

A STEP AHEAD

SPRING EDITION 2024



**Amputees
Queensland**

CENTRAL OFFICE

Ben Mathews Playground Community Centre
47-55 Ellen Street, Logan Central Qld 4114
PO Box 31, Kingston Qld 4114

Monday to Thursday 9:00am to 4:30 pm
Friday 9:00am to 2:30pm

T: 07 3290 4293 | W: www.afsg.org.au
E: admin@afsg.org.au or lynda@afsg.org.au



facebook.com/AmputeesQLD



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



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.

Disclaimer: Amputees Queensland Inc does not provide specific medical advice or endorse any specific treatment, technology, company or device. Consumers are advised to consult with their healthcare professionals.

From the Office!

Welcome to the Spring Edition of A Step Ahead!!

We held our Annual General Meeting and I am pleased to welcome back Darren Wyer (President), Chris Rice (Vice President), Judi Corrigan (Secretary), Susan Merry (Treasurer) as well as Kevin McIntosh, Robyn Boxsell and Peter Williams. I take this opportunity to welcome new committee members Lindsay Isenberg and Cliff Bishop-Kinlyside.



Thank you to outgoing committee members Valerie Johnson and Christeen Whitehead.

In the Winter edition we published an article on Amputation - What Happens Next? In the table it mentioned that Individuals who are over 65 or older can apply through the National Disability Insurance Scheme, this was incorrect and a publishing error because individuals who are 65 years or over will apply through Queensland Artificial Limb Service for a prosthetic.

In relation to Queensland Artificial Limb Service and prosthetics for over 65's we are currently looking at micro-processor knees and would like people to reach out to us and share their story, frustration and need as we collate data and information to help our advocacy efforts.

We have lots of new faces joining our Facebook group *Amputees Qld - Peer Support*, the group is for online help and support. The group is specifically created for Queenslanders living with amputation or limb differences, their family or friends who need help, information and support from fellow amputees in your State. As always you can still contact the office for any help or information you require.

Most recently we started a FREE adaptive exercise program which is available for all abilities. On Tuesdays we have Tai Chi and then on Thursdays we have a Fun & Fit class. The programs are suitable for either standing or sitting and the sessions are run by fully qualified professionals.

We have partnered with CQ University to offer our members FREE Chiropractic care out of our offices in Logan Central. The students are in their final year and will work with a clinician during the appointments, please contact the office to make an appointment. The initial appointment will take 1.5 hours and any additional appointments will be 30 minutes.

In November we are holding Support Group meetings at Geebung RSL and Brother's Leagues Club, Ipswich in November. We are launching a new group in Hervey Bay and have a new updated venue in Bundaberg. All our events, information sessions and news is kept updated on our website, socials and e-news.

If you would like to share your amputation or limb difference journey you can contact me at the office or via email lynda@afsg.org.au. The sharing of your journey helps to raise awareness of amputation or limb loss, it help support individuals who have just lost a limb by seeing the accomplishments, resilience and strength that people have and how they find new ways to accomplish every day tasks.

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

Lynda Tilley | State Coordinator

Amputations in Australia

Limb amputation is one of the earliest forms of surgery, allowing a person to survive severe injuries and infections. Historically the main causes of amputation were trauma and wound infections.

However in first world countries trauma is no longer the main cause of amputations because:

- Emergency medicine has greatly improved and more limbs are saved because a person can be transported to hospital quickly.
- Some amputated limbs can now be reattached with microsurgery.
- The number of workplace accidents have dropped significantly due to Health and Safety laws.
- Surgical sterilisation techniques and antibiotics control most infections.

In a modernised country such as Australia the main causes of amputations are vascular disease and diabetes. Other causes of amputation are traumatic injuries, infections, tumours and congenital deformities.

Vascular Disease: Vascular disease occurs when the arteries in the legs become blocked. This condition can happen to anyone but is more severe in patients with diabetes. The narrowed arteries prevent the heart from pumping enough oxygenated blood to the feet, resulting in severe pain in the legs, foot ulcerations and ultimately gangrene of the toes/foot.

