

AQA NEWS LINK

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

DECEMBER 2010



Innovations

AQA Discovers the Power in Me

Travel

Trip of a Lifetime



Equipment

Wheelchair Gloves

Plus much more...



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A.Q.A. NEWS LINK is the official newsletter of A.Q.A. Victoria Limited, and is published bimonthly. *NEWS LINK* seeks to publish material of interest to people with physical disabilities and their families, professional workers and other individuals and organisations concerned with the welfare of those who are physically disabled.

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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Volume 24, Number 6

From the CEO



Calvin Coolidge, 30th president of the US said: *'All growth depends upon activity. There is no development physically or intellectually without effort, and effort means work'*

Welcome to the last NewsLink for 2010, a year that has involved a great deal of both effort and work at AQA. It's been a year that's seen significant

developments in all our service areas and an investment in the capability of our back office systems.

It's been an exciting year in terms of new activities including:

- Our Peer Support collaboration in the Spinal Community Integration Team Pilot
- Our first Community Forum - *Where There's Hope There's Life*
- Our first staff recognition event - presenting awards for years of service
- Launching our Qualcare Client Advisory Group
- Completing a pilot of the *Discovering the Power in Me* training program
- Supporting quality of life research projects
- Transitioning to the new Standards for Disability Services in Victoria Accreditation
- Launching our first Collective Agreement
- Forming new relationships and collaborations with like minded organisations

At the Board table, through a process of succession planning, 2010 saw AQA welcome 3 new Directors who are already making a contribution to the good governance of the organisation and effective networking on behalf of AQA.

I'd like to take this opportunity to thank our Directors for their commitment and contribution throughout the year, to thank all our staff and volunteers for the part they play in the activity and work of AQA and particularly to thank all those members, subscribers and friends of AQA who have made a contribution and in various ways supported what AQA is about.

We all wish you a very Merry Christmas and look forward to working with you on the issues that matter to people with spinal cord injury and physical disability in 2011.

Many of you will have received an invitation to complete our 2010 Survey. Thankyou to all those who have responded to date and I encourage those who are yet to respond to share your take on the issues most important to you via the link: <http://www.surveymonkey.com/s/AQAfeedback2010>

Peter Trethewey
Chief Executive Officer
petertrethewey@aqavic.org.au

From the Editor



Welcome to the December issue of News Link.

In this issue we have a wide range of articles covering lots of different subjects.

Over the past 2 issues of News Link, we have been writing about the Disability Discrimination Act (DDA) and how it can help you

from being discriminated against. Much of the areas covered so far have dealt with disability discrimination both Statewide and Nationally. On pages 8 and 9 you can read part III of the series.

Wayne Bradshaw had wanted to take his family on a holiday for quite some time, however he kept putting it off for different reasons. This time all the planets were in alignment and he took his family to Surfers Paradise in Queensland where they had a fantastic time. You can read about their great holiday on pages 10 and 11.

It has been a wonderful year for the "Ladies Day Out" peer support program. Many friendships have been made during the four 'outings' that have been organised. Debbie writes about plans for the next Ladies Day Out in the new year as well as some ideas on keeping cool this summer. You can read her column on page 12.

A few issues ago, we wrote about the high cost of gloves for wheelchairs. The Orthotics Department at the Royal Talbot, who were the "go to" people, increased their prices dramatically, which left people with no options. We now have some information that will prove to be useful for those of us who are looking for reasonably priced gloves. RehaDesign wheelchair gloves are distributed by 'Specialised Wheelchair Company' in NSW. You can see their range of gloves on page 17.

We would like to wish you a Merry Christmas and a Happy New Year. And remember that if you go away somewhere special or you find out about something useful to others, please let us know so that we can pass on the information.

Simon Damevski
News Link Editor
simondamevski@aqavic.org.au

Deadlines for News Link 2011 are:

February Issue	10 / 02 / 2011
April Issue	10 / 04 / 2011
June Issue	10 / 06 / 2011
August Issue	10 / 08 / 2011
October Issue	10 / 10 / 2011
December Issue	10 / 12 / 2011



Ambleside Tours

Ambleside Tours provides the opportunity for persons with a disability to travel by offering them fully escorted and aided - (a ratio of approximately one carer to every four travellers, with a ratio of one to one being available if required) - theatre parties, day trips and travel within Australia.

Ambleside Tours design trips which overcome problematic disability related barriers and difficulties. They are tailor-made to meet the needs and desires of everyone - both individuals and in groups. Their fully escorted and aided tours vary in lengths, paces and destinations depending on the needs of participants. Their cancellation policy varies from between their day tours and their extended trips.

An example of one of their upcoming tours is:

Ashes Test - M.C.G. - Tuesday 28th December 2010

Price of \$180 per person includes:

Transport, Ticket, Lunch and Snacks and a Carer Component.

Ambleside Tours is a family owned and operated specialised tour company, who are a member of Tourism Alliance Victoria. They can be contacted by any of the following means:

Postal address: 34 Stoda Street, Heathmont 3135, Victoria, Australia.

Phone: (03) 9720 9800

Fax: (03) 9729 5493

Web: www.amblesidetours.com

Email: info@amblesidetours.com

Employment with ANZ Bank

The ANZ Bank is wanting to include people with disabilities into their work force. ANZ has flexible hours of work and are seeking resumes from interested people.

These resume's can be emailed to chris.smith@anz.com.

Free Travel *myki* Pass

The Minister for Public Transport has announced that from 1 January 2011, Disability Support Pensioners and Carer Payment Recipients under 60 (DSP/CAR) and Victorian Seniors will be entitled to free travel, for scooter and wheelchair users, in two consecutive zones on weekends.

A mail out has commenced of the free concession *myki* for Disability Support Pensioners and Carer Payment Recipients under 60 who have registered for the Sunday Pass. The concession *myki* applies to scooter and wheelchair users.

The free concession *myki* will be distributed in two stages.

The concession *myki*'s will enable Disability Support Pensioners and Carer Payment recipients under 60 and Victorian Seniors to access their free travel in two consecutive zones on Sundays straight away, and on Saturdays from 1 January 2011.

Further details are available on www.metlinkmelbourne.com.au or www.myki.com.au

New Identity for Wheelchair Sports Victoria

Disability Sport and Recreation Limited

Wheelchair Sports Victoria have a new name. Their new name is “**Disability Sport and Recreation Limited**”.

Their new identity was unveiled at the Disability Sport and Recreation Festival on December 3rd at Federation Square.

DSR CEO Rob Anderson said “The name change was historic in terms of securing our future and achieving a structure that will help many more people with disability achieve a better quality of life through participation in sport and recreation”.

Check out their new website www.dsrf.org.au for more information.



