

MAQ

Montrose Access Quarterly

Winter 2009

Supporters and Ambassadors recognised



The white walls of Government House formed the perfect backdrop for an evening of celebration and recognition. Her Excellency, Ms Penelope Wensley AO, in her dual capacity as Governor of Queensland and Patron of Montrose Access, welcomed donors and supporters of Montrose Access to a Supporters Appreciation Reception.

The highlight of the evening was the recognition and appointment of Montrose Access Ambassadors. It was with great pleasure that Mr Paul Rigby, Mr Charlie Earp OAM, Mrs Margaret Earp, Mr Ray Phillips and Mr John Philp were presented with their insignia and officially welcomed as Ambassadors of Montrose Access.

Being an Ambassador for Montrose Access is a role that is highly respected and valued by the Board, management, staff and clients of our organisation. Thank you to our Ambassadors for your continued support and compassion about our need for community recognition, awareness and fundraising.

We would also like to thank everyone who has continued to support Montrose Access over the last 76 years. We look forward to your continued support.

Her Excellency, Ms Penelope Wensley AO officially welcomes Montrose Access Ambassadors.



Message from the President

Hello everyone and welcome to the winter edition of MAQ.

It was with great pleasure that MontroseAccess announced the appointment of our first inductees as 'MontroseAccess Ambassadors' at our recent Supporters Appreciation reception at Government House. Kindly hosted by our patron, the Governor of Queensland, Ms Penelope Wensley AO, our Ambassadors were selected due to their dedication shown towards the promotion of community recognition, awareness and fundraising for MontroseAccess. The evening was also shared with our valued corporate and individual supporters. Those in attendance represented only a small percentage of the generous supporters of MontroseAccess, and I would like to take this opportunity to say thank you to everyone who has helped our organisation over the last 76 years.

It is also pleasing to see that the work of MontroseAccess is being recognised world wide, with staff presenting and attending valuable conferences. Helen Posselt, physiotherapist at MontroseAccess, was recently the only therapist invited to present at the First Asian Conference of Duchenne Muscular Dystrophy held in Bangladesh. Physiotherapist, Sue Nicklin, will be attending the Parent Project Muscular Dystrophy's Connect conference in Atlanta and the Lifestyle and Leisure team also presented at the 2009 Shared Visions Disability Conference.

On a sad note, it is with regret that I announce the resignation of Dr Geoffrey Wallace from the Board of MontroseAccess. Dr Wallace has been a Director of MontroseAccess since 1995 and has been an invaluable asset to the organisation. Fortunately Dr Wallace has agreed to continue his work with the Neuromuscular Clinics. On behalf of the Board and staff, I would like to thank Dr Wallace for his work and commitment towards MontroseAccess over the last 13 years. We will keep you updated about Dr Wallace's replacement on the Board.

I am looking forward to our upcoming annual Charity Race Day, to be held at Doomben on Saturday 25th July. This is our major fundraising event for the year and we thank our generous sponsors for their support of this event. Special thanks to our major sponsors again this year – Ownit Homes. The Ganim family have been on board with us since our first race day three years ago and their ongoing support is greatly appreciated. We would also like to invite MontroseAccess families to attend the day, with free general admittance passes available and we would like to see many volunteers on the day to assist in fundraising on course. Please contact the Marketing department for more information.

Kind Regards,

Mark Greenup
President

Ambassadors – part of MontroseAccess since the beginning

MontroseAccess has always been very fortunate in attracting generous people – some of them famous – to take the message of its services to the broader community.

Especially in the days before television came to Queensland in 1949, radio was essential in ensuring that the community was aware of Montrose and the extent of its work. Russ Tyson broadcast ABC radio's famous session, Hospital Half Hour, for many years and became an enthusiastic Montrose supporter. Montrose children sang on his programme – particularly when he devoted whole sessions to Montrose – and also at Christmas; Montrose children became very well known for their carol singing ability. In 1956, the new recreation hall at Montrose was named for Russ Tyson, and in 1964, he became a member of the Montrose board. In the 1970s, Russ Tyson continued his work with Montrose and is well remembered for the Christmas concerts he compered. He was a Montrose ambassador for thirty years.