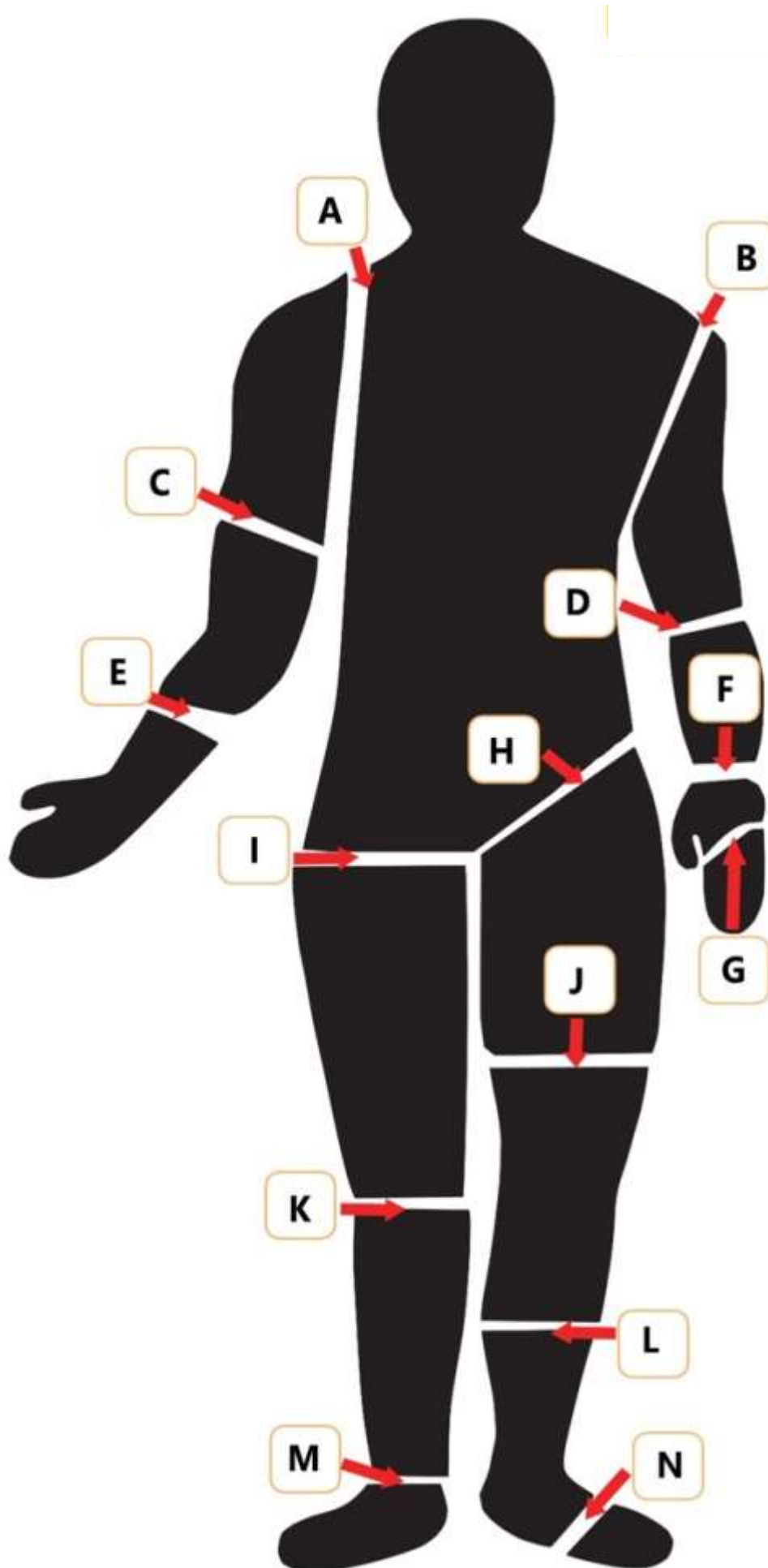
Diabetes: Diabetes is the cause of half of the amputations performed in Queensland. Diabetes does not just increase the severity of vascular disease it also reduces feeling in the feet and slows wound healing; resulting in foot ulcers. People with diabetes are more prone to skin infections and gangrene or sepsis may occur, resulting in amputation.



Trauma: Trauma resulting in amputation is most frequently related to motorcycle, motor vehicle and industrial accidents.