Dental Health Services Victoria

For people with a disability that are unable to attend a dental clinic, Dental Health Services Victoria provide a domiciliary service for people who are completely homebound due to their medical, physical or mental condition.

What type of care is provided?

Emergency and general dental care is provided, including:

- dental examinations
- oral health advice, prevention and cleaning
- fillings
- extractions
- provision of dentures and denture care.

Where is the care provided?

Care is provided at the patient's home or residence.

The location must be clean and have:

- reasonable lighting
- easily accessible power points
- a sink with running water
- a table
- privacy
- freedom from interference from pets
- access ramp for dental equipment
- access to non-meter parking or free parking within a reasonable distance

How much does the service cost?

This service is free if you hold one of the following cards:

- Pensioner Concession card
- Health Care Card
- Veteran Affairs Gold card

If you are not a Government card holder, fees are payable for this service.

Please contact the Domiciliary Oral Health Unit on (03) 9341 1034 for more information.

How do I apply?

An application form needs to be completed by the patient (or carer) and by the patient's general practitioner (GP).

Download the Domiciliary dentistry program application form at www.dhsv.org.au/download/a1bd2041/special-needs-domiciliary-application-form.pdf or request one from the Domiciliary Oral Health Unit by calling (03) 9341 1034.

Once you have returned the form to the Domiciliary Oral Health Unit, a staff member will contact you to make an appointment for your oral health examination. Appointments are arranged according to the urgency of treatment needed and geographical location. Please note that there are some waiting times for this service

Special needs facilities at the Hospital

A Special Care Unit is available at The Royal Dental Hospital of Melbourne for people with intellectual or physical disabilities. For further information, please telephone 1300 360 054.

Download the Special Needs Dentistry application form at www.dhsv.org.au/download/ec426c32/special-needs-dentistry-application-form.pdf.

Further information

Domiciliary Oral Health Unit

The Royal Dental Hospital of Melbourne

Phone: (03) 9341 1034

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.



Disability Works Australia

In pursuit of AQA's motto "Improving the quality of life of people affected by physical disability", we recently met with 'Disability Works Australia' (DWA) to see if we can compliment each others services and improve employment outcomes for people with spinal cord injury.

The role of DWA is to coordinate the provision of employment for people with disabilities by providing employers with access to a single, free, effective contact point for recruiting people with disabilities, including graduates.

DWA runs the 'Career Start' program in Victoria for people with disabilities. The program supports the transition of graduate's into employment in the public and community sectors in Victoria.

To be eligible for the 'Career Start' program, you must have completed a Certificate III or above in the last two years and have a disability.

If you are a person with a disability, have a Certificate III in any field, and are looking for employment, they are URGENTLY seeking graduates to assist into employment. These opportunities are available right now.

For further information, please contact DWA;

Phone: (03) 9940 1502

Email: vic@dwa.org.au



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

Delivering individualised personal care and community access support to clients right across Victoria. AQA Qualcare specialises in the support needs of people with spinal cord injury and physical disability.

Phone: (03) 9482 4373
Email: qualcare@aqavic.org.au

ADVERTISEMENT

Accessible Transportation Freedom a Reality!

For well over 10 years now, Freedom Motors Australia (FMA) has been at the forefront of the Wheelchair Accessible Vehicle industry in Australia. They are proud in bringing the most innovative, safe and reliable modified vehicles for the physically challenged needing transportation. FMA now service the Community Transport, Taxi and Private Sector with their Vehicles. FMA have also opened vehicle modification factories in the USA and Europe.

The research and development department continues to introduce new products to make more Freedom a reality for you and your family.

Choose from FMA's ever popular Passenger, Family, Family Member or Self Drive designs and match them up with the following vehicles like: Kia Grand Carnival, Kia Soul, Toyota Tarago, Toyota Rukus, Chrysler Grand Voyager, Volkswagen Caddy, Volkswagen Multivan, Volkswagen Caravelle, Hyundai iLoad, Renault Kangoo, Citroën Berlingo & other vehicles on request.

The FMA "FREEDOMVAN" conversions bring you the ultimate in wheelchair transportation today and into the future. FMA conversions do just that as they have you and the wheelchair occupant in mind, when they say that they have the most cost effective & unique conversion of its kind in the market today. The easy opening of the rear door and gently sloping light weight rear entry ramp configuration provides a straight path in and out of the vehicle in a low floor that gives the wheelchair occupant the best panoramic vision possible out of the vehicle from their wheelchair. The rear entry conversion also gives you the greatest amount of seating configurations possible and not to forget about the ease of parking.

When you purchase a wheelchair accessible modification and or vehicle from FMA you will be taking delivery of the most reliable, safe and practical plus good looking wheelchair accessible vehicle manufactured right here in Australia today which is backed by the best customer service available and by our 3 year or 60,000km warranty Australia wide. (Conditions do apply). See page 7 for more information.



FREEDOM VAN

Wheelchair Accessible Vehicles

The Freedom Van range is designed and built by Freedom Motors, who deliver Australia's largest range of popular vehicles for conversion.

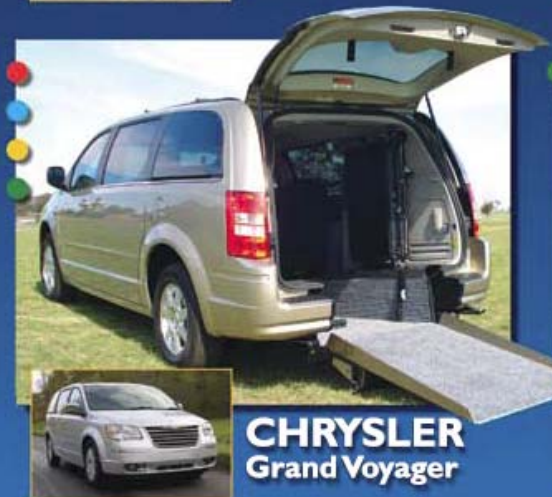
We've been in the forefront of the industry for over 10 years with our innovative designs and layouts. Others have copied but only the Genuine Freedom Van will give you the satisfaction you expect and deserve.



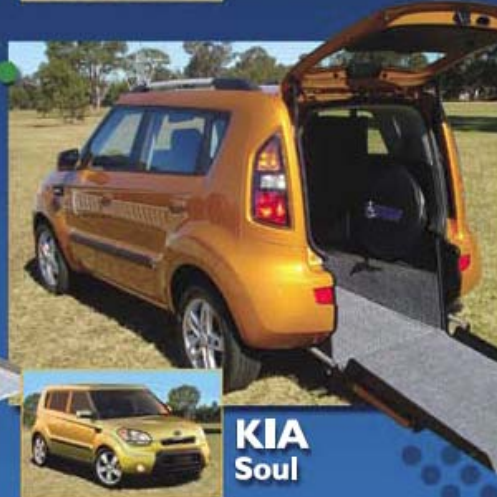
TOYOTA
Tarago



KIA
Grand Carnival



CHRYSLER
Grand Voyager



KIA
Soul

Our vans offer options like:

- Remote-entry system
- 2 seat fold down bench
- Electric wheelchair restraints
- Wheelchair docking system
- Power transfer seat



● Passenger



● Family



● Self-drive



● 2 seater

Freedom Van range of conversion layouts

Our vans can be custom built to the layout that best suits your requirements. The colour code indicates which layouts are available to specific van models.

