

A STEP AHEAD

SPRING 2025



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 Friday 9:00am to 2:30 pm

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



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[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 on 30 August and have welcomed in the new Management Committee. I would like to take this opportunity to thank the outgoing Committee:



Darren Wyer, President
Chris Rice, Vice President
Judi Corrigan, Secretary
Susan Merry, Treasurer
Lindsay Isenberg, Committee Member
Kevin McIntosh, Committee Member
Robyn Boxsell, Committee Member
Peter Williams, Committee Member
Cliff Bishop-Kinlyside (Aug to June 2025)

All positions become vacant at the AGM and we now welcome our new Management Committee:

Darren Wyer, President
Chris Rice, Vice President
Judi Corrigan, Secretary
Susan Merry, Treasurer
Lindsay Isenberg, Committee Member
Kevin McIntosh, Committee Member
Peter Whalan, Committee Member

Robyn Boxsell and myself have met with the Health Minister's advisor in relation to our request for changes to the Queensland Artificial Limb Scheme (QALS) Guidelines. QALS funds one standard prosthetic limb for each amputated limb for over 65's. The current guidelines actually state that they do not take into account or consideration an individual's quality of life, health or lifestyle, we believe that the scope of the QALS guidelines must be expanded to provide people with the appropriate prosthetic for their individual requirements with a strong clinical justification. If you would like more information or to discuss this, please call the office.

It is important to note that QALS are currently under review and many consumers will be contacted to give feedback on the services, equipment and consumables that they receive from QALS, please ensure that if you are contacted that you fill this out and take part in the survey. We can only make changes when we all work together.

If you would like to share your limb loss journey in the A Step Ahead, please contact me. The sharing of your journey helps individuals who have just lost a limb by seeing the accomplishments, resilience and strength that individuals have and how they have found new ways to accomplish every day tasks.

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

Lynda Tilley | State Coordinator

PEER SUPPORT VOLUNTEERS

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Bernie Wolland
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0402 753 148

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Marcia Andersen
07 4942 2334

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Chris Rice
0410 331 599

ROCHEDALE

Darren Wyr
0434 036 869

SUNSHINE COAST

Peter Williams
0421 443 813

TANAH MERAH

Gina Bird
0414 915 540

YOUTH GROUP

Josh Jones
0499 773 788

"Any one of us could be affected by an unexpected life event or illness where peer support will be vital to our recovery and wellbeing"



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. ♥

A man with a prosthetic leg is walking on a golf course. He is wearing a blue polo shirt, white shorts, and white sneakers. He is holding a golf club. The background shows a green golf course with trees and a body of water.

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DATES FOR THE DIARY



SEPTEMBER

17th Pole Walking
21st Sunshine Coast Get
Together Luncheon
24th Grocery Bingo

OCTOBER

1st Transport & Support
7th Come Fish with Us
17th Cuppa & Craft
19th Sunshine Coast Get
Together
22nd Grocery Bingo

NOVEMBER

5th Live Up
19th My Aged Care
17th Sunshine Coast Get
Together
22nd Christmas Party
26th Grocery Bingo

DECEMBER

3rd Christmas Morning Tea
17th Sunshine Coast Get
Together
17th Grocery Bingo
19th Christmas Closure

All information sessions and support group details will be updated on the website and in our socials!

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 admin@afsg.org.au or call 0475 052 980.

Residual Limb Care

Amputees are prone to skin problems as the skin on the stump was 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 stump daily and if you notice any problems such as cysts, rash, bumps, white flakes or brown patches on your stump contact your doctor. If you cannot see your whole stump use a small mirror.

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. 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 choice with your prosthetist if you use a gel or silicon liner.

Residual Limb Skin Issues

- Cysts & boils
- Rash
- Swelling
- Call your doctor immediately
- Flakey skin
- Lumps under skin
- Inflamed skin
- Itching
- Rough, dark skin

Source:

Information for people living with amputation (2017 edition)

Residual Limb Care

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 residual limb, it 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 will cause friction and may become infected.
- Always test products on a small patch of your residual limb 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 residual limb skin is dry do not use astringents such as isopropyl alcohol, 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 Derma Veen. If your skin is very dry creams with urea such as Uraderm and Nutraplus are available.



Avoid wearing your prosthetic limb if you develop a skin problem. Continual prosthetic use can make the problem worse!

Morning Routine

1. Put your chosen antiperspirant on the residual limb and let it dry.
2. Put on a clean stump sock/liner before donning your prosthetic limb.