Other causes are home accidents and burns. Most upper limb amputations are caused by traumatic injury. Trauma is the most common cause of amputation for young adults. ♥

Amputation Levels & Names



A: Forequarter

B: Shoulder disarticulation
(through shoulder)

C: Trans-humeral
(above elbow)

D: Elbow disarticulation
(through elbow)

E: Trans-radial
(below elbow)

F: Wrist disarticulation
(through wrist)

G: Trans-carpal
(partial hand)

H: Hemiplevectomy
(through hip)

I: Hip Disarticulation
(through hip)

J: Trans-femoral
(above knee)

K: Knee disarticulation
(through knee)

L: Trans-tibial
(below knee)

M: Ankle disarticulation
(Syme)

N: Partial foot
(Chopart)

Post Surgical Recovery

In most cases, following lower limb surgery you will be able to sit out of bed on the day after the operation.



Immediately following surgery the residual limb will be bandaged and may have a drain tube. Bandaging the stump helps in reducing the swelling that occurs after surgery. In most cases, following lower limb surgery, you will be able to sit out of bed on the day after the operation.

Your physical rehabilitation will begin shortly after your operation. An occupational therapist or physiotherapist will assist you in transferring from a wheelchair and how to use mobility aids.

The nursing staff will dress the stump as required. If you go home with a dressing you must keep the wound dry and covered. The nurses will show you or a family member how to dress the wound at home. You must check for signs of infection and redress the wound daily.

Most amputations are closed with stitches (sutures) or staples. Some stitches are dissolvable and do not

need to be removed. You will be advised on if/when the sutures need to be removed. Once the sutures are removed you can massage the scar and desensitise the skin on the stump.

During the hospital stay, staff will ensure that postoperative pain is controlled as best as possible. It is important for you to let staff know if you are having pain and to take medication as directed. People who have good pain control before and after an operation usually suffer less phantom and stump pain in the long term.

Some amputees require transfer to a rehabilitation unit for an inpatient program in order to maximize their independence.

Others undertake rehabilitation as an outpatient. Your discharge to home is planned when your medical condition is stable. ♥

Reference:

Information for People Living with Amputation
Queensland Artificial Limb Scheme | Queensland Health

A man with a prosthetic left leg is walking on a green golf course. He is wearing a light blue polo shirt, white cargo shorts, and white sneakers. He is holding a golf club in his right hand. In the background, there are trees and a body of water with a fountain spraying water. A blue banner is overlaid on the left side of the image.

ARTIFICIAL LIMBS & APPLIANCES

Helping Clients Achieve Life's Ambitions Since 1972

Servicing Brisbane, Sunshine Coast, Redcliffe/
Deception Bay, Toowoomba & Rockhampton.



an **ospl** clinic



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION **MEMBER**



facebook.com/ArtificialLimbsAppliances

Unit 1 - 67 Depot St
Banyo, QLD, 4014

07 3266 1255

info@alaprosthetics.com.au

www.alaprosthetics.com.au



instagram.com/alaprosthetics



Come Fish with Us!

Celebrate Amputee Awareness Week with a great day of fishing and fun on the water !

Join our annual fishing trip with Fishability Queensland to celebrate Amputee Awareness Week.

When: Tuesday, 8 October 2024

Where: 9 Spinnaker Drive
Sandstone Point. Bribie Island Boat Charters

Departure: 9:30am arrival for 10am departure (returning 2pm)

Cost: \$20 Members | \$80 Non-Members

(includes rods, bait, fishing equipment and BBQ lunch)

RSVP: 24 September to 3290 4293 or email lynda@afsg.org.au
Limited space available...get in quick!!