Other vehicles available for conversion on request

FREECALL:

1800 672 437

email: sales@freedommotorsaustralia.com.au

Visit our website:

www.freedommotorsaustralia.com.au



FREEDOM
MOTORS AUSTRALIA
Wheelchair Accessible Vehicles



Disability Discrimination Act (D.D.A.) Guide Part III

Over the past 2 issues of News Link, we have been writing about the Disability Discrimination Act (DDA) and how it can help you from being discriminated against. Much of the areas covered so far have dealt with disability discrimination both Statewide and Nationally.

Joining in Sport

A person with a disability has a right to take part in sporting activities in the same way as people without a disability. This means a person with a disability must not be excluded from playing a sport if he or she is:

- Capable of playing the sport, or
- Selected to play the sport on the basis of his or her skills and abilities.

A person with a disability should also not be excluded from any administrative or coaching activities associated with the sport - eg, if a person with a disability has the necessary skills to play cricket or swim competitively, he or she cannot be excluded because of asthma or a hearing loss.

Clubs and associations

A person with a disability has a right to be a member of a club or association in the same way as a person without a disability. This includes sporting, social and licensed clubs, drama or music groups, political parties, business associations, and self-help groups.

What is expected?

The D.D.A. makes it against the law for clubs and associations to discriminate against a person because of his or her disability. This means clubs and associations cannot:

- Refuse to accept an application for membership from a person with a disability
- Provide membership on less favourable terms and conditions. For example, a club may want to offer a person with a disability part membership or charge that person more for membership.
- Limit a person's access to the benefits and activities offered by the club or association because that person has a disability. For example, restricting the activities a person with a disability can take part in or the hours he or she can use the club.

The Act also means that the premises and facilities of clubs and associations should be accessible to people with a disability. (See the fact sheet The Ins and Outs of Access.) Like other areas of the D.D.A. a defence of "unjustifiable hardship" may be available.

The ins and outs of access

A person with a disability has a right to have access to places used by the public. The D.D.A. makes it against the law for public places to be inaccessible to people with a disability. Places used by the public include:

- Public footpaths and walkways
- Educational institutions
- Shops and department stores
- Banks, credit unions, building societies
- Parks, public swimming pools, public toilets, and pedestrian malls
- Cafes, restaurants, pubs
- Theatres and other places of entertainment
- Lawyers' offices and legal services
- Libraries
- Sporting venues
- Social and sporting clubs
- Government offices
- Public transport including trains, buses, ferries, boats, ships and planes
- Dentists' and doctors' surgeries
- Hospitals
- Hairdressers and beauty salons
- Travel agents, and
- Government-run services

This applies to existing places as well as places under construction. To comply with the D.D.A. existing places may need to be modified to be accessible (except where this would involve "unjustifiable hardship").

What is expected?

Every area and facility open to the public should be open and available to people with a disability. They should expect to enter and make use of places used by the public if people without a disability can do so - eg:

- Places used by the public should be accessible at the entrance and inside
- Facilities in these places should also be accessible (wheelchair-accessible toilets, lift buttons within reach, tactile and audible lift signals for people with vision impairments)
- Rather than being confined to a segregated space or the worst seats, all areas within places used by the public should be accessible to people with a disability.
- Information available to users of the premises should be accessible.

Examples of changes which have already taken place at the request of people with a disability include:

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- A local council built footpath ramps, altered stair areas, widened some path areas, and relocated post boxes and traffic signs to create a clear passage and access to three local shops.
- A ramp was installed at the front door of a bank to enable a local customer to independently conduct her financial transactions.
- Furniture in a college canteen was rearranged to enable a student easier access. The new arrangements meant improved traffic flow for everyone.
- A shopping complex provided wayfinding information on how to get to the lifts.
- A lift was adapted to provide tactile and audio information about floor numbers.

While changes may not happen overnight, people with a disability should expect that changes will be made. A person with a disability has every right to complain when they are discriminated against because a place used by the public is inaccessible.

What if providing access is too difficult?

The D.D.A. does not require the provision of access to be made if this will cause major difficulties or excessive costs to a person or organisation. This is called “unjustifiable hardship”. But before deciding that providing access is unjustified, a person or organisation should

- thoroughly consider how access might be provided
- discuss this directly with the person involved, and
- consult relevant sources of advice.

If adjustments cause hardship it is up to the organisation to show that they are unjustified.

Complaints and Conciliation

Complaints of disability discrimination are made to the Australian Human Rights Commission. Complaints can be made by:

- the person who claims they’ve been discriminated against
- a person affected by discrimination - on his or her own behalf and on behalf of others affected in the same way
- a person acting on behalf of another person or other people who claim they have been discriminated against (eg an advocate)
- an organisation acting on behalf of a person or other people who claim they have been discriminated against (eg a trade union).

Making a complaint

The Commission’s Enquiry Officers can answer confidential enquiries over the telephone, but a formal complaint must at some point be made in writing (on paper

or in electronic format). The Commission can help a person put the complaint in writing, or the person’s union, advocate or friend can help write the complaint. The person can also give a statement to the Commission in Braille, on video or audio tape, through an advocate, or verbally. The Commission can also assist a person to make a complaint by providing:

- community language interpreters including sign language interpreters, and
- information on where a person can get advocacy support.

A written or verbal statement can be made in any language. It should state that the person has been discriminated against on the basis of disability, and it should describe what happened, when and where it happened, who was involved, and give the names of any witnesses.

Complaints handling

The Commission will investigate any complaints received that are within its area of responsibility. Where a complaint against a person or organisation appears to involve an unlawful act of discrimination, the Commission will write to the person or organisation to get their side of the story. The Commission can also conduct an investigation if necessary. Sometimes the Commission may refer a complaint to another body.

Conciliation

If it appears that disability discrimination has occurred, the person or organisation will be asked to participate in a conference with a conciliator and the complainant in order to help resolve the matter to the satisfaction of both parties. This is called conciliation. A solicitor is not needed, but either party can engage one if they wish. Depending on the complaint, conciliation may result in:

- changes in policies or practices
- job reinstatement
- job promotion
- an apology
- withdrawal of the complaint
- payment of damages, and/or
- some other outcome.