Bed Routine

1. Wash limb with gentle soap.
2. Rinse well with warm water.
3. Dry the limb with a soft towel. Make sure there are no damp spots.
4. Moisturise the limb, put on a limb sock when the moisturiser has dried.



Source:
Information for people living with amputation (2017 edition)

Residual Limb Inspection

It is advised to inspect your residual limb daily as amputees can be prone to skin problems.



1. Remove any wraps or socks so that the entire residual limb is exposed.



2. Look carefully at the skin for signs of irritation like redness or pimples.



3. Run your hand over the stump to feel for bumps and rough patches.



4. Use a mirror to check any areas you cannot see or ask someone to look.

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Peter Osborne



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Come Fish with Us!

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

When: Tuesday, 7 October

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



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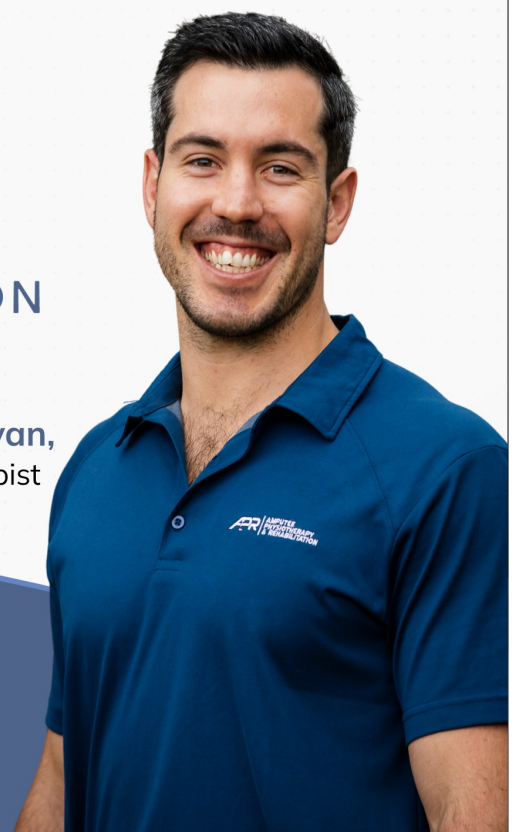


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Shea Teevan,
Physiotherapist



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Perspiration

**Amputees will sweat more than they did before the amputation.
Excessive perspiration can cause skin irritations and body odour.**

Amputees 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.

Excessive perspiration will cause skin irritations and body odour. To treat perspiration and odour apply a fragrance free antiperspirant to the 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 stump. Wear clean stump socks everyday. In warm weather you may need to change your stump 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 stump and socket. Wipe down the stump and inside the socket then reapply antiperspirant. Exposing the stump to air will dry and cool the stump.

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. Some amputees may opt for osseointegration; a prosthetic implant procedure that removes the need for a socket.

When we sweat 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.

Source:

Information for people living with amputation (2017 edition)

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Caring for your remaining foot

Following amputation, care of the remaining leg is of utmost importance, particularly if you have had your leg amputated due to poor circulation or diabetes.

Following an amputation, care of the remaining leg is of utmost importance, particularly if you have had your leg amputated due to poor circulation or diabetes. It is essential to realise that the disease can progress to involve the remaining leg and foot. Regular check-ups, regular foot care and monitoring by your doctor or a podiatrist are advisable, especially if you have poor circulation or diabetes.

If you have diabetes, it is important to attempt to maintain a stable blood sugar level to prevent complications such as reduced sensation or poor circulation to your limbs. Maintain good general health and stop smoking. Smoking may accelerate deterioration of circulation to the leg and foot.

Daily Care

Your foot should be carefully washed every day using a mild non-medicated soap. After showering, the foot should be dried carefully, especially between the toes. The temperature of bath water should always be tested before immersing your limb otherwise you may scald yourself. You should also avoid the extremes in temperature.

Dry skin should be moisturised daily, using a non-greasy cream. Avoid using moisturisers and powders between the toes as this could encourage excessive moisture in these areas. If you have any problems with your feet, consult your doctor.

Toenail Care

It is always best to have the remaining limb assessed by a podiatrist. They can advise you on the safety aspects of trimming your own toenails. People with diabetes and poor circulation should not cut their own toenails, and should routinely see a podiatrist for toenail reduction.



Caring for your remaining foot

Regular inspection

The foot and leg should be carefully inspected every day for any changes. Do not forget to check between and under the toes and the back of the heel. A mirror placed on the floor may be useful in inspecting the bottom of your foot. Consult your doctor if you notice any changes. Ask someone else to check your leg and foot if you have problems with your vision. If minor scratches or abrasions do not heal quickly (that is, within two days) consult your doctor.