The **ability** to change your life

Prosthetics and **Orthotics** that look good, feel good and function well



Peter Osborne



Anton Crous

Made for you by **experienced**, caring professionals



APO Ability Prosthetics & Orthotics

Brisbane

Unit 1, 35 Learoyd Rd
Acacia Ridge QLD 4110

Toowoomba

Suite 1, 104-106 Russell St
Toowoomba QLD 4350

Townsville

137 Thuringowa Dr
Kirwan QLD 4817

T 07 4766 4130 E admin@apoqld.com.au W apoqld.com.au



DATES FOR THE DIARY

SEPTEMBER

15th Sunshine Coast Group*
18th Wound Management
25th Grocery Bingo

OCTOBER

2nd Your Pathway
4-11 Amputee Awareness Week
8th Fishing Trip
16th Card Making
20th Sunshine Coast Group*
23rd Grocery Bingo

NOVEMBER

6th Managing Diabetes
17th Sunshine Coast Group*
20th Elder Abuse
23rd Christmas Party
27th Grocery Bingo



CONNECT WITH THE ÖSSUR FAMILY HUB

Join Össur's community for amputees and elevate your learning experience. Connect with other amputees, access exclusive information and resources, and stay up to date with the latest advancements in prosthetic technology. Expand your horizons with captivating user stories, event announcements, clinics, and technology updates. Embrace the future of possibilities and join our Össur Family Hub community today.



Scan the QR CODE to
**Connect with the
Össur Family Hub**



All sessions will be at our offices at Ben Matthews Playground Community Centre, Logan Central unless otherwise marked.

* Sunshine Coast Support Group Get Together's will be held at Maroochy River Golf Club, 374-514 David Low Way, Bli Bli at 10am. Please RSVP sunshinecoast@afsg.org.au or call 0475 052 980.

** TQ's Café, 6 Killer Street, Norville. RSVP Jan Baldock—0409 492 363



IT'S ALL ABOUT FUNCTION.

Naked Prosthetics aims to support people with finger and partial hand amputations. They want to positively impact these people's lives by providing functional, high-quality prosthetic fingers that help people get back to work and doing the things they love.



Scan the **QR CODE** to learn more about our Naked Prosthetics Range of devices.



www.ossur.com.au | 1300 123 268 | customercare.au@ossur.com



© NAKED PROSTHETICS. All Rights Reserved. CSE 15489, P-800418 | Distributed by Össur



NEW – Peer Support Group Meetings

GEEBUNG

Monday, 4 November

RSL Geebung
Zac's Coffee Shop
Cnr Newman Rd & Collings St, Geebung

Time: 10:30am

IPSWICH


Tuesday, 12 November

Brothers Leagues Club
Willey St, Raceview

Time: 10:30am

Please RSVP to Lynda on 07 3290 4293 or email lynda@afsg.org.au for either meeting.



 AmputeesQLD

 AmputeesQLD



Experienced NDIS providers



**Southern
Prosthetics
and Orthotics**



SPAO aims to improve your mobility with our customised solutions that will help you meet your goals

Our focus is on improving your quality of life

- We create custom solutions designed by our entire rehabilitation team
- Our combined clinical and technical experience ensure optimised outcomes for you
- A friendly, professional and team-oriented approach assists you in reaching your goals
- We utilise the latest research and technologies to offer the most up-to-date solutions

We have access to all prosthetic components from all component manufacturers.



**THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION CERTIFIED**

Gold Coast

7 Pinter Drive
Southport QLD 4215
goldcoast@spao.com.au
07 5532 0506
www.spao.com.au

Coolangatta (appt only)

Level 9 - Building B
Southern Cross University
Southern Cross Drive
Coolangatta QLD 4225

Residual Limb Care

Amputees are prone to skin problems as their skin on the residual limb is not designed to bare weight or experience friction and the use of a prosthetic limb creates a warm, moist environment that bacteria prefer.

Inspect your residual limb daily and if you notice any problems such as cysts, rash, bumps, white flakes or brown patches on your limb contact your doctor.

If you cannot see your whole residual limb use a small mirror or your phone to take photos and check at the back and sides of your limb.

Once you begin to use a prosthetic limb you may develop skin issues from prosthetic use. You will find the symptoms subside after you remove the prosthesis. Avoid wearing your prosthetic limb if you develop a skin problem. Continual prosthetic use can make the problem worse. If this happens see your prosthetist as you may need a socket adjustment or replacement supplies.

Some skin products may affect prosthetic liners so discuss your choices with your prosthetist if you use a gel or silicon liner.