Where a complaint cannot be resolved by conciliation, you can take your complaint to the Federal Court for an enforceable ruling if you choose to.

For further reading;

www.hreoc.gov.au/disability_rights/dda_guide/dda_guide.htm.

www.humanrightscommission.vic.gov.au/index.php?option=com_k2&view=item&layout=item&id=729&Itemid=12



The Long Awaited Trip to Paradise

Wayne Bradshaw had wanted to take a family holiday for years but he kept putting it off for different reasons. This time all the planets were in alignment and he could look forward to planning the flight trip, accommodation, activities... His young family decided to experience a wild adventure at Surfers Paradise.

After years of waiting my daughter Brooke finally got her wish and a family holiday to paradise, Surfers Paradise that is. For as long as I can remember I have promised Brooke as soon as her younger brother Ryan turned 5 we would have a family trip to Surfers and the famous theme parks. This year Ryan turned 5 so the big trip was planned. After checking out the accommodation over the net, we booked the Paradise Resort Motel and booked our flights for early October. I think it was all booked in late August, so for four weeks I had 2 kids counting down the sleeps, as well as two packed suitcases sitting in the middle of the lounge, you can't knock their enthusiasm.



Jodie found an unlimited 3 park theme pass advertised through RACV for \$99 which sounded like a bargain. And with cheaper air flights now the norm, we didn't have to mortgage the house to have a holiday. Enough with the costs it was a holiday and time to enjoy the sun, surf and theme parks.

The morning of the trip was upon us, and with our flight leaving at 10:30am it was an early start. We had to be at the Virgin departure lounge an hour before take off. I live in the outer Eastern suburbs, so with the car loaded we set off 7:30am. It was 9:00am when we assembled

in the Virgin boarding lounge. The Virgin staff were great when it came to getting me onto the plane. I stayed in my day chair right up to the aircraft door then I transferred myself into the dreaded aisle chair and boarded the plane. I was the first to board and after getting pushed into place, I transferred into my allocated seat beside my two kids. After our 2 hour flight we landed at Coolangatta airport, and you guessed it, it was raining. After transferring back into the aisle chair, a goods lift was used to get me down onto the tarmac.



We had a hire car organized and after picking up the keys it was a 30 min drive to our hotel.

Paradise Resort is very kid friendly. There are so many activities as well as games rooms etc for the kids as well as a huge pool with a slide to keep them entertained. Our room was very spacious, the bathroom was big enough, the shower was great but the toilet wasn't very suitable. Minor hiccup, after consulting with management, a commode was quickly hired at no expense to me. I advised management about what I thought about a better toilet/hand rail set up, which I think they took onboard. We will see next year as our plan is to go back. After exploring the hotel and having a bite to eat it was time to hit the sack, it had been a huge day and we wanted to be bright eyed and bushy tailed the next day so we could attack the famous Theme Parks.

We awoke to yes "you guessed it" the sound of rain! After breakfast we consulted management about our best options and it was suggested that we go to Movie World. We drove about half an hour to our destination with no problems. At Movie World there were a few shows to see, but the kids were there for the rides.

Continued on next page...



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I took up my position at the ride viewing area so I could see the excitement on their faces and listen to their piercing screams, I'm not complaining, I just loved seeing my family laughing and having fun.

Sea World had more shows to see so I could participate more with the family. There were underwater aquariums, a Pirate skit, I even rode on an accessible monorail that went around the whole park. We followed the program that was handed to us at the entrance gate. The dolphins, whales and seals are amazing. The time and patience of their trainers has to be applauded. After a bite to eat it was back into the queues and the half hour wait for the next ride. On every ride there was a camera situated to catch the hair raising moment, we of course have a photo of most rides. When I think about it I was glad it was not hot and sunny. I would have been burnt to a crisp and very uncomfortable after spending all day in the sun.



When we got back to the motel after our day's adventure, the kids had a quick splash in the pool. After a bite to eat we attended a trivia night with promises of lots of prizes and giveaways. Brooke informed me that there was a lot of cheating going on, with the hotel guests using their mobile phones to surf the net for answers. Some people have to win at all costs, we unashamedly won some icy pole passes. The next day it was time to experience Dream World. The huge crowd gathering outside the gates suggested to me that it was going to be people everywhere. Some of the rides are breath taking and I was a little frightened just watching. My fearless son attacked every ride with gusto. He didn't want to miss out on anything. Luckily I think, he was too small for a few of the rides! Brooke was typical Brooke "I'm gunner go on this and I'm gunner go on that. I just answered O.K Brooke. Jodie just relived her childhood.

Dream World is huge, I got on a paddle steamer which took us around most of the park. The lines were starting to get the better of me with about an hour per ride the norm. It was a long day and I was glad to get back to home base for a rest. I must say that all staff at these parks were helpful and courteous. There are plenty of accessible toilets, car parking was OK even though we didn't have a sticker we informed security that we were from Melbourne and left our sticker at home they understood. Luckily I'm quite fit as you have to be to push around these Parks all day.



After five action filled days and nights it was time for me to fly home, by myself. I had work, a love sick puppy and other commitments to attend to. The rest of the family stayed on to taste the thrills of the beach, and the water theme parks. The weather had warmed up a lot by now which made the water sports more attractive. Jodie mentioned to me that they returned for another go at Dream World and because the weather had warmed up it was over an hour per ride. So for a whole day they went on five rides!

When the rest of my family finally returned home and the dust had settled, we reminisced about the family trip. I asked Ryan what he loved the most "the upside down Ferris Wheel" was his favorite moment. Brooke just loved everything and Jodie well... she was just glad we were home in one piece.

Overall it was a fantastic experience for a young family, I can't say that I have done much flying since my accident, but the staff involved with flying made everything quite easy. I shouldn't have worried, everything was O.K., in fact I plan to return each October for another go.



Ladies Day Out

Another Ladies Day Out is being organised for February 2011, and Debbie gives us some ideas on keeping cool this summer.

What a successful year we have had in our double pages of "From a Woman's Point of View". Thank you all for your ideas and constant input to our column. Without your help, we wouldn't have come this far, so please email or send us any ideas you may have that would contribute to our section of News Link.

Christmas is fast arriving and I'm sure you will all be planning something in and around the Christmas/New year period. I would like to thank all our readers and wish you all a happy and safe Christmas. To start the New Year off with new thoughts and ideas, our next Ladies Day Out will be held in February and we will have updated information on dates and venues etc in the future. The feeling for our next outing is lunch at a beach café taking advantage of the summer weather. Please keep those requests coming in as to where and what you would like on our 'Ladies Day Out'.

Taking Care Over Summer and Keeping Cool

Even though the strength of summer hasn't even hit us yet, as it does approach we tend to wear less clothing due to the heat. Some caution needs to be taken over the summer months especially over the weeks leading up to Christmas and New Year with all those extra family and work gatherings.

