

AQA News Link

The Official Newsletter of AQA Victoria Ltd., & AQA Tasmania

APRIL 2010



Peer Support SCIT Mentor Training Program

From a Woman's Point of View I Can't See the Big Deal



Book Review "Red Queen" by Honey Brown

Plus much more...



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A.Q.A. Victoria Limited always welcomes articles for News Link. Please feel free to send in your contribution. Articles will be published at the discretion of the Editor who also has the right to edit all submissions as it sees fit.

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From the CEO



Welcome to our April News Link. I'd like to take this opportunity to highlight the work being done by AQA's Peer Support team in our collaboration with the Spinal Community Integration Team (SCIT) pilot being run with Austin Health and Caulfield General

Medical Centre.

The peer support component of this project sees our coordinators with the multi disciplinary team to assist clients who are preparing for life in the community after hospital and then extending this support into the community. This initiative was built on work AQA has been doing for the last 2 years looking at ways to improve this important service.

This included recommendations to broaden the reach of peer support by identifying and training volunteer mentors from communities across Victoria. We sought expressions of interest from many AQA contacts and the first group of mentors went through a training program in February this year. The next group will be completing their training in May.

The AQA peer support staff are now working with clients in hospital and in the community and linking these clients to members of the volunteer network who might share an interest or a common experience. To date the feedback from clients and mentors has been very positive.

As part of this initiative, AQA has also engaged Dyson Consulting who will complete an evaluation of the Peer Support program in spinal cord injury. This will help us to make further recommendations about developing this critical support.

Peter Trethewey

Chief Executive Officer

petertrethewey@aqavic.org.au

Deadlines for News Link contributions are:

June Issue	11/06/2010
August Issue	13/08/2010
October Issue	08/10/2010
December Issue	10/12/2010

From the Editor



Welcome to the April issue of News Link. I'd like to thank all of those who have renewed their memberships / subscriptions this year and hope you continue to enjoy the newsletter. This issue has a variety of information that we hope you enjoy and find useful.

Many readers of News Link will be familiar with the Continece Aids Assistance Scheme (CAAS), however there will be changes later in the year. The Continece Aids Payment Scheme will replace CAAS. You can read more about this on page 6.

A few weeks ago we attended an Information Session at the Darebin Arts and Entertainment Centre in Preston about a National Disability Insurance Scheme (NDIS). This proposed scheme has great merits and has support from members of parliament. However it needs more support. See page 7 for more details.

On pages 8 to 10, you will see that the Board Focus column is in two parts. Firstly, Chairperson, Wendy Lundgaard talks to us about appointments to AQA's Board of Directors. Secondly Board Director Tanya Clarke interviews new Director Steve Mollison about his involvement with AQA, disability issues, and his other passions.

On page 12, Elle writes to us regarding 'Living with her disability and positive attitude on life.' Elle also sees other people's reactions towards her light-heartedly. As you can see her outlook on life has not stopped her from achieving the things she sets out to do.

News Link reader Honey Brown has written a novel called Red Queen. Honey is 38 years old, wife and mother of two children. She lives on a farming property in country Victoria. Honey also happens to have paraplegia after a farming incident in her twenties. You can read more about her novel on page 13.

Finally, on pages 16 and 17 you can read about AQA's Peer Support programs. Tessa Young from Austin Health Corporate Communications wrote an article regarding the Spinal Community Integration Teams (SCIT) mentor program. She writes about how the program is progressing as well as Mike Short's involvement as a mentor. You can also read about our first mentor training program.

Simon Damevski

News Link Editor

simondamevski@aqavic.org.au



News Link Delivery

Did you know that many of our members now receive News Link via email?

Emailing News Link in PDF format to members cuts our costs considerably and you can view the publication in colour. If you have email facilities and are happy to receive the newsletter via email rather than mail, please let us know. If you have any queries or would like to change your mailing arrangements, please contact us on (03) 9489 0777 or info@aqavic.org.au.

Perfectly Imperfect – Theatre Production

Fusion Theatre presents this highly emotive dance-drama which takes a no-holds-barred look at the question of parenthood for women with disability. Kate, a mother with cerebral palsy, invites her son's three wheely aunts to his 15th birthday. What should be a celebration of 'miracle' boy's life, disintegrates into recrimination and hostility, triggering revelations of long hidden secrets, repressed memories and personal tragedies - a language of dance you will not have seen before.

Where:

The MTC Theatre Lawler Studio
140 Southbank Blv. Southbank

When:

17th to 19th of June

Cost:

From \$20 (Companion Card accepted)

For further information:

Phone (03) 8688 0800, Web www.mtc.com.au



A Division of A.Q.A Victoria Ltd
ABN 90 006 691 185

service Provider for Attendant Care throughout the State of Victoria Attendant care provider to people with a disability who need assistance with personal care and/or day to day activities.

Phone: (03) 9482 4373

Email: qualicare@aqavic.org.au

Emergency preparedness made accessible

In December 2009 Australian Red Cross launched two new emergency planning resources for people with a disability. The two guides have been developed in consultation with disability peak bodies, service providers, advocacy groups and consumers.

Emergency REDiPlan: Household preparedness for people with a disability and Emergency REDiPlan: Easy English (developed with assistance from Scope Victoria) contains both an assessment tool for individuals and/or carers, and how to complete a household plan.

The Red Cross guides are part of a wider Emergency REDiPlan household preparedness project and follow four simple steps to assist households prepare for an emergency. Other guides in the range include information and practical activities for households, children and seniors. The Easy English version Emergency Planning Work Book and the Coping with Hot Weather fact sheet are two examples.

Audio files covering Red Cross preparedness and recovery materials and large text print formats are also available to assist people with vision impairment.

Emergency REDiPlan materials are not hazard-specific and can be used by households to prepare for all types and scales of emergencies.

The REDiPlan project is designed to complement the work of organisations with a hazard-based focus in their preparedness activities and offers the scope for some strong partnerships in support of more vulnerable communities.

Red Cross Emergency REDiPlan guides are free for individual households and are available on www.redcross.org.au or by phoning Red Cross Victoria on 03 8327 7700 or emailing rediplan@redcross.org.au.



Travel free in Victoria with new 'Sunday Pass'

Fellow members and public transport users make sure you register for a Sunday Pass. It will entitle you to free transport on Sundays.

People on a Disability Support Pension and Carer Payment Recipients under 60 can apply for a **Sunday Pass**, which allows them to **travel free** on Victoria's public transport network on a Sunday.

