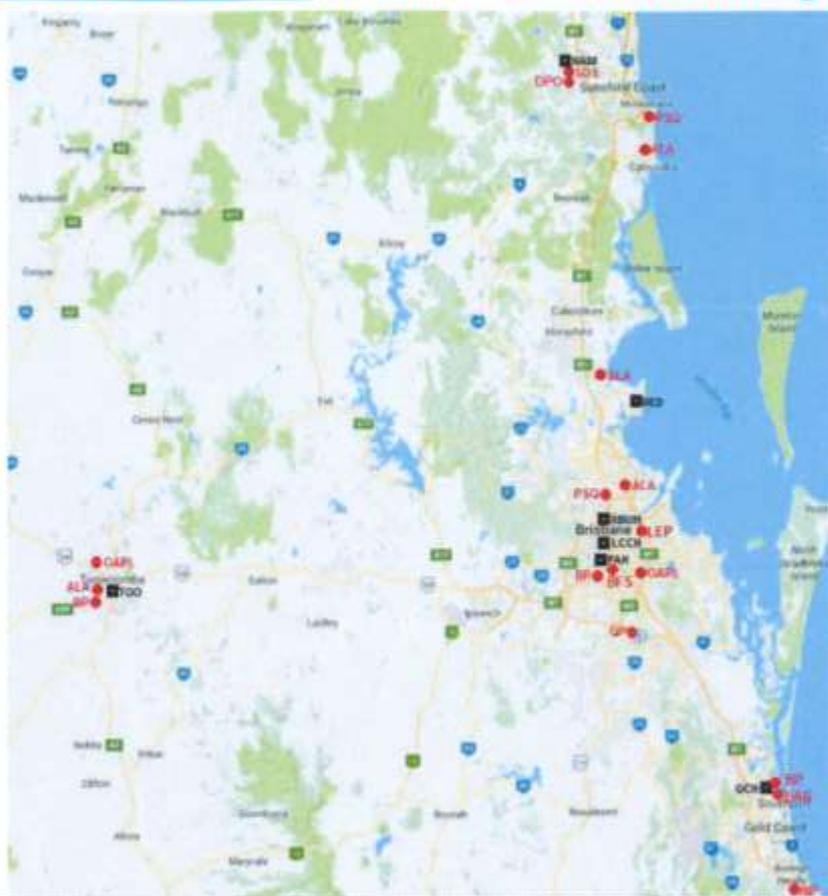
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BAR	Barry Leech Prosthetics and Orthotics:- Ph: 07 5532 0506 Email: SEQadmin@BarryLeech.com	7 Pinter Drive, Southport 4215	Main Facility
BFS	Brisbane Footwear Services Ph: 07 3391 2066 Email: info@BFSPedorthics.com.au	128 Logan Road, Woollongabba 4102	Main Facility
BPO	Brisbane Prosthetics and Orthotics:- Ph: 07 3392 8440 Email: admin@BrisbaneProsthetics.com.au	Unit 8 / 107-123 Muriel Ave, Moorooka 4105 Suite 3 / 20 Musgrave Avenue, Southport 4215 1-2 Rob Street, Toowoomba 4350	Main Facility By Appointment By Appointment
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LEP	Leading Edge Prosthetics: Ph: 07 3890 7788 Email: EdgeProsthetics@gmail.com	Unit 3 / 6 Palmer Place, Murarrie 4172	Main Facility
NP	Northern Prosthetics: Ph: 02 6687 0777 Email: info@NorthernProsthetics.com.au	107 Palm Beach Avenue, Palm Beach 4221 136 Midden Flat Road, Broken Head NSW 2481	By Appointment Main Facility
OAPL	Orthopaedic Appliances (Goodwill):- Ph: 07 3849 8152 Email: GoodwillOrtho@OAPL.com.au	Unit 1 / 51 Secam Street, Mansfield 4122 9 Westland Street, Toowoomba 4350	Main Facility Fortnightly, Thursdays
PSQ	Prosthetic Solutions Queensland:- Ph: 1300 423 338 Email: info@ProstheticSolutions.com.au	Unit 2 / 20 Valente Close, Chermside 4032 Unit 1 / 66 Jessica Boulevard, Minyama 4575	Main Facility By Appointment
QP	Queensland Prosthetics:- Ph: 07 3803 7317 Email: QProsthetics@outlook.com	Unit 16 / 50-56 Kellar Street, Berrinba 4117	Main Facility
SOS	Sunshine Orthopaedic Services:- Ph: 07 5441 2488 Email: Sales@SunshineOrthopaedics.com.au	29D Short Street, Nambour 4560	Main Facility

MEMBERSHIP APPLICATION FORM



Date: _____ New Renewel

Name: _____

Partner: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____

Limb/s amputated: _____

Cause of amputation: _____

Hobbies/ Interests: _____

Previous / current occupation: _____

Membership Contribution

Yearly membership - (1 July to 30 June)

\$15 Adult single \$20 Families/ Pensioner Families \$25 Organisations

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Please us first initial and surname in the reference field.

I have paid via pay pal at www.afsg.org.au

I enclose my Cheque / Money Order to the value of \$ _____
for membership and/or donation.

Signature.....Date:.....

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