Wear lightly coloured and loose clothing and possibly cotton as these will keep you cooler; dark colours attract the heat.

We tend to forget to drink water during these times. It is wise to have a glass of water after each glass of wine or beer/spirits to re-hydrate (also less headaches and hangovers).

A good indicator to check if you are drinking too much or too little is to check the colour of your urine. If your

urine is dark and concentrated, this could mean that you are drinking too little. If your urine is lighter than usual in colour, this could mean that you are drinking too much.

Many people, as a result of SCI, are heat sensitive. Please remember that if you do overheat, this could mean a serious health problem that may need medical attention. Without the ability to sweat below the level of injury, your sweat glands don't expand to release the sweat, which in turn causes your body temperature to stay hot. When you don't sweat there is no moisture on your body to help regulate your temperature.

Some symptoms of serious overheating are:

- Pale skin
- Dilated pupils
- Elevated body temperature
- Cramps
- Dizziness
- Nausea
- Vomiting
- Headaches
- Confusion and sometimes unconsciousness

If you are going to be out in the sun for long periods of time, don't forget to "Slip", "Slop", "Slap" and wear a "Sun Hat".

Once again, take care and have a happy and safe Christmas and New Year.

Debbie

AQA Information Officer



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

Delivering individualised personal care and community access support to clients right across Victoria. AQA Qualcare specialises in the support needs of people with spinal cord injury and physical disability.

Phone: (03) 9482 4373

Email: qualcare@aqavic.org.au



AQA Discovers the Power in Me

From our beginnings, AQA has been about working with people to develop positive expectations about the possibilities in life after spinal cord injury. In November we commenced a pilot of a new training program Discovering the Power in Me in partnership with like minded spinal associations in NSW and QLD, with a view to introducing an additional support to people with spinal cord injury in Victoria.

People suddenly facing the effects of a spinal cord injury have three major battles to overcome early in their rehabilitation: physical, mental and of the spirit. Currently the focus is largely on the physical battle, with limited assistance for the rehabilitation of the mind and spirit.

No longer able to do the things that one loves to do, and identify one's life with, is a significant challenge after a sudden, traumatic injury. Creating a mindset that encourages finding creative solutions and possibilities, while building a future of hope and resiliency, is essential to creating a new vision — a vision of increasing independence for the future. Understanding how the mind works, how current beliefs and attitudes can shape our expectations of the future, can enable individuals to take more control of the way they think.

Discovering the Power in Me is a 12 unit program that combines video-based material with group discussion facilitated by people with life experience of spinal cord injury. The program runs over 2 days and brings together aspects of positive psychology used in sports psychology presented by people with life experience of spinal cord injury. It's a program that was designed and developed by people with disabilities and health experts in Vancouver,

Canada. Its purpose is to help build hope, inner strength, resiliency, and self efficacy in people with disabilities and their families in order to re-assert control over their lives.



During the pilot, four AQA representatives were trained up as Peer Facilitators and then continued on to co-facilitate the first two day training program with a select group of eleven AQA members and friends. Both participants and facilitators got a lot out of the sessions. Similar groups were held in Brisbane and Sydney and an evaluation is being completed with the help of the University of Western Sydney with input from participants, facilitators and training coordinators from all three sites.

Apart from the value of the content, the trial is a great example of how organisations can share costs and develop and test ideas more efficiently and effectively in collaboration.

We look forward to bringing you the results of the evaluation in the new year and to launching a schedule of training in 2011 so that you too can *Discover the Power in You*.

Gold Class movie vouchers for all participants in a spinal cord injury study

Have you been discharged from the Victorian Spinal Cord Service at Royal Talbot within the last 8 years (i.e., since end of September 2002)?

If you are aged between 18-65, we are keen to hear from you.

We all live in a social world where we give and receive social support to each other. We want to hear about your experiences since your spinal cord injury: who and what was helpful? Who wasn't? And how they were helpful?

Whatever you tell us will be 'de-identified' - your personal details will be kept confidential.

Results will be aggregated and used to:-

- Create a tool to measure social support needs;
- Design interventions and activities to improve quality of life after SCI.

Your involvement could improve the outcomes of people with SCI going through the Royal Talbot.

All that is involved is one 45-60 minute interview with a La Trobe University Researcher at a time and place that's suitable for you.

As a thank you for your time, you will receive 2 Gold Class movie vouchers.

To express your interest send an email to Belinda Garth or Brendon Murley

Email: B.Garth@latrobe.edu.au

Email: B.Murley@latrobe.edu.au

For further information, contact Paul O'Halloran on (03) 9479 5607 or Belinda on 0423 709 449.



AQA's approach to spinal cord research developments is to provide its members and subscribers with information as it emerges and to point to where more details can be found.

Chitin: Miracle cure for brain and spinal cord injuries?

The CareCure website reported recently Richard Borgens, teamed up with physiologist Riyi Shi and chemist Youngnam Cho, who discovered that chitin, in a modified form, may be able to actually repair damaged nerve cells. The following is an excerpt from the website. You can more about this at <http://sci.rutgers.edu>

Chitin is the second most plentiful natural polymer in the world. It is the main component of the cell walls of fungi, the exoskeletons of arthropods (like crabs, shrimp and beetles) and worms. Chitin has already been proven to promote healing and aid in blood clotting. It is so powerful, that if left on a third degree burn, the burn heals within days. Chitin has recently been approved for use in bandages and hemostatic agents because it promotes healing, has natural antibiotic qualities and quickly stops bleeding. It is also hypoallergenic, non-toxic and completely biodegradable. But, this is not the best news. If preliminary research conducted at the Centre for Paralysis Research at the Purdue School of Veterinary Medicine is confirmed, brain and spinal cord injury victims may, for the first time in history, have a potential cure.

Richard Borgens, teamed up with physiologist Riyi Shi and chemist Youngnam Cho, who discovered that chitin, in a modified form, may be able to actually repair damaged nerve cells. These researchers isolated a segment of guinea pig spinal cord, compressed it and then applied the modified chitin to the damaged section. They added a fluorescent dye that could only enter the cells through damaged membranes. If the chitosan was successful, the spinal cord tissue would remain unstained. If it were not successful, the neurons would be flooded with dye. None of the dye entered the nerve cells. Chitosan had apparently repaired the nerve cell membranes. After much more experimentation, they decided to take the experiment a step further. They injected chitosan into a paralysed guinea pig - 30 minutes later, the guinea pig was able to use its paralysed limb.

It will take some time to get from the discovery of this potential miracle cure to the possibility of actually using it for humans with brain or spinal cord injuries, but hope is on the horizon.