Bathing

It is best to wash the residual limb daily with a mild soap. Make sure you work up a good lather and clean any skin creases thoroughly. If you prefer to shower or bathe in the morning you will still need to wash and dry the residual limb thoroughly after you have removed your prosthetic limb in the evening. After washing, the limb must be dried thoroughly and moisturised. Also:

- ◆ Do not let your residual limb soak in a hot bath as it may swell.
- ◆ Do not shave the residual limb as the stubble may cause friction and become infected.
- ◆ Always test products on a small patch of your skin before you use them for the first time.



To moisturise, use a Vitamin E cream or another suitable mild lotion. Moisturiser is best applied before going to bed rather than in the morning, prior to putting the prosthetic limb on. If your skin is dry do not use astringents such as isopropyl alcohol (brand name Isocol®), toners or witch-hazel. These products are designed for oily skin and have a drying effect.

There are many soap and fragrance free products available from supermarkets and pharmacies; suitable, inexpensive brands include Alpha Keri®, Ego QV®, Aveeno®, Cetaphil® and Dermaveen®. If your skin is very dry creams with urea such as Uraderm® and Nutraplus® are available. If you are ever unsure speak to your doctor or prosthetist.



PROSTHETIC SOLUTIONS FOR AN ACTIVE AND INDEPENDENT LIFESTYLE

At oapl, we understand that having an amputation can be a traumatic and challenging experience.

With over 30 years in the profession, patient care is our heritage and our inspiration. Seeing the real life difference we make in patients' lives for us, is what it's all about.

With an extensive number of prosthetic and orthotic professionals around Australia, you can rest assured that oapl clinical care is always within reach.



BPO is now part of the oapl family

You can now find us in our new state-of-the-art facility in Slacks Creek



Visit our new facility in Slacks Creek!



oapl South Side
4 Bowen Street, Slacks Creek 4127

oapl Hervey Bay
85 Beach Rd, Pialba 4655

07 2802 2164
www.oapl.com.au

Perspiration and Amputation



As we come into the warmer weather it is important to remember that after losing a limb people will sweat more than they did before the amputation. Excessive perspiration can cause skin irritations and body odour. You need to look after your residual limb.

Individuals will sweat more than they did before the amputation, there are several reasons why this happens:

- * The body has lost surface area so the remaining sweat glands must work harder to cool the body's core.
- * It takes more energy to ambulate with a prosthetic limb which results in the body heating up during regular activities.
- * Prosthetic sockets trap heat and stop evaporation of sweat.

When we sweat the natural bacteria on the skin feed off of the sweat. These bacteria multiply while they feed so the more sweat there is to eat the more they multiply.

The bacteria excrete fatty acids as a waste product. These fatty acids have what we know as the 'body odour' smell. Stopping the sweating stops the bacteria from multiplying as they have no food.

To treat perspiration and odour apply a fragrance free antiperspirant to your residual limb stump daily. Do not apply antiperspirant onto any open sores or inflamed skin.

There are stump socks that can help wick moisture away from the residual limb. Wear clean socks everyday. In warm weather you may need to change your sock several times over the course of the day.

If you wear a prosthetic limb for long periods remove it during the day to refresh the residual limb and socket, wipe down the residual limb and the inside of the socket then reapply antiperspirant. Exposing your residual limb to air will dry and cool the limb.

Always make sure you are using an antiperspirant. Products labelled as a deodorant such as Lynx®, only mask unpleasant odour with a stronger 'pleasant' odour. The sweat and bacteria are still being produced in the same quantity.

If the sweating is excessive extra strength deodorants are available.



Reference:

Information for People Living with Amputation
Queensland Artificial Limb Scheme | Queensland Health

YOUR PERSONAL PROSTHETIST

FREE CONSULTATIVE APPOINTMENTS

BRISBANE, LOGAN AREA

QALS
DVA
NDIS
TAC
WorkCover
Private Insurance
and more...



Queensland PROSTHETICS

Unit16, 50-56 Kellar Street, Berrinba, QLD, 4117

Phone (07) 3803 7317

Mobile 047 68 68 811

Please visit www.qprosthetics.com

Your Mental Health!

As we head into Mental Health Week in Queensland (5 -13 October) it is a good reminder to check in with ourselves, our friends and our family.