The Transport Ticketing Authority had previously advised that once people on the Disability Support Pension or Carer's Payment had registered for the Sunday Pass, a free concession myki would be sent in the mail.

This has changed. The cards will be issued once myki is operating on metropolitan trains, trams and buses (myki is currently working on metropolitan trains and town bus services in Ballarat, Bendigo, Moe, Morwell, Seymour, Traralgon and Warragul).

Disability Support Pensioners and Carer Payment Recipients under 60 should continue to use their Metcard and V/Line tickets, including the Metcard Sunday Pass, until myki is fully operational in Melbourne. That's when the concession myki will be sent out in the mail.

To register for the Sunday Pass and receive a concession myki in the mail, contact Suzanne Stephenson, Manager Special Interest Groups, Transport Ticketing Authority.

Phone: (03) 9651 7569

Email: suzanne.stephenson@transport.vic.gov.au

Please note:

- If you have already registered as a Disability Support Pensioner, Carer Payment recipient under 60 or as a Senior you do not need to register. A new concession myki will be automatically issued to you.
- If you are applying for eligibility for the Access Travel Pass, you will not need to register for the Sunday Pass.
- If you hold a Vision Impaired Travel Pass, you will not need to register for the Sunday Pass.

More information is available at <http://www.metlinkmelbourne.com.au/fares-tickets/free-travel-passes/sunday-pass/>.

Identifying new useful social services for those with traumatic spinal cord injury

Would you be interested in participating in an interview as part of a research study which aims to improve access to social support for people with a traumatic spinal cord injury? This research is being conducted by Dr Paul O'Halloran and Dr Greg Murphy for La Trobe University.

What is social support? Social support refers to basically anything that is provided by others that can be of assistance to a person. It can refer to information provision, education, friendships, personal relationships, assistance with training or access to employment.

Why is social support important? It has been found in research that social support can improve quality of life in people with a spinal cord injury, and can reduce the risk of re-admissions to hospital.

If I volunteered, what would I have to do? Participate in a 1-hour interview about what you see as the important social support needs for people post injury.

What would be the benefit of this study? - this interview data will lead to the development of a reliable method of measuring social support needs so that local programs can be designed to meet the social support needs of Victorian people with a spinal cord injury.

If you are interested or would like to know more, please contact Naz at AQA on (03) 9489 0777.

Advertise in News Link!

Got anything to sell?

Advertise here and get rid of things that are lying around!



Continence Aids Payment Scheme

Many readers of News Link will be familiar with the Continence Aids Assistance Scheme (CAAS), however there will be changes later in the year. The Continence Aids Payment Scheme will replace CAAS. Below are answers to some questions.

What is the Continence Aids Payment Scheme?

The Continence Aids Payment Scheme is an Australian Government payment that will assist eligible people who have permanent and severe incontinence to meet some of the costs of their continence products. It will be a direct payment to clients that will increase flexibility and choice about where and when they purchase their continence products. The new streamlined payment system will replace the current Continence Aids Assistance Scheme (CAAS) which is delivered through a Government agreement with a sole supplier. The Continence Aids Payment Scheme will simplify the system and allow clients to shop around to get the best value for money and to purchase the most appropriate products for their individual needs.

When will the Continence Aids Payment Scheme commence?

The Continence Aids Payment Scheme will commence from 1 July, 2010.

Who will administer the new Continence Aids Payment Scheme?

The Continence Aids Payment Scheme will be delivered by Medicare Australia from 1 July, 2010 and will be paid directly into a client's nominated bank account.

Why has the Government changed the current program?

The current CAAS program is administered by a sole provider. The changes will allow clients to access the continence suppliers of their choice, including local pharmacy or retail outlets using their payment.

What will happen to the Continence Aids Assistance Scheme (CAAS) and its clients?

There will be a transition from the existing scheme to the new system in 2009-10 to make sure that current clients are not disadvantaged. Current CAAS clients do not need to do anything at this point. Further information will be made available in the coming months to all clients about the changes. The CAAS will continue to be administered in the same way for a further 12 months (1 July 2009 - 30 June 2010). During this time current clients

will continue to access their subsidy for continence products ordered through current supplier, Intouch. During the next 12 months new clients will be supported through the existing Intouch arrangements. This means new clients in 2009-10 will complete a CAAS application form and health report, which Intouch will then process. Current eligible CAAS clients and future clients will be transferred to the new Continence Aids Payment Scheme from 1 July 2010.

How much will the Continence Aids Payment Scheme be?

The Continence Aids Payment Scheme will be in line with the current value available under the CAAS (up to \$479.40 in 2008-09). It will continue to be indexed annually.

What will be the eligibility requirements for the Continence Aids Payment Scheme?

Eligibility for the Continence Aids Payment Scheme will remain the same as it is now. People who are five years of age or older and have permanent and severe incontinence due to an eligible neurological condition or have permanent and severe incontinence caused by another condition (provided they have a Centrelink Pensioner Concession Card) will continue to be eligible.

For further information regarding the Continence Aids Payment Scheme or the CAAS;

Web: www.bladderbowel.gov.au

Email: continence@health.gov.au

Sailing Development Program

Wheelchair Sports Victoria in partnership with Sailability Victoria is introducing a Sailing development program that enables people of all ages and abilities to become actively involved in sailing in a supportive and friendly environment.

Where: The Albert Park Boatshed (Melway Ref: 2K F5) 3 Aquatic Drive, Albert Park Reservoir, South Melbourne

When: Sundays 10:00am-12:00noon

Scheduled Dates: Once a month

All equipment will be provided by Yachting Victoria!

For further information contact:

Phone: Josh Sadler (03) 9597 0066 ext 9

Email: Jsadler@yachtingvictoria.com.au

Webpage: www.yachtingvictoria.com.au



National Disability Insurance Scheme

A few weeks ago Nazim Erdem and Debbie Galavodas attended an Information Session at the Darebin Arts and Entertainment Centre in Preston about a National Disability Insurance Scheme (NDIS). Organised by Yooralla in conjunction with guest speaker Bruce Bonyhady, the 2 hour session was very interesting and informative.

The session touched on the subject of “Why Australia needs a National Disability Insurance Scheme” (NDIS). This topic is gaining more and more interest and some readers may have seen a ‘Four Corners’ story few weeks ago called ‘Breaking Point’ that covered areas of various disabilities and how it is becoming more and more of a crisis point for these Australian families if something is not put into place over the next few years. The story highlighted the need to change the way services for people with disabilities are funded and structured in Australia.

The information session reported that almost every Australian has cared, or is caring, for a family member with a disability, or knows of a family doing so. Many of these families fall through a huge gap in Australia’s social services network.

