

The Post Polio Support Group

The Post Polio Support Group was set up in 1993 by Polio Survivors to assist people who might be experiencing Post Polio Syndrome. The lack of information available to Polio Survivors and to doctors and others about polio and its late effects was a big problem.

The Group works tirelessly to

- **Create awareness about Post Polio Syndrome**
- **Provide information regarding the late effects of polio**
- **Ensure that the needs of Polio Survivors relating to their condition are met to enable them to live with dignity**

The work of the Group is guided by the following Principles

- The Post Polio Support Group is member led and Polio Survivors are central to its work
- Services and supports will be provided, based on needs identified through consultation with members, fairly and within the financial capacity of the Group
- The Group will act according to best practice and in line with its Code of Conduct
- Sensitivity, empathy and understanding are central to communication with Polio Survivors
- Polio Survivors will be encouraged and enabled to live their lives with dignity
- The Group will advocate for Social Policy change to encompass the needs of Polio Survivors
- The Post Polio Support Group will co-operate and collaborate with other stakeholders, as appropriate

Conquering the Polio Legacy

About The Post Polio Support Group



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Mary's Abbey,
Dublin 7.

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Web: www.ppsg.ie

Charity No. CHY 11356



Post Polio Syndrome and Postpolio Myelitic Syndrome

For many Irish people there is little or no knowledge of polio or its effects. Even vaccination against polio is combined with other shots so many don't know that the 6 in 1 for babies includes polio as one of the six vaccinations. Many doctors and other medical professionals qualifying today have not studied polio or its effects, short or long term.

It is great that this year (2010) the World Health Organisation has for the first time recognised **Post Polio Syndrome**. It now has an official medical title **Postpolio Myelitic Syndrome**. We hope this recognition will increase awareness, particularly in medical circles.

The Group does its best to inform all concerned about Post Polio Syndrome. With the help of friends in the medical professions and the Health Service Executive (HSE) it produced Post Polio Syndrome-Management and Treatment in Primary Care. We all call it "The Blue Book" for convenience.

Any member of the group can request a copy of the Blue Book from the central office by phoning or writing. If you want your doctor or physio or anyone treating you to have it you only have to ask. We also supply it to any caring staff who contact us. They can choose to have the book or the same information on a CD.

How to make contact

Any Polio Survivor can contact the Group at any time for support. The central office in Dublin (01) 8898920 is open generally from 8 in the morning to 5 in the afternoon and callers are welcome. Most of the supports are provided working with the HSE and drawing on the talents of occupational therapists and perhaps additional medical and other staffs.

Outside office hours Joan Bradley (01) 4549237 can be contacted.

There are answering machines on the office and on Joan's phone. Please leave a message and your call will be returned. Please leave your name and phone number, speaking as slowly and as clearly as you can. We are very frustrated if a message has been left and we can't return a call to the sender.

Once you make contact we will work with you to try and sort out anything troubling you.

We will set up a supporting relationship to design and provide the supports you may need over time.

We have helped many Polio Survivors with therapies and aids and appliances over the years and managed to ease their situations in various ways.

Emails to the Chair are welcome at chairman@ppsg.ie

Remember

Polio Survivors can call the office and speak with Lillian who is the Services Co-ordinator. A third party such as a General Practitioner, Polio Survivor's family member or even a supplier can call Lillian but only with the permission of the Polio Survivor.

Some Polio Survivors write to the office from time to time to describe their situations and to seek assistance.

The staff respond to email enquiries about self-assessed need. Queries to sic@ppsg.ie

Personal visits to the office by Polio Survivors are another way to facilitate the assessment of need. These are welcomed but please make an appointment in advance as the person you want to meet may not be working in the office on that day.

The central office for the
Post Polio Support Group

is at
**Unit 319, Capel Building,
Mary's Abbey, Dublin 7**

Telephone calls, especially from Polio Survivors, to (01) 8898920 are welcome