Tongue Controlled Wheelchair For People With High Level Spinal Injuries

People with high-level spinal cord injuries could benefit from a new tongue-controlled wheelchair, currently being trialed by the Georgia Institute of Technology in the US.

The wheelchair is powered not by a keyboard, buttons or a wand in the mouth but by a tiny magnet- about as big as a grain of rice- on the users tongue. The magnet works like a mouse pad, with the tongue as the cursor. Move the tongue forward and it sends a wireless signal to six sensors in a special headset that cause the wheelchair to move forward. Move the tongue back, and the chair goes in reverse.

Why the tongue?

“One of the major advantages of the tongue is that it’s directly connected to the brain,” said Maysam Ghovanloo, Assistant Professor at Georgia Tech and head of the project.” The tongue is unlike the rest of the body, which is connected to the brain through the spinal cord. A patient who has even the highest level of spinal injury can still move his or her tongue like me or you”.

Assistant Professor Ghovanloo said the beauty of the chair goes beyond mobility. The users like it because they don’t look much different when using the chair, as opposed to other mobile units that use sip and puff methods or keypads to get around,” explained Ghovanloo. “These patients, the last thing they want is to look even more different when in a wheelchair. This design helps”.

For more information and to see a video of someone using a wheelchair, visit

www.cnn.com/2010/HEALTH/01/25/hm.wheelchair.tongue/index.html?iref=allsearch.



Development of Therapies

Researchers at Karolinska Institute have shown how stem cells, together with other cells, repair damaged tissue in the spinal cord of mice. The results are of potential significance to the development of therapies for spinal cord injury.

There is hope that damage to the spinal cord and brain will one day be treatable using stem cells (i.e. immature cells that can develop into different cell types). Stem cell-like cells have been found in most parts of the adult human nervous system, although it is still unclear how much they contribute to the formation of new, functioning cells in adult individuals.

A joint study by Professor Jonas Frisén's research group at Karolinska Institute and their colleagues from France and Japan, shows how stem cells and several other cell types contribute to the formation of new spinal cord cells in mice and how this changes dramatically after trauma. The study and findings were published in *Cell Stem Cell*.

The research group has identified a type of stem cell, called an ependymal cell, in the spinal cord. They show that these cells are inactive in the healthy spinal cord, and that the cell formation that takes place does so mainly through the division of more mature cells. When the spinal cord is injured, however, these stem cells are activated to become the dominant source of new cells.

The stem cells then give rise to cells that form scar tissue and to a type of support cell that is an important component of spinal cord functionality. The scientists also show that a certain family of mature cells known as astrocytes produce large numbers of scar-forming cells after injury.

"The stem cells have a certain positive effect following injury, but not enough for spinal cord functionality to be restored," says Jonas Frisén. "One interesting question now is whether pharmaceutical compounds can be identified to stimulate the cells to form more support cells in order to improve functional recovery after a spinal trauma."

For more information, visit www.sciencedaily.com.

Annual General Meeting

AQA's Annual General Meeting of members was held Monday 15th November 2010 at the AQA office. Directors Kerry Durrand and Tanya Clarke were re-elected as directors of the company and three new directors were appointed, Mark Licciardo (expertise - governance and banking), Martin Nally (expertise - human resources) and Terri Smith (expertise - management in the not for profit sector). We look forward to continuing to work with Kerry and Tanya and welcome Mark, Martin and Terri to the AQA board.

Guest speaker Professor Mary Galea, Foundation Professor of Clinical Physiotherapy at the University of Melbourne and Director of the Rehabilitation Sciences Research Centre at Austin Health addressed the meeting about her work as the lead investigator on a large multi-site program of research, SCIPA (Spinal Cord Injury and Physical Activity), investigating the effects of exercise after spinal cord injury.

Although the health benefits of physical activity are well established, many barriers prevent people with spinal cord injury from undertaking regular exercise. Physical barriers, such as lack of wheelchair access or appropriate equipment in exercise centres combine with attitudinal barriers for the individual themselves, service providers and the general community to create barriers that prevent full integration of people with disabilities into the community. Many community organisations, such as YMCA and PCYC, have "equity of access" embedded in their mission, however fitness instructors often lack the expertise necessary to cater for the special needs of the spinal cord injury population.

One of the SCIPA projects, SCIPA Com will provide proof of concept that a training program for fitness instructors will break down multiple barriers to physical activity and so benefit individuals living in the community with impairments from spinal cord injury. The **aim of SCIPA Com** is to expand the knowledge base and confidence of individual service providers in working with people with spinal cord injury through development of an online educational system. Further information about this important work can be obtained from the SCIPA website at http://www.scipa.unimelb.edu.au/research_projects/scipa_com/index.html

Professor Galea is a physiotherapist and neuroscientist whose research program includes both laboratory-based and clinical projects with the overall theme of control of voluntary movement by the brain, and factors that promote recovery following nervous system damage.

The audience found Professor Galea's presentation interesting and informative and many people chatted with Mary after the presentation to find out more about this exciting project.

Board Focus - Risk Management

AQA Directors Nick Walker and Mark Licciardo take a look at the important element of corporate governance - effective risk management.

Nick Walker – Profile

Nick joined the board in November 2009. He is currently a senior audit manager with a mid-tier accounting firm. Extensive experience in audit, financial reporting and due diligence reviews spanning corporate and not-for-profit sectors. Raised in Dareton (south-western New South Wales) and having commenced his career in Mildura, Nick has a strong interest in the rural and regional sectors.



As an experienced auditor who has worked on a number of audits for not-for-profit organisations in the health and community services sector, Nick had been looking for an opportunity to make a contribution to an organisation such as AQA Victoria. He joined the Finance and Audit Committee in September 2009 and has found his involvement with AQA Victoria both challenging and rewarding and has learned much about the disability sector over the past year.

Mark Licciardo – Profile

Mark Licciardo is Managing Director of Mertons Corporate Services Pty Ltd which provides Company Secretarial and Corporate Governance consulting services to ASX listed and unlisted public and private companies. Prior to establishing the consulting business, Mark was Company Secretary of the Transurban Group (2004-2007) and Australian Foundation Investment Company Limited, Djerriwarrh Investments Limited, AMCIL Limited and Mirrabooka Investments Limited (1997-2004).



His expertise includes working with Boards of Directors in the areas of corporate governance, corporate administration and company secretarial practices. He previously held finance roles with the investment companies for 3 years which followed a 13 year career in commercial and retail banking.

Mark possesses well developed financial literacy skills and has gained considerable experience in directors' duties, company secretarial and corporate governance while working closely with the Boards of various Top 100 ASX listed companies and high profile directors for the past 15 years, including more recently in the role of non-executive director of two not-for-profit public companies. He has demonstrated elevated ethical standards, analytical skills and sound leadership ability gained over a 30 year corporate

career in banking, funds management, investment, infrastructure development including the management of a consulting business.

