

Amputee Society of Auckland and Northland Inc

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November 2016



Greetings fellow members, both new and old, young and old and old but young at heart.

Our theme for this newsletter is:

“Everyone has value.”

There are many sad stories in stories. Take for instance the in the latest publication of many of us will ever reach that newsletter, contributions that society over the past few yourself, we have the ability to



the world. There are also many successful Rio Paralympics who you can read about Purpose Magazine. But in reality, not level. I would like to share with you in this some of our members have made to our months, just to prove, just by being show how valuable we are.

First of all, some ‘housekeeping’.

Our Financial Year is coming to an end on 30 November. Our membership has increased since last year and let's keep it that way, so we can get the maximum amount of votes at the Annual Executive committee meeting plus of course, be proud of supporting each other and our Society and keeping it alive and vibrant.

My grateful thanks go out to one of our members who lives on Waiheke Island, who generously donated \$300 to our Society. Your generosity allows us to continue in our work of reaching out to amputees in our region. The value you have added is admirable and appreciated. Also thanks to our member Bruce for recommending The Curtain Shop in Highland Park,

Bank account details are: ASB Bank 123061 0190809 00 Please use your name as the reference or post a cheque to Amputee Society of Auckland and Northland Inc P O Box 36170 Northcote 0627

Important news about the 2017 Annual Amputee Federation Conference.

National Conference - This is to advise that the 70th National Conference and 71st National Council Meeting of the Amputees Federation of NZ Inc. will be held at the **Novotel Hotel in New Plymouth on 7-9 April 2017**. The weekend will include our Give it a Go: Focus on Youth event when we hope to have some of our Paralympians present. The cost of the accommodation at the Novotel is \$160 (including GST) per room per night, i.e. \$320 for two nights. The programme being arranged for the



conference weekend includes a varied selection of interesting guest speakers extending into the Sunday morning. Details of the final programme, together with registration forms, will be sent to you nearer the time. We look forward to seeing a good representation from our Society in New Plymouth next April.

On behalf of the Auckland/Northland branch I am planning on applying for external funding to allow our members to attend. If you would like to attend, please let me know sooner rather than later so I can apply for the correct amount of funding. Having attended last year, I can highly recommend this event to all. And with a good show of enthusiasm and participation from us all, it could well be that our Auckland branch is the host for 2018, which will be a step in the right direction.

Our next Branch AGM – preliminary notice.

At this point in time no date is set but it is anticipated that this will take place around mid February 2018 in a central location. I plan on sending out notification by email and post, once the venue and date is secured. By this time our end of year Financial audit will have been completed. I am inviting preliminary interest from anybody who would like to consider taking over my role as Secretary Treasurer, to please contact me before this time, to discuss what is involved, because if someone wants to take over, I am happy to give the opportunity to an amputee, but if no interest is forthcoming, naturally I am also happy to continue.

Our current officers are: Claudia Teague (President), Martha Delmonte (Vice President), Elizabeth Reidar Mogensen, Nadya Vessey, Marlene Bennett (committee members) and me, Helen Kocks, as Secretary Treasurer.

A focus on travel and transport.

Janis Bourne who processes our Total Mobility applications, has a new email address janismbourne@gmail.com or phone 09 833 8057. Talk to Janis if you want to get a Total Mobility card which gives you 50% discount on transport through an approved



provider such as Driving Miss Daisy and some taxi companies. Janis has the details. I must say that Janis has been totally dedicated to this role and always goes beyond her duty to also support amputees with moral support. Thanks Janis.

What really happens behind the scenes of the Total Mobility service?

Contributed by Martha Delmonte (Vice President)

My journey in becoming a Total Mobility Officer in preparation for taking over the role of Field Officer, I was asked to do the Total Mobility – Assessment Facilitator Training. I didn't

know what
entailed so
journey has
me. Before
the online
provide
Transport
check. This
while to come
which set me back quite a bit - but we got there in the end!



any of this
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enrolling for
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Auckland
with a police
took quite a
back to me,

The Total Mobility Scheme began in the early 1980's and is set to assist people with impairments (with serious mobility constraints) by giving them access to appropriate transport and enhancing their community participation. Total Mobility Transport Operators get reimbursed 50% of the total fare up to a maximum subsidy of \$40 per trip. This scheme is provided throughout urban New Zealand and is offered in about 56 towns, however all

under slightly different completed online related to Scheme. This scheme provides ferry and Total Mobility vehicles Last week I completed the online as I was able to start the training and pause it at any time.



conditions. The training I Auckland's Total Mobility public transport for bus, train, such as taxis and hoist vans. training. This was very flexible when I had time off university

There were 6 modules to complete, most of which had small quizzes and a final assessment.