Those who acquire a disability through a workplace or a motor vehicle accident generally receive financial support. However, for those who acquire permanent disabilities in other accidents, are born with a permanent disability, acquire a permanent disability through a medical condition or have a permanent mental illness, there is no automatic support to meet their needs. This, it was explained, is what NDIS is trying to overcome and change and this is an issue for every Australian.

The Australian Disability and Community Sector, including many of the largest and oldest organisations, have publicly endorsed the proposal for an National Disability Insurance Scheme, the principles of which were first outlined in a submission presented to, and endorsed by, the 2020 Summit in April 2008. In its response to the Summit, the Australian Government agreed to give further consideration to the idea.

In April 2009, the Federal Parliamentary Secretary for Disabilities, Bill Shorten, described an NDIS as “a simple yet visionary and exciting idea”.

The Australian Federation of Disability Organisations (ADO), Carers Australia and National Disability Services (NDS), which have come together to form the National

Disability and Carers Alliance, announced in June 2009 that their top priority would be to advocate for an NDIS

Following the Summit, three organizations – Yooralla, Disability Services Australia and the Spastic Centre – then developed a detailed submission for the Australian Government’s National Disability Strategy. This submission proposes that an NDIS should be the centerpiece of the new National Disability Strategy, which is due to be unveiled in early 2010.

It was emphasised that we need to find the best way to support families and find out where and why the current disability system is failing. People with disabilities are ‘out-living’ their parents due to increases in life expectancy.

Bruce Bonyhady – Chairman of Yooralla spoke for most of the session. He mentioned Policy reforms have largely bypassed the disability sector. A National Disability Insurance Scheme (NDIS) would be a transformational reform, like Medicare and Compulsory Superannuation. He was very passionate in pointing out to the 40-50 people that attended what the communities and people of Australia could do to help. He mentioned “that Britain and New Zealand have structures in place for all disabilities....why can’t we?”

As an insurance-based scheme, providing cover to Australians as and when they needed it, an NDIS would be funded by all taxpayers through general revenue or an extension of the Medicare insurance levy. An insurance-based approach to disability services stems from the view that disability is a “risk” that can strike anyone in our society, with potentially catastrophic consequences if proper support services are not in place, but will not affect everyone.

The Government spends around \$6 billion on disabilities or service and only around \$10 million on research and best practice. The audience was encouraged to spread the word with family, friends and the community. Email and visit their local MP’s and participate in the enquiry and let MP’s know we need this for future needs.

Coming to the end of the session Mr Bonyhady opened the floor to questions. Emotion was running high in the room and occasionally subject matters did get a little heated, but the ultimate message was that “*we need to push hard and fast on this subject and get it moving yesterday, not in another 5-10 years as things get pushed aside and left in the too hard basket.*”

If you would like more information please go to www.ndis.org.au



Board Appointments

In this issue of Board Focus, we have a two part column. Chairperson Wendy Lundgaard talks to us about appointments to AQA's Board of Directors and then Board Director Tanya Clarke interviews new Director Steve Mollison about his involvement with AQA, disability issues, and his other passions.



Directors are elected to the Board by a vote of members at an Annual General Meeting. The maximum term of an appointment is nine (9) years, however reappointment is made through a rotational arrangement every three (3) years. This means that one third of

the Board retire by rotation and can be reappointed each AGM.

Appointment to a Director role is usually preceded by a period of service in a non-voting role on one of the Board sub-committees, namely: Finance and Audit, Fundraising and Risk and Compliance sub-committee. The Nominations and Appointments sub-committee is a Director only sub-committee due to the nature of its activities that include sourcing Board and Sub-Committee candidates and coordinating the annual CEO performance review.

Several years ago the Board determined that succession planning for new Board Directors was a priority. One way to expand the availability of potential new Directors was to expand the membership of sub-committee's. Not only does this approach provide for new ideas and 'fresh eyes' to examine issues, it provides a valuable opportunity for both parties to evaluate suitability and fit so that when a Board vacancy arises, those serving on sub-committees are a key pool of talent for succession.

The concept is now common practice amongst not-for-profit boards as we saw by the number of sub-committee opportunities promoted at a recent Australian Institute of Company Director's (AICD) Not-for-profit Board Opportunity. All candidates for sub-committee roles go through a rigorous selection

process based on suitability to that role. Appointment is subject to similar processes to Board Director appointment and formal application, interview, reference checking and also clearance of a National Police Check.

Expressions of interest for a Sub-committee or Board Director role can be made to admin@aqavic.org.au.

Wendy Lundgaard,
Convenor of Nominations and Appointments Sub-committee.

Meet One of AQA's Newest Board Directors



Board Director Tanya Clarke interviews new Director Steve Mollison. Steve was elected to the Board at our last AGM having served on the Risk & Compliance subcommittee.

What interested you in AQA and why do you think you are a good fit?



[Steve] I am an incomplete C5 Quad so I understand and live the difficulties that someone with a disability has to deal with daily. Organisations such as AQA support and enable people with

physically impairments to live more normal lives not only through the services provided but by also being a voice and an educator to the wider community.

I believe I have a somewhat irreverent outlook on 'life on a wheelchair', the world does not owe me just because I'm physically impaired, it's my life so I get out there and live it. Support organisations like AQA can empower you and I too do that.

I had my accident 20 years ago and I have been a member of AQA since. I know that over those 20 years AQA has helped thousands of people to live quality

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lives and that is the reason I have joined the Board to hopefully assist with the good work they do.

What are your thoughts about a National Disability Insurance Scheme that would cover all people with disabilities in Australia with some kind of insurance based funding?

[Steve] Hmm touchy one this is. I was a non compensated accident - dumped by a wave while body surfing (who do you sue the wave?). It would have benefited me greatly as, at the time, I lived in a two story house, not suited to a wheelchair so this meant my family had to move, which places a huge strain on family and also on finances with modifications to houses, to cars, with buying wheelchairs all on top of the fact that I now no longer had an income.

For those who are non compensated, this can and usually does have a devastating impact to life, not only are you learning to cope with life, now in a wheelchair, but also financial stress as well.

For that reason it would be great to have some national insurance scheme. But it would need to be managed professionally otherwise it would become like the baby bonus, not so much in the sense of people deliberately injuring themselves but just through the purchase of unnecessary things - I've seen some interesting spends by quads I've met.

How would you hope the general public perceived people with a spinal cord injury?

[Steve] Being a quad I can tell you the reality of others perceptions and is that it is not always the best. I remember an ad campaign by *Scope* which depicted a guy in a wheelchair singing his footy club song really badly with the caption "See the person, not the disability" and I wish that was the case.