Buying and wearing shoes and hosiery it is important that it fits properly straight away and that it does not hurt your foot in any way. Wear shoes as often as possible to avoid damaging your feet.

When choosing a shoe look for:

- ◆ As low a heel height as possible. The heel should be firm to provide the most support.
- ◆ Adequate room in the toe area, both in height and in width.
- ◆ Adequate length at least 1cm from the end of the longest toe, to the end of the shoe.
- ◆ Laces, straps or buckles are best.
- ◆ A cushioned, flexible sole.
- ◆ The same shape as your foot.



When shoe shopping some handy tips are:

- ◆ Look for shoes towards the end of the day (mid afternoon).
- ◆ Take along the socks or hosiery that you would normally wear.
- ◆ If you have any insert or orthotic, remember to take this with you.
- ◆ Do not shop for shoes if your feet hurt.
- ◆ Buy shoes by fit and not size.
- ◆ Make sure you try them on properly fastened in the shop.
- ◆ Make sure the shoes do not hurt. Shoes, if fitted properly, should not need to be “broken in”.

Source:

Information for people living with amputation (2017 edition)



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Every Dollar Counts...What is Available!

Transport Information

In Queensland, Demand Responsive Transport (DRT) services are pre-booked, flexible, shared rides that connect you to the public transport network and other community locations. To use a DRT service, you must first register for an account and book your trip in advance by calling the relevant number for your region. You pay the same fare as a standard Translink service, usually with your go card.

Flexible local transport

On demand transport is a new way to think about public transport. It's a **flexible, shared** and **pre-booked** service that connects you to the wider public transport network as well as shopping, healthcare and employment. On demand services usually operate within a selected area in which the service can pick you up and drop you off.

It's easy to use ...

- You register and book your trip in advance - each region is slightly different so check the region-specific information near you.
- On demand service will find other people in your area who want to travel at the same time.
- On demand service pick you all up near your homes.
- Fares are paid on board the service.

Translink drop you off at your chosen community location, in time to make your appointment or catch your connecting bus, train or tram. Each on demand service is designed to meet the needs of its community. For this reason, services (travel times, routes, booking systems) vary between regions.

You'll note that many of our on demand services are still in trial. This means the services may change or be removed in the future.

On demand transport operates in the Gold Coast, Mount Tamborine, Logan, Toowoomba, Ipswich and Hervey Bay.

<https://translink.com.au/travel-with-us/on-demand>





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Christmas Party

Two course luncheon
Lucky door prizes | Mega Raffles

22 November at 11:30am

Ben Matthews Playground
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47-55 Ellen Street, Logan Central

\$15 m | \$30 nm (adults)
\$10 m | \$15 nm (children u.12)
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Christmas Morning Tea

Join us for a lovely FREE morning tea and celebrate our achievements for this year and also help us develop our Healthy Ageing Hub sessions for 2026.

Healthy Ageing Hub events, empower older people to confidently manage their own health and wellbeing in the community. Each event provides healthy-ageing information and support for older people, their families and carers in the community.

Date: Wednesday, 3rd December 2025

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

Time: 10:00 am followed by morning tea

RSVP: Please contact Lynda on 3290 4293 or
email admin@afsg.org.au for catering purposes

This activity is supported by funding from the Australian Government through Brisbane South PHN.





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Mindful Movements

Mindful Movements enhances balance, strength and coordination as well as physical and mental health. Join Phil Hopes from Ambient Training for a morning of FREE seated or standing Tai Chi, meet new people and have some fun!

You will need a water bottle, small towel and wear nice comfortable clothing that is easy to move in.

Mindful Movements is a **Healthy Ageing Hub** event, empowering older people to confidently manager their own health and wellbeing in the community.

Date: Every Tuesday

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

Time: 9:30am - 10:30am

RSVP: Please contact Lynda on 3290 4293 or email admin@afsg.org.au if you have any enquires

This activity is supported by funding from the Australian Government through Brisbane South PHN.





FREE Chiropractic Care

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

Date: Every 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



Date: _____

☐ New

☐ Renewal

Name: _____

Partner: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Date of Birth: _____

Limb/s amputated: _____

Cause of amputation: _____

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☐ \$25 Organisations

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☐ 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

A man with a prosthetic leg is surfing on a blue surfboard. He is wearing a black wetsuit and is captured in a dynamic pose, leaning forward as he rides a wave. The background features a dramatic sunset sky with clouds and a bright sun on the horizon. The overall mood is one of freedom and adventure.

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“
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a whole
new level of
freedom.”

Caleb

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