Mark is Chairman of the Chartered Secretaries Australia (CSA) in Victoria, a fellow of CSA and a member of the Australian Institute of Company Directors (AICD).

The Board's requirement to manage risk

Corporate governance requires specific attention by all entities and has been a key focus of AQA Victoria's Board in recent years, an important element of governance is effective risk management. The requirement to assess and monitor risks is born from both a legislative perspective, under the *Corporations Act 2001*, and internally by AQA Victoria's policies and procedures in respect of Board of Management Responsibilities and Risk Identification and Procedures. The latter policies and procedures being applicable to AQA Victoria staff as well as the Board.

Under the *Corporations Act 2001*, the term "risk" is not actually defined, rather reference is made to the need for directors to exercise their duties with reasonable care and diligence, something that cannot be done without effective risk management policies and procedures. Should there be any doubt however, the Board of Management Responsibilities policies and procedures specifically state that directors must be involved in risk management and corporate responsibility matters.

Managing risk at the Board level

The areas of focus in respect of risk management are outlined in the Board's strategic calendar to ensure issues are discussed and addressed during the year. Such activities include the review of budgets, budget to actual performance, review of strategic plan and other matters of significance. AQA Victoria's Chief Executive Officer is invited to each Board meeting to report on the organisation's operations and to highlight areas of concern or interest.

The strategic plan acts as AQA Victoria's risk register listing key strategies to address certain risks and prioritising actions to be taken to ensure matters of higher risk are dealt with in an appropriate manner and time frame.

The role of the Board Committees

Due to the nature of Board meetings in respect of size and agenda to be covered, due consideration of risk related matters cannot always be achieved in an effective manner. For this reason, the Board has established a number of committees to consider specific areas of risk and compliance. The currently established Committees are as follows:

- Risk and Compliance Committee;
- Finance and Audit Committee;
- Development and Fundraising Committee; and
- Nominations and Appointments Committee.

Continued on next page...



RehaDesign Wheelchair Gloves

A few issues ago, we wrote about the high cost of gloves for wheelchairs. The Orthotics Department at the Royal Talbot, who were the “go to” people, increased their prices dramatically.

A specialised wheelchair and accessory company from Sydney, NSW sells a variety of wheelchair gloves that just might suit your needs at a reasonable price..

They import a brand from the US called RehaDesign that have 3 different glove types that are specialised to fulfill particular needs whether it be easy fitting to people with limited hand function such as quadriplegics (**Flexi-Fit**), to ultra-light gel padded palms to diminish impact force on the hand (**Gel-Palm**), to quality leather with stretch neoprene backing and textured palms for better traction for sports orientated people and wet weather conditions when a sure grip is necessary (**Ultra-Grip**).



Flexi-Fit



Gel-Palm



Ultra-Grip

The cost is \$69.00 for all sizes and types.

They also have another 3 types of wheelchair gloves:

The **Melrose Palm** glove which fits over the palm and thumb that is priced from \$60 - large, \$65 - small and \$70 - medium,

The **Quad Palm** glove which has a thicker rubber for durability that fits over your palm and wrist with a cut away for your thumb priced at \$65,

The **High Wrist** glove which is similar to the Quad Palm glove but extends to the wrist for greater support is priced at \$80 regardless of size.

Their contact details is as follows:

Specialised Wheelchair Company

Phone: (02) 9905 5333

Web: www.swco.com.au



Melrose Palm



High Wrist



Quad Palm

...from previous page

Areas of significance are raised with the Board for deliberation and, if necessary, for decision making. The Committees from time to time, will make recommendations to the Board for adoption.

Membership of each committee will include members of the Board with skills and experience that are appropriate for the Committee’s area of focus. If further skills are required, the Board will seek to appoint independent members. The ideal committee composition will in general

comprise independent members to ensure a level of objectivity in discussions.

Overall effectiveness of risk management

The members of the Board cannot operate in a vacuum if risk is to be managed effectively. Regular consultation and discussion with AQA Victoria’s staff and clients is necessary to get a complete picture of what issues require investigation and consideration. Forums held by the organisation are a good way of facilitating these interactions allowing open and frank discussion, something that is central to sound risk management.



The Dead Parrot

A woman brought a very limp parrot into a veterinary surgery. As she lay her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the vet shook his head sadly and said, "I'm so sorry, Polly has passed away".

The distressed owner wailed, "Are you sure? I mean, you haven't done any testing on him or anything. He might just be in a coma or something?"

The vet rolled his eyes, shrugged, turned and left the room returning a few moments later with beautiful black Labrador.

As the bird's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the dead parrot from top to bottom. He then looked at the vet with sad eyes and shook his head. The vet patted the dog and took it out but returned a few moments later with a cat

The cat jumped up and also sniffed delicately at the ex-bird. The cat sat back, shook its head, meowed and ran out of the room.

The vet looked at the woman and said, "I'm sorry; but like I said, your parrot is most definitely 100% certifiably ... dead."

He then turned to his computer terminal, hit a few keys and produced a bill which he handed to the woman. The parrot's owner, still in shock, took the bill. "\$150!" she cried. "\$150 just to tell me my bird is dead?!"

The vet shrugged. "If you'd taken my word for it the bill would only have been \$20, but..... what with the Lab Report and the Cat Scan..."

Lion Trouble

A big-game hunter went on safari with his wife and mother-in-law. One evening, while still deep in the jungle, the Mrs awoke to find her mother gone. Rushing to her husband, she insisted on them both trying to find her mother. The hunter picked up his rifle, took a swig of whiskey, and started to look for her.

In a clearing not far from the camp, they came upon a chilling sight:

The mother-in-law was backed up against a thick, impenetrable bush, and a large male lion stood facing her. The wife cried, "What are we going to do?"

"Nothing," said the hunter husband. "The lion got himself into this mess, let him get himself out of it."

Memory Problem

It seems that this old couple were having trouble remembering things, so they signed up for a memory course. The course was wonderful; they come home and told all their relatives, friends, and neighbours about it.

Some months later, a neighbour approaches the man as he tends the garden.

Neighbour asks, "Say, Ed, what was the name of the instructor of that memory course you liked so much?"

Ed replies, "Well, it was...hmmm...let me think a minute... What's the name of that flower, you know, the one that smells so nice, but has thorns on the stems...?"

Neighbour says, "You mean a rose?"

Ed replies, "Yeah, that's it!... (shouting toward house) Hey, Rose, what was that memory course instructor's name?"

Amish And The Elevator

An Amish boy and his father were visiting a mall. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and back together again. The boy asked, "What is this, Father?"

The father, never having seen an elevator, responded, "Son, I have never seen anything like this in my life, I don't know what it is."