The fact is that people immediately see the disability, it is ingrained in us, and we instantly draw conclusions based on someone's physical appearance.

Quite often I have been out with my partner Sue or other friends and I might ask a shop assistant a question and even though I have asked, the answer will be directed to the person I am with. I've even had a full blown conversation with someone who

didn't look at me or answer me once - magic eh! This is why the work of organisations like AQA is of such great benefit to people with disabilities - by educating the community.

Do you believe people with disabilities have equal opportunities in the work place?

If not, how do you think it can be changed?

[Steve] Absolutely not, I have recently been on the job market and the level of discrimination is ripe.

I would consider myself to be relatively skilled with quite a number of years experience managing teams in the online space, double degree's with a MBA etc.

Over a six month period when applying for roles during the global financial crisis I would submit my resume on line and have a call back within the day, the best one was only 4 minutes. I did not disclose I was in a wheelchair, as to me it's the same as disclosing one's age - the question should be, can I do the job.

I had several cases where after meeting with the recruitment agency and being told I was one of the strongest candidates, when my resume was put in front of the client company I wouldn't get an interview. The recruitment agencies have a duty to tell their client I am in a wheelchair, however were never able to give me feedback on why I did not get the interview or job - even though I was the most qualified candidate. So yes, it's still out there - it's an education process.

On the positive side, through AQA, I did come across an agency set up to specifically place disabled people into jobs with some big corporates, and finally I came across a job interviewer who could see past my wheelchair so I'm back in the work force full-time again

On a personal note, what do you like to do for relaxation?

[Steve] Like most I enjoy the company of good friends and just soaking up the environment around me. My hobby is working on cars. I have a couple of old Muscle cars which I have had for years that I tinker with, restoring them and of course driving

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them. I really enjoy nothing more than jumping in one of the big beasts and heading out into the country or down to the bayside, windows down and not worrying about a destination just enjoying the journey.

I have a few friends that are car-nuts as well and going to swap meets and car shows etc is something that we fit in whenever possible. You never know what gem you might find at a swap meet and what you may see at a car show AND who you might meet. So far I have met Peter Brock, Craig Lowndes, Russell Ingle, Jim Murcott, and Mark Webber just to mention a few.

If not in or under a car, then I am an outdoors type of person - my partner Sue and I enjoy taking our Scottish terrier dogs for a walk on rail trails or bike paths. We have 3 of them, Piper, Minx and Boof.

Describe the 'perfect day' for you.

[Steve] A combination of the above

Finish this sentence "One thing I have on my 'to do list' is....."

[Steve] Two things more travel overseas and increasing my car collection to include perhaps a Camaro, a Mustang and a big Yankee convertible.

Victorian Equal Opportunity & Human Rights Commission Update

Commission welcomes new disability access standards

New rules to improve access to public places for people with a disability have been welcomed by the Victorian Equal Opportunity and Human Rights Commissioner, Dr Helen Szoke.

Launched by the Federal Government, the Disability Standards for Access to Premises sets the minimum requirements for people with a disability to access buildings.

“This long-awaited measure will significantly improve access for people with a disability, older people and others with impaired mobility,” Dr Szoke said.

“Entrenching disability rights into building practices goes a long way to addressing the human rights needs of an often over-looked group in our community,” she said.

“Accessible buildings are a visible sign to and of an inclusive community and another step toward ensuring people with disabilities can participate fully in all areas of public life.”

The Standards set the minimum requirements for features such as accessible lifts, stairs, ramps, toilets and corridors and include buildings such as office blocks, shops, hotels, motels, and common areas of new apartment buildings.

They will also provide guidance to designers, developers and property managers on what accessibility looks like in practice, making it easier to comply with obligations under anti-discrimination legislation.

“These rules will provide confidence for the building industry that compliance with federal building laws will also mean compliance with the Disability Discrimination Act,” Dr Szoke said.

The Premises Standards remove inconsistencies that have resulted in some buildings meeting the requirements of building law but still being the subject of a successful complaint under anti-discrimination law. When the Standards have been adopted, the Building Code of Australia (BCA) access provisions will be changed to reflect these new requirements—complying with the BCA will ensure compliance with Premises Standards.

As with the Disability Discrimination Act, a defence of ‘unjustifiable’ hardship will be possible on grounds such as capacity to pay, loss of value or technical building factors.

Implementation of the Premises Standards will improve the community access of people with disability, provide certainty for the building industry and expand the range of customers and employees who can gain access to business premises.

It is expected that the Standards will come into force on 1 May 2011.



Commission welcomes important move to improve quality of care at GP visits

Members remember when you go to your local GP feeling a bit off colour and he asks if you can jump up on the bed to examine you and you say you can't. Well maybe we won't have that problem any more.

Disability Discrimination Commissioner, Graeme Innes, welcomed the proposal of the Royal Australian College of General Practitioners (RACGP) to ensure better access to medical care for people with a disability by making it mandatory for general practice surgeries to have height adjustable examination beds in order to meet industry standards.

RACGP has issued its draft 4th edition of the Standards for general practices and has taken the opportunity to propose height adjustable examination beds become a 'flagged' or required item.

"I want to congratulate the National Expert Committee on Standards for General Practices for listening to the many thousands of Australians who were represented in submissions from disability organisations, women's groups, professional bodies and organisations representing ageing Australians," said Commissioner Innes.

"Over the years we have heard many distressing stories of patients being examined on the floor, having to lean over the doctor's desk, having to lay back in their wheelchair or not being examined at all because they could not get onto the fixed height beds."

Height adjustable examination beds will: assist general practice teams to reduce the risk of injury to all patients; limit the risk of misdiagnosis or non-detection of serious medical conditions; reduce the occupational health and safety issues for health practitioners, and; reduce the risks associated with legal responsibilities under discrimination law.

"RACGP has worked hard over the past few years to educate its members about the benefits of having height adjustable examination beds for both patients and staff and this move will help ensure people with mobility difficulties have access to the same quality care as other patients," said Commissioner Innes.

"I also want to recognise the original research on this issue undertaken by Sheila King from Access for All Alliance and the advocacy of Women with Disabilities Australia, People with Disability Australia, Physical Disability Council NSW and COTA NSW."

For more information on the campaign to improve access to height adjustable examination beds, including access to research on the consequences for people with a disability, see humanrights.gov.au/disability_rights/health/open0807.htm.