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.¹



Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.¹

Amputation and mental health

Amputation is a major life event and can affect people in different ways, it is important to look after both your physical and mental health after limb loss. Individuals often go through the process of limb loss with little or no prior knowledge of amputation. The process of limb loss can be confusing, distressing and overwhelming for the individual and their loved ones.

Talking to someone who understands the issues related to limb loss can be very helpful and where possible it is best to see a peer support volunteer prior to having an amputation. A peer support volunteer can provide understanding, information, emotional support and first-hand information on their life after limb loss. The sharing of lived experiences is an integral part of the recovery journey.

People who have limb loss or other traumas are considered at risk for depression. So are those with diabetes or other chronic conditions. People with both limb loss and diabetes are even more likely to have depression. Depression and poor health form a vicious cycle. For instance, a person with depression may not eat right, take medication correctly, or follow medical advice. This can lead to poor health. As the person's health gets worse, so does the depression.

Depression can affect a person's mood, feelings, thoughts and actions. Depression can also affect how the body functions and even relationships with others. Depression affects men, women, and children of all ages and backgrounds. If you are concerned about your mental health and are feeling depressed, reach out to your family and friends, make an appointment with your doctor, seek a referral to a mental health professional such as a counsellor or psychologist, stay active, be with others and be patient. While it is normal to feel sadness as part of the grieving process of losing a limb, serious depression should be treated.

There are mental health services available 24/7, all the details are on the following page. Lifeline also provide a crisis text service for anyone looking for short-term support if they are feeling overwhelmed or having difficulty coping. The number is 0477 13 11 14.

Reference:

1. World Health Organisation (WHO)/Mental Health Information for People Living with Amputation, Queensland Artificial Limb Scheme



24/7 Mental Health Services




Is it an emergency?

If you or someone you know is at immediate risk of harm, call **triple zero (000)**

Suicide Call Back Service

Anyone thinking about suicide


 suicidecallbackservice.org.au

 1300 659 467

Lifeline

Anyone having a personal crisis


 lifeline.org.au

 13 11 14

Beyond Blue

Anyone feeling anxious or depressed


 beyondblue.org.au

 1300 22 4636

Kids Helpline

Counselling for young people aged 5 to 25


 kidshelpline.com.au

 1800 55 1800

MensLine Australia

Men with emotional or relationship concerns


 mensline.org.au

 1300 78 99 78

Open Arms


Veterans and families counselling


 openarms.gov.au

 1800 011 046

13YARN

Aboriginal and Torres Strait Islander people

 13yarn.org.au

 13 92 76



Your Mental Health (cont.)

The Queensland Government have created Your Mental Wellbeing (mentalwellbeing.initiatives.qld.gov.au). The website helps with both your physical and mental wellbeing.

It does not matter who you are, where you live or how you are feeling - taking a few moments for yourself each day will help you be a happier and more resilient you.

Taking some 'me time' is important and it helps strengthen your mental wellbeing. Your mental wellbeing is the unique way that you handle your emotions, respond to stress and also your general outlook on life. Having a healthy sense of mental wellbeing has many benefits. It lifts your mood, promotes resilience in difficult situations and helps you get the most out of life.

How can I improve my mental wellbeing?

There are six different areas (or building blocks) of mental wellbeing. Each building block helps you respond to the range of mental tasks you face every day, in a unique and powerful way. To keep your mind in top condition, you will need to use each building block regularly.

Get healthy: Be active, eat well and get enough sleep.

Keep learning: Challenge your mind and seek out new things.

Show kindness: Give back, show gratitude and bring joy to other's lives.

Connect more: Develop relationships, stay connected and care for each other.

Take notice: Be mindful. Stay in the moment. Experience the world around you.

Embrace nature: Step outside, connect with the natural world and take care of the planet.



FEET FIRST Orthotics & Prosthetics



WORKING HOURS

Monday - Friday

9:00 am - 5:00 pm

Address: 2/39 Technology Drive
Warana Sunshine Coast 4575

Phone: 07 5493 4294

Fax: 07 5438 8985

Email: feetfirstorthotics@yahoo.com.au

Website: www.feetfirstortho.com

*Prosthetic and Orthotic service
providers on the Sunshine Coast,
Noosa Ville and Moreton Bay Region*



Driving following an Amputation!