Montrose clients were a regular on Russ Tyson's 'Hospital Half Hour' radio show.

Fundraising facts:

A small contribution to MontroseAccess can go a long way

\$10 provides overnight accommodation at Corinda for a rural family so that their child can attend therapy sessions and doctors appointments

\$20 buys a child a hydrotherapy session

\$50 allows a child to attend a session with a therapist

\$100 provides weekend respite accommodation for a client, so their parents can have a break from 24 hour care

\$200 will buy a chair which assists with lifting and transferring a child from a wheelchair

\$400 will purchase an 'easy walk' so a child with poor balance or weak upper limb movement can walk

\$700 allows a child to attend a five day recreation camp

\$1400 buys a basic wheelchair so a child can move around their home or school.

Challenge yourself and become an Everyday Hero

www.everydayhero.com.au

MontroseAccess has joined forces with Everyday Hero to allow you to create your own personal fundraising page. The online fundraising site allows you to set your own personal challenge and receive sponsorship from your friends, family or colleagues, with all proceeds being donated to MontroseAccess.

The online system allows you to:

- Raise money online (donations are made online and then automatically paid to MontroseAccess)
- Request donations from friends and family easily via email
- Keep track of your donations (an online tally shows how much money you have raised)

Why not get your school or workplace involved too?

Ideas for challenges include:

- Entering a sporting event (eg Bridge to Brisbane, The Gold Coast Marathon)
- Giving up for a month (eg alcohol, caffeine, Play Station)
- Why not come up with your own challenge?

For assistance with creating your Everyday Hero page, please contact Carol Crompton ccrompton@montroseaccess.org.au or **07 5509 9308**. The top fundraisers will be acknowledged on our website and in the next edition of MAQ.

We challenge you to challenge yourself!

Friends of MontroseAccess – Can you help?

Do have some time and expertise to spare and would like to help MontroseAccess to support our clients and families?

We are looking for some movers and shakers to help us form committees to assist with the planning of fundraising events and to help expand our connections and networks in the community. We are hoping to set up *Friends of MontroseAccess* committees in Brisbane, as well as on the Sunshine and Gold Coasts. *Friends of MontroseAccess* will be supported by the MontroseAccess Marketing department to achieve goals which will help raise funds and awareness for our clients. Local business people, friends, parents and carers are more than welcome to join.

Please contact Marketing Team Leader, Jen Livingstone ph. **07 3717 1194** or jlivingstone@montroseaccess.org.au for more information.

MontroseAccess now on Facebook

Show your support to MontroseAccess by joining our Facebook cause. Search for MontroseAccess in the 'Causes' application or visit our website for a direct link. Why not invite your friends to join up too!

Emails please!

With the increasing use of email, MontroseAccess is currently updating their databases, and would love to have an email contact for all of our clients, donors and supporters. Please send an email to ccrompton@montroseaccess.org.au with "subscribe" in the subject line. Any information collected will be treated confidentially and will adhere to our privacy policy.

Care of your electric mobile hoist

Having and using a mobile hoist in the home to save carers' backs and provide comfortable transfers can be a great asset. It can also cause trouble if it is not maintained or serviced. To avoid some of the more common traps, it is wise to keep the following tips in mind:

- When not in use, store the hoist near a power point so that it can remain plugged in and charging at all times. Do not let the battery run down as it will need to be replaced.
- Lights: For most hoists, the green on-light indicates that the charger is on. The orange charge light is on when battery is charging and goes out when the battery is fully charged.
- Regularly check the sling for fraying and other signs of wear, especially if it is washed regularly, and contact your MontroseAccess occupational therapist if you have concerns.
- Remember that if you have a pivot frame with pivot sling, the legs are designed NOT to be crossed over before attaching by the plastic clips. If you have a general purpose sling, this is designed for the sling-legs to be crossed over before attaching by the loops.
- If the hoist becomes hard to push, check the wheels for hair that may have become caught up. This is quite common in households with pets.
- Have the hoist serviced every 12 months. If you have a hoist from MASS you will not receive any notification when the service is due. Each twelve months contact your local Community Health to raise a purchase order to have the hoist serviced. MASS will be invoiced for this. There are a number of agencies that will service the hoist in your home and to the requirements of Australian Standards AS ISO 10535-2002. Ring your MontroseAccess occupational therapist if you need to locate a suitable agency.

Mathilde Backhouse

Paediatric Rheumatology Multi-disciplinary clinic

Since October 2008, the Paediatric Rheumatology Multi-disciplinary clinic has been operating for half a day once per month. During this time approximately 30 children with Juvenile Idiopathic Arthritis have been reviewed by Dr Navid Adib (Queensland's only paediatric rheumatologist) and the MontroseAccess Allied Health team. As well as children from the Brisbane area, children and their families have travelled from as far as Atherton and Gladstone to attend the clinic.

Due to the demand for appointments, the clinic will operate on a full day basis from May 2009. The success of the clinic can be attributed to the opportunity for everyone (parents, medical staff and MontroseAccess staff) to be involved in the on-going management of the child's condition.

The Paediatric Rheumatology Multi-disciplinary clinic offers a co-ordinated approach involving medical management, therapy and family support which is essential to achieve the best outcomes for children with Juvenile Idiopathic Arthritis

For more information contact Lynne Borgert, Physiotherapist, on **3379 9200**.



The Pearce family benefit from the Rheumatology Multi-disciplinary clinic

The fight against DMD crosses all borders

MontroseAccess Physiotherapist, Helen Posselt, was recently invited to present at the First Asian Conference on Duchenne Muscular Dystrophy (DMD) in Bangladesh. DMD is the most commonly inherited neuromuscular condition affecting muscles of all types. The condition affects approximately 1 in 3500 boys around the world, and there is currently no cure.

Hosted by the United Parents Project Muscular Dystrophy, Health Care Global Foundation and NIMHANS, European, North American and Australian speakers joined Indian scientists and doctors in presenting the latest information for treatment of DMD. Helen was the only therapist invited to present, and her presentation was attended by 160 physiotherapists from around the world.

Ms Sue Nicklin, physiotherapist, will be attending the Parent Project Muscular Dystrophy conference in Atlanta, as a MontroseAccess representative. The Connect conference will focus on the latest DMD research, clinical trials, new drug discovery, care and treatment updates, social issues and other topics dealing with the overall well being of those affected with DMD.

Carer morning teas

Fancy having a chat? Enjoy coffee as much as we do? Just want to get out of the house? Join us for the monthly Carer's morning tea – for parents and carers of MontroseAccess registered clients.

Held on the last Thursday of each month (except school holidays) at 10am in the Living Skills Room, MontroseAccess Corinda.

Upcoming dates:
– Thursday 28 May
– Thursday 25 June

There is no need to RSVP. If you would like more information please contact Annette Forrest **0421 364 928** or Kate McKinnon **3717 1162**

Bugzie graduates with honours

MontroseAccess welcomes a new graduate to the organisation. Bugzie, the loveable Assistance Dog, has been a regular around MontroseAccess for the last six months. Owned by Chris Porta, a MontroseAccess Physiotherapist and member of Canine Helpers for Disabled, Bugzie has spent the last six months wearing his 'L' plates, whilst meeting the strict training requirements. A hit with clients and their families, Bugzie recently completed his training and is now an official Canine Helper.

Chris contacted the Canine Helper for the Disabled organisation when he noticed the amazing interaction between his Labrador Bugzie and a young boy who suffers from Autism.