South African Quad Blocked From Immigrating To Australia

Ryan Dekker, a successful software developer from South Africa, has been told he can't work here because he'd be a burden to the health system even though Australia is seeking immigrants with just his skills. His fight comes as a Federal inquiry looks into claims of discrimination within Australia's immigration system.

Ten years ago, Ryan Dekker was shot through his spine and left fighting for his life. "The injury left me a quadriplegic. I've got full use of my arms but not my fingers. It was a very long road to recovery," Mr Dekker said. The 35-year-old has paved a career as a software developer, and has learnt to drive again. He's endured intense pain to be free of his medication.

Mr Dekker's application for a working visa has been rejected because Immigration officials say he'll be too big a burden to the health system even though the IT industry's peak body predicts another 14,000 workers will be needed next year. "It makes me feel terrible because in my country I compete with people who are walking. They can't do my job better than me. I cope with assistance and I pay for that assistance, not the State," Mr Dekker stated.

Ryan Decker is being backed by the incoming chairman of the United Nations Committee on the Rights of People with Disabilities, Professor Ron McCallum, who is blind: "If I tried to immigrate to Australia now I wouldn't be allowed in even though I'm an Officer in the Order of Australia." Professor McCallum added: "I don't think that people should get into Australia just because of their disability. One has to balance the costs of their disability against their contributions to Australian society and I think given the manner in which Ryan has conducted his life and overcome overwhelming odds after being shot, that he could give much to this society:"



I Can't See The Big Deal

This article was sent to us by Elle who writes about 'Living with her disability and positive attitude on life.' Elle also sees other people's reactions towards her, light-heartedly. As you can see her outlook on life has not stopped her from achieving the things she sets out to do.

I've had a really interesting week in relation to living with a disability and when I was asked to write this article it was as if all the things that had been happening to me were to be written down.



I was born with my disability, so I don't know any better, which sometimes I am thankful for, but then sometimes, I wish I knew what it was like to go for a run, or ride a bike. I use a wheelchair to get around the office and if I am out and have to get any considerable distance. But I can waddle...I mean walk.

I was out doing some Easter egg shopping and got myself down a step coming out of a shop and some random woman said "well done". I just looked at her, she walked up the step and I said, looking at her "well done". She looked at me; horrified, but I thought she deserved to be congratulated as well – she had got herself up that step... It's really interesting how people feel they need to encourage you in things that you do in everyday life. But I do know that it is because they don't understand, and they are trying to fill that awkward void they feel when they see you being independent and going about your business.

I have always looked at myself as normal and just gone about my life, doing things that I always wanted to do including travel, getting my licence and dating etc.

I think that being a young woman with a disability can be really hard and I was always really nervous about getting out and hitting the town. About meeting guys and what they would think of me. I know that people do tend

to look at the wheelchair first instead of the person that is sitting in it! I actually really struggled going through my early twenties thinking that I would never meet anyone, because people were always going to make a judgement about me, before they actually got to know me.

Then, one day I just thought to myself, why am I putting all these people that I don't know on a pedestal? What's so good about them in comparison to me? I'm a smart, attractive, fun loving young woman, yeah, so my legs don't work all that well, but who gives?! I thought to myself, I can keep on putting myself in a category, like everyone else is (even though I am fighting not to be put in it) or I can start believing in myself as a person, disability or not. It was a pretty amazing time for me and I started to feel more confident and attractive. I started to play sport again, in male dominated wheelchair rugby, because I believed that I could do anything.



When we believe in ourselves, we create our own dreams and it is so much easier to achieve them, because it is like we have already done it.

I knew that I was capable of having a great career, so I went out and got it – I couldn't wear high heels to the interview, who cares?

I knew I was capable of moving out of home – so I asked my best mate if he'd like to share accommodation. He does the jobs that I can't do and I cook for him in return.

I knew I could be selected to play wheelchair rugby at an international level – so I went to training and smashed the boys as much as they smash me.

I met a guy, thought he was pretty cute, pursued him and then he told me that he was in love with me – and he doesn't have a disability.

There are so many goals that are still yet to be achieved, but I am so excited about what life is going to bring me – because if I put my mind to it, I can do anything.



Book Review – Red Queen

Honey Brown, one of our News Link readers, has written a novel called Red Queen. Honey is 38 years old, wife and mother of two children. She lives on a farming property in country Victoria. Honey also happens to be a paraplegic after a farming incident while in her twenties.



Honey has been writing for around 6 years and didn't write much before her farming accident. At an award ceremony for all writers, an agent named Fiona took Honey's manuscript 'Red Queen', read it and sent it to Penguin books. From there it won the Aurealis Award for best horror novel.

Red Queen is a great read for those who like suspense, thrillers and a bit of horror. The book is based on three characters who "After two months of isolation in the Australian bush, the two brothers discover a new threat – a woman alone...

Shannon and Rohan Scott have retreated to their family's cabin in the Australian wilderness to escape

a virus-ravaged world. But when Denny Cassidy slips under their late-night watch they begin to realise that surviving the world's most deadly virus, Red Queen, might mean nothing if they can't survive an intriguing girl."

In this superb debut, three remarkably drawn characters fuel an utterly compelling read. They are stripped bare and played against each other in a desperate game of survival and search for humanity where there are no promises and no rules.

Bold, stylish and seductive, Red Queen is a character driven, psychological thriller in which we're never quite sure who is playing who... it's full of sexual tension, suspense and danger.

Honey adds, tongue-in-cheek, "Vision Australia is also doing an audio release of it, which might be of interest to some of your readers, and men in general, who seem too lazy to want to turn pages!

Honey's next book "The Good Daughter" is a dark and edgy coming of age story about a small town with lots of characters. This will be coming out midyear around June.

Ladies Day Out Feedback

Below is an article emailed to us by Valerie, who participated in the Ladies Day Out last February, regarding the enjoyable day she had.

Hi Debbie,

What a fantastic day I had at 'Ladies Day Out' at Royal Talbot. To hear Honey Brown tell us about herself, and about the book 'Red Queen' which she has written, was very inspiring.

The fashion parade was a great ice-breaker, with some good fashion hints from the models, and lots of giggles.

The talk and tour with Steven Wells, who has done an awesome job with the Horticultural Therapy garden at Royal Talbot; he has developed a beautiful garden that everyone needs to experience.

Overall it was an excellent day, and I can't wait for the next 'Ladies Day Out'.

Regards Valerie Gear



Accessibility at Disability Related Conferences

S. Brown, who is a researcher with a spinal cord injury, tells us about her attendance and presentation at the International Neuropsychological Society Annual Meeting in Acapulco, Mexico. As you will read, her participation was not uneventful. Her poster presentation was about her work on long-term psychosocial outcomes from paediatric traumatic brain injury. Her attendance was partly funded through the Victorian Neurotrauma Initiative.

