

Polio Network Victoria



Polio Network Victoria (PNV) is a free service of Independence Australia. PNV provides:

- Information and support for polio survivors
- Contacts for nine local support groups around Victoria, which are invaluable sources of information, resources, social support and connection
- A free quarterly newsletter providing information and resources for the post-polio community
- Annual Polio Day events

To connect with your local group call
1300 704 456
or email
polio@independenceaustralia.com

Polio Australia



Polio Australia is a national organisation that exists to represent polio survivors and the state post-polio networks.

Polio Australia's programs include:

- Resources for polio survivors, including free community information sessions
- Clinical practice workshops and resources for health professionals
- An online register of polio-aware health professionals
- Annual retreats for polio survivors and their families

For more info visit
polioaustralia.org.au
or call 03 9016 7678

Did
you have
Polio
?

You could be experiencing the Late Effects of Polio, including Post-Polio Syndrome.

You're not alone! There are community groups in Victoria for us to gather, meet, get help and support each other.

What is LEOp?

The Late Effects of Polio (LEoP) is a broad term, and may or may not include a diagnosis of Post-Polio Syndrome (PPS).

Symptoms of LEOp include:

- Fatigue
- New or increasing muscle weakness and atrophy
- Muscle spasms/twitches
- Breathing and sleep problems
- Difficulty with speech and swallowing
- Chronic pain
- Increased sensitivity to cold and/or heat

If you are experiencing any issues related to polio/PPS/LEoP and requiring support, specialised health services are available through Polio Services Victoria, a post-polio service located in the Bolte Wing of St Vincent's Hospital, Nicholson St, Fitzroy.

Call
Polio Services Victoria on
1800 030 324

ANAESTHESIA ALERT!

People who have had polio need special care when undergoing anaesthesia. Make sure your GP, surgeon and anaesthetist are aware of your polio history.

Australian Polio Register

To truly understand how large the community of polio survivors is, and in order to advocate for your needs, we encourage all polio survivors to register their details - no matter where you got polio.



Register now at
australianpolioregister.org.au

There could be as many as 400,000 polio survivors living in Australia, whether they contracted polio here or migrated after infection.

During the outbreaks from the 1930s up to the 60s, as many as 40,000 people contracted paralytic polio in Australia - and many more were infected with milder symptoms.

Post Polio Victoria

Post Polio Victoria (PPV) was established by polio survivors to advocate for Victorians with polio so that we can have access to the information and the services we need to live actively and independently.

We provide information on polio research, aids and equipment for health professionals and people with polio through our website and newsletters.

We raise awareness among health providers and governments about the health and support needs of people with polio.

Joining PPV means you will receive notifications and information, invited to events and have the opportunity to have your say.

With your support we are able to strengthen our efforts to increase awareness and get better services for people with polio.

Become a member at
postpoliovictoria.org.au
or call
0431 702 137