"What happened between these two was amazing in the sense that he never makes eye contact with anyone", said Chris. "We all heard him talking "Gobbly goop" and saw him put his nose to Bugzie's nose. He looked him in the eyes and Bugzie's tail began wagging at a million miles an hour and the boy started laughing feverishly. This connection between Bugzie went on for about 5 minutes"

Six months on, Bugzie is now an official 'Facility Therapy Dog', specially trained to work in group settings and to assist with therapeutic goals. He now works regularly with MontroseAccess clients, working in Respite and at the Wheelchair and Neuromuscular clinics.

"Bugzie is now a full time member of the workforce and no longer a stay at home dog" said Chris.

For more information about therapy dogs visit www.caninehelpers.org.au

Bugzie is a hit with clients and staff



Ability First Australia – a national approach.

MontroseAccess was originally formed in 1933 as the Queensland Society for Crippled Children by Rotary and the philanthropist Mr. George Marchant due to the alarming number of children who contracted poliomyelitis at that time. All over Australia, Crippled Children's Societies were formed to provide institutionalised care for children with disabling conditions.

Just like MontroseAccess, these organisations are still in operation today, continuing to deliver essential services to children and adults with varying physical and intellectual disabilities. MontroseAccess has joined forces with these other organisations under the banner of a national organisation called **Ability First Australia**. This joining of minds and skills allows us to share resources and knowledge in order to better meet the needs of children and families living with disability. It also allows us to access national opportunities which may not be otherwise be available to a state based organisation.

The organizations which make up Ability First Australia are:

- MontroseAccess (Queensland)
- Cootharinga Society of North Queensland
- Northcott Disability Services (New South Wales)
- Novita Children's Services (South Australia)
- Rocky Bay (Western Australia)
- St Giles (Tasmania)

Ability First Australia is an affiliate of Easter Seals in North America which links MontroseAccess to an international network also. Easter Seals provide education, outreach, and advocacy services for people living with autism and other disabilities.

For more information go to www.abilityfirstaustralia.com.au and www.easterseals.com

Companion Card provides easy and fair ticketing

The Queensland Government has officially launched the Companion Card program. The program supports people with a disability, allowing them to have the same opportunities for participation and recreation as other community members. Cardholders present their card when purchasing tickets at participating businesses, pay for their ticket, and are issued with a second 'companion ticket' at no charge.

For more information on the companion card, or if you are a business who would like to join the program, please call **131304** or visit www.companioncard.asn.au. Companion Card application forms can be downloaded from their website.

Brisbane Lions and MontroseAccess help launch the new Companion Card.



Electric wheelchair sports – hockey, soccer and rugby league

The South-East Queensland Electric Wheelchair Sports competition will be hosting a variety of wheelchair sporting events at the Inala PCYC. Please contact Tristram Peters for more information, including dates and times.

07 3285 2843 or tristram_26@hotmail.com

MontroseAccess garage sale

Do you have too much clutter? Need to get rid of unwanted items?

Donate now to the MontroseAccess Garage Sale. Annette Forrest will be organising a giant garage sale and cake stall to be held at MontroseAccess Corinda on Saturday August 1st. If you have items that you would like to donate, or would like to volunteer to help, please contact Annette on **0421 364 928**.

We hope to see you all there on the day, where there will be great bargains to be found! Check our website closer to the date for more information.

All proceeds will go to MontroseAccess.

In the eye of the storm

Early Childhood North outreach trip to Wide Bay/Burnett goes ahead in the shadow of Cyclone "Hamish"

The team members of Early Childhood North packed their overnight bags with trepidation on the evening of Sunday 22 February. The team were all set for a week of home and school visits in Hervey Bay, Maryborough and Bundaberg. The trip had taken weeks of preparation as the team made new links and contacted new referrals in Bundaberg to offer additional Early Childhood services. Trouble is, someone had forgotten to let the Weather Gods know.