In February 2010, I attended The 38th International Neuropsychological Society (INS) Annual Meeting in Acapulco, Mexico. I presented my work on long-term psychosocial outcomes from paediatric traumatic brain injury – from a qualitative perspective. As a researcher with a Spinal Cord Injury who uses a wheelchair, my attendance was, in part, funded through the Victorian Neurotrauma Initiative (VNI)*. I travelled with one of my assistants.

The setting for the conference was the Fairmont Acapulco Princess Resort. It was extremely beautiful, and the experience of being in Mexico was highlighted by my having learnt some Spanish in the months before.

Typical of the high quality of research presented at the meeting were topics such as *The Asymmetrical Brain; What can Neurodevelopmental Syndromes Tell Us About Modules, Genes and Evolution? The Emotional Brain: Then and Now; and Neural Plasticity, Brain Development, and Behavior*. The poster presentations were equally diverse and contributed to the interesting and ever evolving research into understanding the brain.

In terms of accessibility for someone using a wheelchair, the Fairmont Acapulco Princess Resort was impractical. While the room where poster presenters displayed their research, such as me, was fully accessible, the ramp that was constructed to

access speaker presentations was not. It was steep, short, and slippery. It was not possible to access it independently, and dangerous to do so with assistance. Just because it is a ramp, it does not mean it is accessible.

The room I stayed in at the resort was large and sun filled with a flat entry out onto the balcony. The bathroom was reasonably accessible, although the shower was somewhat cramped. I had requested and received, via email, photos of the hotel room before I booked, so I knew what to expect. I typically request photos and measurements before booking hotel rooms as my idea of accessibility is not universal.

The resort is approximately 40 minutes from Acapulco City and Acapulco has just one wheelchair accessible vehicle (with driver) for hire, for \$US75 per hour. There is no accessible taxi per se. A general taxi fare from the Acapulco airport to the resort is approximately \$US15. I had to pay \$US75. I made conference organisers aware of this prior to leaving for Mexico but did not receive feedback from them.

In addition, the resort's tour company buses are not wheelchair accessible. For a guest using a wheelchair, the company hires the accessible vehicle (above) with the same fee per hour. This means an ambulatory guest is charged, for example, \$US110 for a day tour. However I was quoted \$US675 (not a typing error) for the same tour. I did not go.

However I did partake in a couple of tours by privately booking the accessible car and driver and striking a deal. I had gone on this work-related holiday with the attitude to let nothing be a problem longer than ten seconds, and then just move on and find a solution. Life is too good to be annoyed for long.

The solution to the accessible vehicle problem was to move from the resort after the conference. I stayed in the Crowne Plaza Hotel in Acapulco City. There it was relatively easy to get around everywhere without a vehicle. While it is an old city, it is quite accessible and people were more than happy to help.

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The 2011 INS Mid-Year Meeting will be from July 6-9, 2011 in Auckland, New Zealand and I plan to present more research there. I look forward to taking my experiences from Mexico to New Zealand and liaising with organisers beforehand to ensure mobility access is appropriate. Part of my role as a researcher in traumatic brain injury is to disseminate the information, and barriers should not exist to prevent that from occurring.

S. Brown, MPhil Candidate, Department of Paediatrics

Murdoch Childrens Research Institute and The University of Melbourne

**A limited amount of funding is still available this financial year in the VNI Neurotrauma Community Conference Support Scheme. Please contact Lisa Pitre on (03) 5225-6251 if you would like more information on how to apply for support to attend research conferences/events that take place before 30 June 2010.*

Happy Wanderer



A place to stay for more than a day

Happy Wanderer Resort is situated at Wartook Valley on the Western Side of the Grampians. It is situated on the sunny side of the mountain with breath-taking views of the spectacular surrounding mountains and provides a quiet, relaxing 'retreat' for couples and families.

Happy Wanderers have 2 wheelchair friendly cabins and a cabin-van, all with disabled toilets, and a shower block in close proximity

Phone: 03 5383 6210 **Fax:** 03 5383 6350

Email: bookings@happywanderer.info

Web: www.happywanderer.info



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Email: automob@hotmail.net.au



Mentors see early successes

Going home after his spinal cord injury in 1995, Mike Short said that he was left to figure out how to adjust to life outside rehabilitation by himself. So when he heard that the Spinal Community Integration Team (or 'SCIT') was establishing a mentor program for patients moving back to the community after rehabilitation, he was keen to participate.

"It's something that I wished had been around when I did rehab. It's great to have these guys who've been out there, figuring out how to do all these things for themselves, to be there for people," he said.

SCIT mentor program manager, Sal Dema, said he has been overwhelmed by people wanting to help as mentors. SCIT trained its first 16 mentors in late February, and already have 46 people on a waiting list for training courses.



Duke Trench-Thiedeman, mentor Mike Short and peer support worker, Naz Ebdam catchup at RTRC.

The mentors will provide support for patients during their transition home, particularly over the first 12 months. They all have spinal cord injuries themselves, and have been living in the community for at least two years. Mr Dema said mentors are linked up with participants who share specific interests, have a similar injury level and live nearby.

"If someone's interested in travel, we would aim to link them up with a mentor who's already had experience travelling. Their key role is providing one-on-one support; just going out for a coffee and a chat and being a role model in terms of getting around the community and sharing experiences of life in a wheelchair," he said.

Duke Trench-Thiedeman was one of the first people to sign up for the pilot, and met up with his mentor, Richard, for the first time on Friday. "I'm a novice at this whole thing and he's quite experienced. It was absolutely positive – a very worthwhile experience," he said.

The program is a collaboration with the Peer Support service at AQA.

Mr Dema said the program aims to broaden the reach of peer support to make it more readily available to people preparing for life in the community and once they are home. SCIT also has plans to establish an online forum, so that people in rural areas have opportunities to link up with people who share their interests.

Thanks to Tessa Young from Austin Health Corporate Communications for providing this article.

Peer Mentor Program

First Peer Support Mentor Training Program

A few weeks ago, we held our first mentor training program as part of the pilot Spinal Community Integration Team (SCIT).

Those who have been trained as mentors will be used to support people who have completed their rehabilitation after a spinal cord injury (SCI). This peer mentor network will make it easier for people to successfully return to their community.

SCIT is located at the Royal Talbot Rehabilitation Unit, part of Austin Health. SCIT helps by supporting Victorians with new spinal cord injuries in getting back into their communities.