This information is designed to help you and your family better understand the steps to take when returning to driving following an amputation.

What is the process for returning to driving following an amputation?

When resuming driving following an amputation, you will require medical clearance prior to returning to the road. You may require additional assessment, modifications or re-training. This occurs by being referred to a driving assessment service for an on and off road driving assessment with a registered Occupational Therapy driving assessor.



Why do I need medical clearance to return to driving following an amputation?

It is the law. Jet's Law states that if a driver has a medical condition which **may** affect their ability to drive safely, they must obtain medical clearance prior to returning to driving.

The process to follow in order to obtain clearance is detailed here. On completion of this process, your doctor will provide you with a Department of Transport and Main Roads Medical Certificate.

What are the requirements for returning to driving following an amputation?

Requirements are determined by many factors including the type of amputation you have had. For example:

Left leg amputation: Your licence may be restricted to automatic vehicles. You will need to seek medical clearance from your doctor prior to returning to driving.

Right leg, bilateral leg or upper limb amputation: Your doctor will refer you for a driving assessment with a registered Occupational Therapy driving assessor.

Many conditions that often lead to amputation may cause other problems which could affect your ability to drive safely, for example:

- ◆ *Changes to sensation:* ie. visuo-spatial awareness, movement senses, hearing, vision.
- ◆ *Changes to cognition:* ie. reacting time, memory, judgement, concentration.
- ◆ *Changes to vision:* ie. blurry vision, vision loss, shapes floating in your vision, reduced night vision.

Your Occupational Therapy driving reviewer will consider all factors that may impact upon your capacity to resume driving.

What is involved in a driving assessment?

Off-road: Reviews skills required for driving including physical abilities, vision and cognitive skills.

On-road: Involves driving a dual control car with an Occupational Therapist and qualified driving instructor observing how you manage the task of driving.

Note: There are costs and waitlists associated with this assessment.

What are the possible assessment outcomes?

Return to driving: Ready to resume driving should no driving retraining or vehicle modifications be required.

Driving rehabilitation: Goal specific driving lessons aimed to address issues identified during your assessment including skills required to drive a modified car. Feedback will be provided to your Occupational Therapist who will then make a recommendation to your doctor.

Suspended/cancelled licence: This means you are not ready to resume driving at this point in time. You can be reviewed at a later point if improve occurs.

After the Assessment

After the assessment:

1. Assessment findings sent to the doctor.
2. Make an appointment with your doctor to obtain assessment outcome.
3. Completion of QLD transport medical certificate in liaison with your doctor to outline any new licence conditions that may be required.
4. Take completed medical certificate to your local Department of Transport branch for processing.
5. Arrange for the completion of vehicle modifications if required.

What if I drive before receiving medical clearance?

It is a legal offence. If you are involved in an accident and it is found that your health condition was a contributing factor, you may be prosecuted and your insurance may not be valid.

Is there another option?

Private assessments can be undertaken and require a medical referral. While you can avoid the public waitlist, you are still required to complete all steps listed above.





sunshineorthopaedic
services

Providing Prosthetic & Orthotic services across the
Sunshine Coast and Gympie



Opening Hours: Monday to Friday - 8:00am to 4:30pm
Located at our new clinic 6/6 Machinery Ave, Warana QLD 4575



07 5441 2488 | info@sunshineorthopaedics.com.au



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



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION MEMBER

Every Dollar Counts...What is Available!

Home Assist Secure

Home Assist Secure is a service for Queenslanders aged 60 years and over, or people of any age with a disability, who can't undertake or pay for critical home maintenance without assistance.

This service provides safety-related information, referrals and subsidised assistance.

Your local Home Assist Secure service can provide information about:

- home maintenance, repairs
- minor modifications
- safety and security upgrades
- other assistance that the Queensland Government provides.

Staff can also help you employ tradespeople to do repairs or modifications and help you to plan future work.

Eligibility criteria

To be eligible for Home Assist Secure services, you must meet all these criteria:

- at least 60 years old or of any age with a disability, a Pensioner Concession Card holder
- unable to complete the work yourself because it requires technical expertise or is a risk to your health and safety
- unable to have the works completed through alternative assistance, such as through:
 - the [Commonwealth Home Support Program](#)
 - the [Department of Veterans' Affairs](#)
- family or friends.