- The first module was an overview of the scheme, similar to what I provided above.
- The second module was the expectations of parties involved (transport operators, assessment agencies, clients and Auckland Transport).
- The third module included my roles and responsibilities once a Total Mobility Officer. I learnt my responsibilities are: to determine eligibility for the Total Mobility Scheme, provide assistance and guidance and confirm information meets criteria and is accurate.
- Module four included assessing eligibility, which I found most interesting. This incorporated things like; what the eligibility criteria is for new client requests, how to assess a client using guiding principles and how to manage exceptions.
- The fifth module was applying the eligibility criteria. This involved practical work where I was given case studies and had to determine whether each person was eligible for the Total Mobility Card. An example of a case study was: Mrs C has glaucoma. She lives alone and is fiercely independent. She is able to drive during the day but she does not like driving at night due to her restricted eye-sight. Mrs C enjoys socialising and often attends a chess club at night. Her friend used to take her but she has moved away. Mrs C has rung up to apply for the Total Mobility Scheme.
- The last module was about completing the assessment. This included things like interviewing techniques, logging into Ridewise, completing and submitting the assessment.

This took me to the end of the online training where I successfully passed and was granted a certificate. My next step before becoming a Total Mobility Officer is the Ridewise training, which means waiting for in the next scheduled session.

Overall, I am glad I finally got around to completing this course. I have recommended it to a lot of people already as the more people we get on board, the merrier!

Airline Travel contributed by Christine Amosa assisted by Janis.



Christine who has both legs amputated high above the knee and disabled lower arms and hands, has flown to visit family in Australia several times. She is unable to board aircraft unassisted.

According to the web site, Air New Zealand has a hoist which lifts disabled people into the back door of the aircraft. This would mean she was first on, but last off the aircraft. Christine had this experience on her first overseas trip as an amputee.

Most amputees are able to walk onto aircraft with some requesting aisle seats in order to stretch their artificial limbs into the aisle.

For all amputees when flying please contact your airline in advance for any specific requirements. Every airline will have different approaches as to how to load and unload wheel chair bound people. Requirements should be discussed at time of purchasing your airline ticket. Please note your "check in" time maybe earlier than usual for the flight. This is to allow staff to be available for support with on and off loading. Airline staff are extremely happy to accommodate.

Christine now has an "Assistance Dog". She would be able to take this on overseas travel, but quarantine requirements would need to be taken into account. Again consult your airline at time of ticket purchase.

Christine has only positive experiences to report of these trips. Airline staff goes out of their way to make her travel as comfortable as possible. On a previous trip Christine was upgraded to first class and was spoilt with an Almond Croissants for her morning tea.

This is for overseas flights, but domestic flights would have the same requirements and in the first place contact the airline you have chosen to fly with. Or if time permits, shop around for a good deal and an airline which meets your requirements.

Happy travelling everyone!

A word from Claudia Teague our President.

Hello fellow Auckland and Northland amputees, and family and friends!

I am Claudia, the president of the Amputee Society of Auckland and Northland, and I would like to take this opportunity to just say hi and fill you in a bit on what I get up to.

When I am not up to my neck in university work, I have been working on creating an excellent itinerary for 2017's 'Give-It-A-Go', which is a youth programme for amputees from ages 16-30 and aims to push us outside our comfort zones gives young amputees and opportunity to do activities they may not have tried before. It's an awesome bonding experience, and I have made some good friends from it since it began in 2012 in Napier. Next year will be the first time I run the show, so I am hoping it will live up to Chris Ross's legacy from the previous years! It will be in Taranaki, and so I am lining up a day full of exciting activities at TSB TOPEC – Taranaki Outdoor Pursuit & Education Centre.



In other news, I am also on the National Executive Committee for the Amputees Federation of New Zealand this year, and we have another meeting in November so I will be able to fill you all in on all the happenings when we have the AGM early next year – more details on this are to come!

I hope everyone is well and happy,

Kindest regards,

Claudia Teague
(President)

Read what other young people have said about doing 'Give It A Go'.

This was my 4th GIAG event. I always enjoy getting together with people like me who are missing limbs, we always get along and have heaps to talk about. It's great chatting about our problems we have in everyday life and how we can overcome them. I really enjoy the activities as it's amazing to show the world what we can really do! Meeting everyone at these events has to be the best part so I thank all of the people who make this event possible as it can really help people come to terms with an amputation and learn how to embrace it and not hide it!

A plea for help....see this email just in the past few days, from a Community Social worker at Adult Community Services for Auckland DHB

Please have a read of this email. This is not the first time we receive emails like this. If anyone feels, after reading it, that they have the capacity to be able to provide moral support to people like this, by either visiting them or chatting on the phone, please let me know so we can provide support as soon as possible.