This is achieved by:

- Individualised service
- Identifying client goals
- Providing support to family and friends
- Being a specialised resource for existing community services

Typically when a person is still in hospital, SCIT might help with goals around:

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- Return to work
- Home modifications

Then in the first year, home goals might change to include things like:

- Planning a program at the local gym
- Talking to someone with a similar injury
- Working through health issues

For a long time, peer support has been carried out by AQA Victoria. Austin Health, in partnership with AQA, has developed the program to provide 1:1 mentoring by people who have sustained a spinal injury themselves.



Recently, the first 3 day program to prepare the mentors was run. Topic covered included:

- Communication skills
- Challenges to communication
- Ethics, Confidentiality, Rights and Responsibilities
- Values and Cultures
- Supports and go to people
- Grief and loss
- Depression, Anxiety and Suicide and
- Self awareness

Here's what some of the new mentors have to say...

"... was very excited to learn about the SCIT project and to be accepted into the first mentor training program. I have always had an interest in volunteering and having a SCI myself, the opportunity to help others with a newly acquired

spinal injury seemed relevant and suitable. There were 16 peer mentors (5 females and 11 males) and we all seemed to connect well with each other despite the wide range in ages." Georgina.

"... I thought it would be pretty heavy going to cover the expectations required from a volunteer group due to the responsibilities required by the successful applicants... I guess it was quite intense, but it was presented in such a relaxed manner with the combination of role play, group activities and one on one interview situations. This made it both enjoyable and gave further understanding of our future role. But of equal or greater importance was the feeling of friendship and understanding it formed, both individually and as a group." Gary

"... very successful time – made me realise how physically good I was and how I could cope both physically and mentally over the 3 days. 10.30-3.00 timeframe was very considerate." Lucille

If you haven't received a letter from us and have an interest in becoming part of our peer mentor network, please contact Lynne, Naz, Peter or Sal on the Peer Support Hotline 0402 018 762.

WHAT'S OUT THERE DAY

The purpose of What's Out There Day (WOT), previously known as Life Skill's Day, is to give patients with a spinal cord injury at the Royal Talbot Rehabilitation Unit, an idea of what options there are out there for them. Patients also get the opportunity to meet and chat with others who have had a spinal injury for a few years.

Although the day is aimed at people who are doing rehabilitation, there is limited space for other people who have a spinal cord injury or anyone else who has an interest.

If you would like more information regarding WOT day, please contact Peter Van Benthem at AQA Victoria:

Phone: (03) 9489 0777

FreeCall: 1800 999 128 (Country Victoria and Tasmania only)

email: petervanbenthem@aqavic.org.au



Holiday Competition

Readers of a newspaper were invited to tell stories about their favourite holiday, with prizes being offered. The first prize was a week in Port Augusta, and the second prize was 2 weeks in Port Augusta.

The Long Marriage

At St. Peter's Catholic Church in Toronto, they have weekly husband's marriage seminars.

At the session last week, the priest asked Giuseppe, who said he was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands, *'Wella, I've tried to treat her nicea, spenda da money on her, but besta of all is, I tooka her to Italy for the 25th anniversary!'*

The priest responded, *'Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50th anniversary?'*

Giuseppe proudly replied, *"I gonna go pick her up."*

The Grand Final

It's the AFL Grand final and a man makes his way to his seat right on the wing. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there.

'No,' says the neighbour, *'The seat is empty.'*

'This is incredible,' said the man. *'Who in their right mind would have a seat like this for AFL Grand final and not use it?'*

The neighbour says *'Well, actually, the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first AFL Grand final we haven't been to together since we got married in 1967.'*

'Oh! ... I'm sorry to hear that. That's terrible. But couldn't you find someone else, a friend or relative, or even a neighbour to take the seat?'

The man shakes his head *'No, they're all at the funeral.'*

All In The Name

A psychiatrist was conducting a group therapy session with four young Mothers and their small children. *'You all have obsessions,'* he observed.

To the first mother, Mary, he said, *'You are obsessed with eating. You've even named your daughter Candy.'*

He turned to the second Mum, Ann: *'Your obsession is with money. Again, it manifests itself in your child's name, Penny.'*

He turned to the third Mum, Kathy: *'Your obsession is alcohol. This too shows itself in your child's name, Brandy.'*

At this point, the fourth mother, Joyce, quietly got up, took her little boy by the hand and whispered, *'Come on Dick, this guy has no idea what he's talking about. Lets pick Willy up from school and go home.'*

I'm Broke!!!

Yesterday I answered a knock on the door, only to be confronted by a well-dressed young man carrying a vacuum cleaner.

'Good morning,' said the young man. *'If I could take a couple of minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners.'*

'Go away!' I said. *'I haven't got any money!'*, *'I'm broke!'* and proceeded to close the door.

Quick as a flash, the young man wedged his foot in the door and pushed wide open. *'Don't be too hasty!'* he said. *'Not until you have at least seen my demonstration.'* And with that, he emptied a bucket of horse manure onto my hallway carpet.

'If this vacuum cleaner does not remove all traces of this horse manure from your carpet, Sir, I will personally eat the remainder.'

I stepped back and said, *'Well I hope you've got a bloody good appetite, because they cut off my electricity this morning. What part of 'broke' do you not understand?'*

For Sale

Tilt Table / Stand up-right table

Excellent condition hardly used. 240volt & battery back up
Phone: Michael on (03) 97025102 or 0409196713.
Price: \$2000.00

Freebies

Wheelchair GP Quickie

19 inch seat. In very good condition.

Commode

18 inch seat. Large wheels and brakes.

Lifting Sling

Medium blue for quadriplegics. In very good condition

Phone: Jerry Vajtauer 9774 2017 or 0409 380 765
Email: jerry_vajt@hotmail.com

CLASSIFIEDS

For Sale

Waterford Recliner - Chair

Sheep cover (new), Good Condition, Easy stand-up features

Phone: 0422 667 767 (Connie)

Price: \$150 ono

House for sale - Bendigo

Architecturally designed, Brick veneer, Wheelchair accessible home, 10 old, Approx 30 squares, 4 bedrooms, Games room, 2 bathrooms, one large spacious main with ensuite, Electric double garage + double carport, Solar panel, Set on 2.5 acres, approx 7kms from Bendigo CBD.

Phone: 0421 550 062 (Ben)

Price: \$450,000

Wheelchair Accessible Caravan

No expense spared, luxuriously appointed, Excellent condition, Custom built, Year 2005, SIZE 23' x 8', Accessible for: Wheelchair user - Quad - Para or limited mobility, slide out ramp, wheel-in shower. This caravan is featured on AQA website by video link, Please call for further details as too many to list here.