"Have you seen the weather forecast?" said one team member. "We need to hire a boat, not a car!" said another. Cyclone "Hamish" was tracking down the east coast of Queensland, and was forecast to make landfall at Hervey Bay sometime on Monday or Tuesday. However, overnight "Hamish" moved a little out to sea and stalled, and the team took off as planned.

Our accommodation provided us with candles and matches, and reassured us with the Evacuation Plan should flooding reach our apartments. We faced the prospect of sleeping in our clothes for a quick escape on Monday night (we had already suffered one late night fire evacuation on a previous trip, and nobody wants to see a team member in their Dora the Explorer PJ's.....) but again the weather abated allowing us a good night's rest. As we all know now, "Hamish" never did cross the coast that week. But our feet were wet all week as we tramped from our car to our destinations in the rain. The normally tranquil waters of Wide Bay were turned into a boiling grey sea of crashing waves and spray. The huge winds were relentless, and the flight home was not pleasant, hardly surprising for a 54-seater prop plane in sub-cyclonic conditions.

Despite the conditions it was our families that made the trip worthwhile. We were welcomed at every visit, without a single cancellation. We even got cake! We picked up new referrals during the trip and were able to schedule last minute appointments. Equipment was issued and activities to practice at home and school were recommended. New families in Bundaberg were registered with MontroseAccess and a return visit in June was promised. New contacts in Bundaberg were met and we have already received more referrals for our next trip.

There's just no stopping EC-North!
MontroseAccess Early Childhood services are available to children under 9 years of age with a physical disability and other high support needs. They must not be in receipt of services from another non-government provider.

Christine Stache

Even a cyclone can't stop the Early Childhood team.



Paparazzi snaps respite clients living it up!

Clients attending out-of-home respite at Corinda have been keeping themselves very busy over the last few months. Turning into 'social butterflies' they have regularly been spotted at some of the hottest events around Brisbane. Ringside seats at the Impact Pro Wrestling were a hit with everyone, and the VIP treatment received from IPW was greatly appreciated. Other clients have been spotted having a ball at the Queensland Raceway, and more recently they were special guests at the Mackay Cutters Vs Redcliffe Dolphins rugby league match.

Thank you to everyone who helped make these events happen.

Respite clients keep themselves busy



Rural Queensland – not to be forgotten about

MontroseAccess is a state wide organisation, with Outreach Teams of therapists who regularly travel to rural and remote Queensland to provide services. Thank you to the H V McKay Charitable Trust, who have recently donated \$6,500 to assist with the supply and maintenance of orthotics for clients in Northern and Western Queensland.

The funding received by MontroseAccess allows the therapists in our Outreach Teams to assess the children's needs and ensure that the correct devices are made by our Orthotics Technician.

ANZ Staff Foundation sends kids off to camp



The ANZ Staff Foundation has generously donated \$10,000 to support the 2009 Graduation camp hosted by the MontroseAccess

Recreation department. Since 2002, the ANZ Staff Foundation has generously funded this camp for year 12 students celebrating the end of their secondary schooling.

Thankyou to the ANZ Staff Foundation for their generous and continued support.

Star volunteer

Welcome to Val Harris who started as a volunteer in the Respite Service late in 2008. She is a retired Registered Nurse who is full of energy and wants to keep active. She has been involved in drama and musical activities for many years and is incredibly creative. Though it has only been a few months since Val commenced she is already part of the furniture. Thank you Val. We are looking forward to keeping you busy and using all of your ideas and skills in the future.

For information on volunteer opportunities please contact the Marketing Department on **3379 9200**.



Publication Information

Published by MontroseAccess
The Queensland Society for Crippled Children
ABN 59 009 661 705

Published 1 May 2009
Print Post PP424022/2159

PO Box 50 CORINDA QLD 4075, Australia
Telephone 07 3379 9200

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Our Mission

To provide support services to clients with physical disabilities and their families to assist these clients to achieve their maximum individual potential for participation in the community.