"I have a client who is contemplating having a leg amputation – he has spoken to some medical people but it was thought that having a conversation with someone from your organisation might give him a more balanced view as he has not been approved for an amputation as yet but is due to see a specialist again but struggles to get his message across.

He has been very low in mood as the impact of his stroke on his leg means difficulty getting in and out of bed etc and he is in private hospital care as a result. He has seen how more mobile people with leg amputations can be particularly with an artificial limb.

Would it be possible for someone to visit him to talk to him about this as he needs to understand the pros and cons from someone who knows. If a visit was not possible then perhaps a phone call? If this is possible email me and I will give you his name and contact details."

The importance of not smoking – it speaks for itself.

Last week, in a phone conversation, one of our members gratefully shared his story about how being a smoker contributed to the need to have an amputation of the lower leg.

The amputation of a gangrenous foot is caused by peripheral vascular disease (PVD), following shocking new data from The Cancer Council Victoria revealing almost 3 out of 4 of smokers do not believe smoking causes gangrene, a serious side effect of PVD. PVD occurs when the arteries that carry blood to your legs or arms become partially or totally blocked by the build up of fatty material on your artery walls, and more than 15 Victorians are diagnosed with PVD every week. Smoking causes 40% of PVD in men and 34% of PVD in women in Australia and smokers are two and a half times more likely to develop PVD than someone who has never smoked.



**SHOCKING NUMBER OF AMPUTATIONS
CAUSED BY SMOKING IN UK**

Here is some 'number crunching' from ACC, just for interest.



Key statistics from the 2014/2015 Annual Report

In 2014/2015 ACC accepted **1.8 million** new claims:

- **193,991** new claims for workplace injuries
- **32,534** new claims for road injuries
- **471,980** for sports and recreation injuries
- **1,139,339** for injuries in the home and community.

These claims were looked after by **1,917** staff.

In 2014/2015:

- **11,742** knee surgeries and **6,403** shoulder surgeries were covered by ACC
- Over **989,000** clients visited their GP
- Over **472,000** clients received physiotherapy
- Over **37,000** clients had surgery.

In 2014/2015 ACC spent:

- **\$3.2 billion** over the year on claims
- **\$771 million** on hospital treatment and surgery
- **\$514 million** on care and support
- **\$1,190 million** on compensation for people unable to work.

A Documentary has been made about one of our members.



This is a 'Must See' if you have a computer with internet. Ripu was 21, living in Sydney and finishing a Masters in Journalism when meningococcal septicaemia nearly killed him. The disease took his arms and legs and his nose. One year later he's learning to accept and live with his new body.

<http://attitudelive.com/watch/Being-Me-Ripu>

From Olivia at Attitude Pictures: "Attitude produces videos which showcase what's possible for people living with disabilities. It is their hope that their content can help shape attitudes towards disability and change lives."

Attitude came across the story because Ripu is actually a friend of the Olivia from university when we were studying at AUT.

Have you ever wondered what Give A Little is all about?



It is sometimes mentioned on the news. Givealittle is an online fundraising platform for all of New Zealand which is administered by the Spark Foundation. Previously Telecom, the Spark Foundation is the charitable organisation for Spark New Zealand, supporting causes that New Zealanders and Spark people feel passionate about by tapping into the power of crowd funding, providing direct financial support and through employee volunteering.

Our Society has a Give A Little page <https://givealittle.co.nz/org/amputeeaukland#>

Our Give A Little Donation page <https://givealittle.co.nz/donate/org/amputeeaukland>

For those of you who are involved in other communities and groups, or have colleagues, friends or family who would like to donate to our Society, they can use the above link. Our Society qualifies for the donation rebate as we are a registered charitable trust.



In closing, my sincere thanks to our sponsors for the production of this newsletter, including our member from Waikehe Island, for postage, Bruce Waller for his support from Stella at The Curtain Shop at Highland Park, whom he recommends to come to your home for curtain fittings and also thanks to Nathan V for referring us to the Fiji Hackers Club who are considering sponsoring our society at a golf tournament they are organising soon. (Details will be distributed by email and our Facebook page). A huge thanks to the valuable people who spent their time contributing to this newsletter.

Take care, everyone, and remember that everyone has value. Merry Xmas and Happy New Year if I don't talk to you before then. Kind regards Helen Kocks, Secretary Treasurer.

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Recommendation:

I recently had Stella come to my home to quote and then hang new curtains. Her service and product range was great and I highly recommend her work.

- *Bruce Waller Amputee*



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