Phone: (03) 59419218 or 0417 348 134 (Harry)

Price: \$49,950

2004 Mazda van

Very low 25,000kms All ties down belts are supplied Auto A/C front & rear Power windows Professional modified by Flash-Cab RWC

Phone: 0411 660 867.

Price: \$36,000ono (Yael)

Commode Chair

Padded seat and armrests pan 4 wheels front safety bar footrest armrests tilt up and fold out. **As new**

Phone: Greg (03) 98982914, M 0409967492

Price: \$600 ono

Wheelchair, Sunrise Breezy

Tilt and recline Elevating leg rests, ROHO cushion and foam cushion. Pneumatic tyres front and back. Very comfortable for indoor and outdoor use

Phone: Greg (03) 98982914 ,M 0409967492

Price: \$2000 ono

For Sale

House For Sale - McKinnon

Beautiful 4 bedroom family home in McKinnon. Very well presented family home. High School zone, with excellent wheelchair facilities.

Phone: (03) 9578 5083 (John)

4 BEDROOM HOUSE – ECHUCA

5 yr old 50 square House, Architecturally Designed, Built from all 2nd Hand Materials, Double Brick, Polished Floor Boards, Claw Foot Baths, Set on a 1 Acre Block in Town, 5min Wheel (10min walk) to Town Centre, 2min to River & Boat Ramp, Office, Central Floor Heating, 2 x Evap Coolers, Decked Verandah all round the House, 125,000ltr Wheelchair access Pool, Poolside Bungalow, 2 x Sheds (20 x 7m & 15 x 10m), Security System, Electronic Security Gates & Shed Doors, Fingerprint Identification Entry to House & Fully Automatic Sprinkler System. Auction 1st of May.

Phone: 0427 509 341

Price: \$750,000 (Paul)

Magic Mobility Electric Chair

Model Spectre. Black leatherette with blue velvet trim on back area. 3 x speed, and reverse. Tilt in space feature. Adjustable headrest and footrests. Able to lay patient down flat if required.

Phone: 0408 391 385 (Elaine)

Price: \$3,000.00

1997 Hyundai Sedan Flashcab

Professionally modified Wheelchair accessible vehicle, very good condition, RWC supplied, auto transmission, Air Con, 91,500kms, Registered till March 2010.

Phone: (02) 6024 5303 (Carlo)

Email: CarloTipsXena@yahoo.com.au

Price: \$17,500

2003 Holden SRI Astra

Urgent Sale, selling due to illness. Vehicle is in pristine condition with only 25,000kms, 1 of a kind, always garaged. Fitted with unique hand controls for Quad's, this enabling the driver to operate: Indicators operate all window wipers horn hazard lights and more without taking hand off hand controls. Also fitted with electric hand brake, Lightened steering, Vehicle Also has: Ergonomic Recaro seat with built-in fan heater full electric seat adjustment. Rego till 06/10. All mods worth over \$12,000. Willing to separate recaro seat

Phone: James (03) 62741143 - Mob 0412618713

Price: \$20,000 ono - \$17,000 without recaro seat

CLASSIFIEDS

For Sale

Hand Controls, For vehicle

These were on my car for 3 years and I took them off, so they have not seen much use.

Purchased from Franks Engineering.

Phone: Brendan (03) 5482 6182

Price: \$200

Roho Cushions X 8

8 x Roho cushions, 9 x 9 cells, very good condition, no cover.

Phone: (03) 9386 9818 (Colin)

Price: \$200 ono (for 1 Cushion only)

Commode Shower Chair

Front opening, self propelled, anti-tip wheels, as new.

Phone: (03) 9386 9818

Price: \$800 (Colin)

Wheelchair MobilityPlus Glide

17 inch, rigid frame, excellent condition, red and yellow in colour, fold down back.

Phone: (03) 9386 9818

Price: \$600 (Colin)

Exercise Bench

Good height to transfer onto from wheelchair (60 cm high). The measurements are 2 metres by 1.2 metres. It's made from a light green vinyl. I paid \$1,200.

Phone: Jerry on 9774 2017 or 0409 380 765

Price: \$350

Accessible house in Cranbourne

6 Years Old, 25 Sq on 837 M2 Corner Block! Features: Ensuite, D/H, Evaporative cooling, One Owner. 25 Sq family home, 4 large bedrooms + Huge study/TV room/another living room.

Master with retreat and FES & WIR. Formal lounge, dining and huge family area. Spacious kitchen with walk-in pantry. Ducted heating and evaporative cooling. Double garage with remote.

Large pergola with Build-in Bar for all your entertaining needs. Professionally landscaped garden and water fountain. Located close to Schools, Shop, Public Transport and Park.

Phone: Nick Huang 0421 283 492.

Web: <http://www.realestate.com.au/propert...928&c=53210711>

For Sale

Pool Hoist

Hydro-workx Aqua Lift, Water Wheelchair provided, (hoist lifts aqua chair into water/pool), Rescue board & floatation aids. Used only once.

Phone: (03) 9813 5313 (Geoff)

Price: \$4,200 ono

Electric Wheelchair

Trailblazer Invacare Rollerchair, Tilt in space with head rest and 2 electric leg rests, electric rear wheel drive with 2 gel 40 amp batteries, battery charger. VGC.

Phone: 0407 733 443 (Karina)

Price: \$1250 (neg)

Power Wheelchair

Aspire 10 Captain Seat, Very manoeuvrable, comfortable chair. Joystick control for user, or hand control for carer. External battery charger. Grey upholstery. Excellent condition.

Phone: 0413 089 598 (Faye)

Price: \$2,600 ono

Quickie LX Manual Folding Wheelchair

Quickie LX Manual Folding Wheelchair Wheels easily removed. Lightweight, fit into car boot. Purple frame, black upholstery. Left leg support customized and adjustable. Excellent condition.

Phone: 0413 089 598 (Faye)

Price: \$500 ono

1995 Nissan Pulsar

Hand controls, roof hoist, excellent condition, electric roof mounted hoist. The colour is grey, automatic gear box, Supplied with RWC, 12 months reg, regularly service and maintained.

Phone: 0408 806 841 (Grant)

Price: \$6,500 ono

Renault Kangoo accesible van

2007 model 53000 km 2 Attendant seats Reverse camera. Alpine radio with Ipod adaptor fully serviced excellent condition

Phone: Greg (03) 98982914, M 0409967492

Price: \$30,000 ono