Subsidised assistance

If you're eligible, you may receive a financial contribution towards labour costs for minor home maintenance or modifications that both:

- relate to your health, safety or security
 - need to be done so you can remain in your home.
- This assistance may include:
- yard and outside maintenance
 - small repairs and maintenance
 - smoke alarm-related jobs, e.g. installation, battery changes, vents cleaning jobs, repairs and maintenance requiring a licensed tradesperson (e.g. an electrician).

Contacts and feedback

If you have questions or concerns about a service, or to apply for assistance, contact: phone: 13 74 68.





We supply, fit, certify, train
and support you on your
continuing journey



- wheelchair accessible vehicle hire
- wheelchair lifts & loaders
- personal transfer hoists
- swivel seats
- hand controls
- left foot accelerators
- spinner knobs & more...

2/24 Carroll Street, Toowoomba QLD 4350

PH 1300 620 774 EMAIL info@rebenmobility.com.au

WWW.REBENMOBILITY.COM.AU



**Servicing North Queensland
for over 20 years**



prosthetics  **orthotics**

*Providing a local service
for local people*

4a Canberra Street,
North Mackay QLD 4740

Phone 07 4953 5738

218 McLeod Street,
Cairns QLD 4870

Phone 07 4041 4715

Suite 2, 16 Casey Street,
Aitkenvale, **Townsville** QLD 4814

Phone 07 4775 1323

www.sssprosorth.com.au



REGISTERED
NDIS
PROVIDER



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION **CERTIFIED**

GROCERY BINGO

**Grocery Prizes | Lucky Door Prize | Raffles
Morning Tea | Onsite Parking**

When: Wednesday, 25 September 2024
Wednesday, 23 October 2024
Wednesday, 27 November 2024

Time: 9.00am (9:45am heads down)

Where: Ben Mathews Playground
47-55 Ellen Street, Logan Central

RSVP is essential for catering purposes.

RSVP to Lynda on 3290 4293 on the Friday before each Bingo session.





LEADING EDGE PROSTHETICS

Offering a
modern clinic and
contemporary
service to suit all
your prosthetic
needs.

FREEDOM

MOBILITY

PERFORMANCE

WELL-BEING

For further information or to make an
appointment call (07) 3890 7788
U3/6 Palmer Place, Murarrie, QLD 4172
leadingedgeprosthetics.com.au

Find us on



THE AUSTRALIAN
ORTHOTIC PROSTHETIC
ASSOCIATION **MEMBER**



ISO 9001 QUALITY
Certified System



Complimentary Chiropractic Care

Did you know that Chiropractors may help with neck pain, headaches, shoulder pain, back pain, arthritis, stiffness and soreness.

Date: Every second Tuesday

Where: Ben Matthews Playground Community Centre
47-55 Ellen Street, Logan Central

Time: 10am to 1pm (by appointment only)

Please contact Lynda on 3290 4293 for an appointment.



MEMBERSHIP FORM



Amputees Queensland

Date: _____ ☐ New ☐ Renewal

Name: _____

Partner: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____

Limb/s amputated: _____

Cause of amputation: _____

Membership Contribution

Yearly membership - (1 July to 30 June)

☐ \$15 Individual ☐ \$20 Families/ Pensioner Families ☐ \$25 Organisations

☐ I would like to make a donation of \$ _____

☐ I would like someone to contact me about volunteering.

☐ I have paid via direct deposit to Heritage Bank | BSB: 638070 | Account: 11471050.
Please us first initial and surname in the reference field.

☐ I have paid via pay pal at www.amputeesqld.org.au

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

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

Complete application and return with payment to:

Amputees Queensland Inc.
PO Box 31, Kingston QLD 4114
Email: admin@afsg.org.au
Telephone: 07 3290 4293

ottobock.

Evanto

Be Unstoppable



Obligation Free Trial

Dynamic Energy Return
Flexible In Every Way
Shock Absorption
Waterproof



Natural without compromise

Follow Ottobock Australia on



Otto Bock Australia Pty Ltd • Tel 1300 136 056
Info.au@ottobock.com • www.ottobock.com.au