While the boy and his father were watching with amazement, an old lady in a wheelchair rolled up to the moving walls and pressed a button. The walls opened and the lady rolled between them into a small room. The walls closed and the boy and his father watched the small circular numbers above the walls light up sequentially.

They continued to watch until it reached the last number and then as these numbers began to light in reverse order. The walls opened up again and a beautiful 24 year old woman stepped out.

The father, not taking his eyes off the young woman, said quietly to his son, "Go get your Mother."

CLASSIFIEDS

For Sale

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's 'Video Gallery' at www.aqavic.org.au, Please call for further details as too many to list here.

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

Price: \$45,000 MUST BE SOLD

Wanted

Pressure Relief Cushion - Looking for any type of Pressure Relief Cushion up to \$100.

Phone: Hamza 9306 3634 (9/10/#a)

Freebies

Catheter's - Neleton Firm by UnoMedical

We have plenty of these - so let us know how many you need.

Phone: (03) 9489 0777 (ask for Naz)

For Sale

1999 Holden combo

Wheelchair accessible vehicle, Colour of vehicle is white, 11 years old vehicle, RWC, Travelled a very easy 186,000kms Excellent condition. Serviced regularly, Manual gearbox, A/C, Tie down straps to tie down wheelchair. When new cost \$45,000

Phone 9748 6437

Price: \$11,000 ono

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 8774 2017 or 0409 380 765

Toyota Avalon, 2001 model

only 128,000 kms, hand controls, automatic, pale green in colour (silver leaf), new tyres, registered to January 2011, very good condition.

Phone: Kathy (03) 9746 8202

Price: \$8000 ono

Ford Transist Van

4 seater with wheel chair lift and restraints, Diesel T-Bar auto, tow bar SWB, 163000 Kms, RWC with 10 months reg, one owner in new con.

Phone: Andrew Nicholson (03) 5278 6685

Price: \$10,000

Supporting Services To People With Spinal Cord Injury

Making a bequest...

Bequests provide a legacy to an organisation you already support or want to support in the future. Making a bequest to AQA in your will is a meaningful way of supporting people with spinal cord injury. All bequests help strengthen the services provided by AQA that promote independence, quality of life and inclusion of people with disabilities in the community.

If you have included AQA in your will, or you are considering making a bequest to AQA we would love to hear from you so that we can acknowledge your support.

We would also like to include you in our list of supporters who receive our bi-annual supporters newsletter that provides an update of our services, the year's events and other activities that AQA is involved in that support people with spinal cord injury.

If you would like more information about making a bequest to AQA please contact Peter Trethewey CEO or Robyn Canning Executive Assistant on (03) 9489 0777.

CLASSIFIEDS

For Sale

Electric Tilt Table

Excellent condition limited use, cost new \$3700

Phone: (03) 8774 2017 or 0409 380 765 (Jerry)

Price: \$2500

1994 XG Ford Falcon

Wheelchair accessible Panel Van, modified for wheelchair use. Room for driver, 2 passengers and wheelchair. T-bar automatic. Only done 120,000 kms

Phone: Lee (03) 5433 2701 (Heathcote)

Price: \$10,000 ono

2000 Holden Combo Free Wheeler

Wheelchair Accessible Vehicle, VGC reg April 2011 one owner, 69,000kms

Phone: Julie (03) 5447 8018

Price: \$17,500 ono

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: \$4,000 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: \$5,000 ono

Tilt Table / Stand up-right table

Excellent condition hardly used. 240volt & battery back up

Phone: Michael on (03) 97025102 or 0409196713.

Price: \$2000

MORE CLASSIFIEDS ON PAGE 19 & WWW.AQAVIC.ORG.AU/FORUMS

Supporting Services to People with Spinal Cord Injury

Making a donation...

With community support AQA continues to make a difference in the lives of people who sustain spinal cord injury and for the family that support them. You can provide support with a donation.

By Phone – please ring AQA on (03) 9489 0777 and have your credit card details available. (Mastercard, Visa, American Express)

By Mail (cheque or credit card) – fill in the slip below and send with your cheque to:

AQA Victoria Ltd
P.O. Box 219
Fairfield VICTORIA 3078

Name: (Mr/Mrs/Miss/Ms) _____

Address: _____

Suburb: _____ P/Code: _____

Phone Number: _____ Mobile: _____

Email: _____

I'd like to donate:\$ _____

Card Type: Visa Mastercard Amex

Card Number:

Expiry Date: _____

Name on Card: _____

Signature: _____

new release

Freewheeler Kangoo

Liberté



The all-new Freewheeler Kangoo Liberté is a new generation, compact wheelchair-friendly car. It replaces the famous original Freewheeler Kangoo which has brought new lifestyle opportunities to hundreds of young and old wheelchair users and community organisations throughout Australia.

Now based on the Renault Scenic passenger car platform, Freewheeler Kangoo Liberté offers more space, better vision and a host of standard features.

Wheelchair friendly cars

**fleetworks
mobility**



Liberté is ...

Bigger

While still conveniently compact at 4.2 m long, a massive 25cm increase in width makes a dramatic difference in space and comfort. The deep windscreen and side windows provide excellent vision for the wheelchair passenger.

Safer

Front and side airbags, ESP and 4 wheel disc brakes with ABS take safety to a new level.

Smarter

Freewheeler Kangoo Liberté offers the latest in smart technology with Bluetooth-enabled Radio/CD. iPod jack, fingertip Bluetooth controls, automatic headlights and wipers, plus cruise control.

Smoother

The coil sprung factory suspension smooths out road surfaces, making outings relaxed and enjoyable.

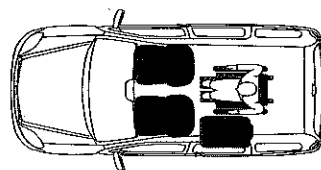
Funkier

The cheeky good looks of Freewheeler Kangoo Liberté make a bold statement. It is a smart looking contemporary wagon available in 10 colours.

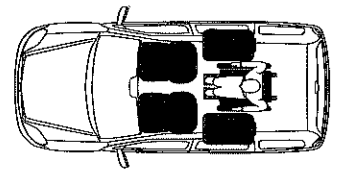
So easy to use you'll never be home

Freewheeler Kangoo Liberté is so easy to park, you don't even need to use disabled car parking. Electric restraints make securing wheelchairs a breeze.

Freewheeler – so practical, yet so much fun



Standard 3 seat layout



Optional 4 seat layout

For more information call David Syer FREECALL '1800 ACCESS' (1800 222 377)

Visit: www.fleetworks.com.au Email: carhelp@fleetworks.com.au

- Freewheeler Repurchase Program
- Freewheeler Insurance Package
- Vehicles supplied at fleet prices
- No dealer delivery fee



Wheelchair friendly cars

fleetworks
mobility