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Journal of the



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July 2019



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1. Miller, William C., Mark Speechley, and Barry Deathe. "The prevalence and risk factors of falling and fear of falling among lower extremity amputees." Archives of physical medicine and rehabilitation 82.8 (2001): 1031-1037. 2. Kaufman, K. Risk factors and costs associated with accidental falls among adults with above-knee amputations: a population-based study. American Orthotic and Prosthetic Association 2016. (Mayo Clinic). <http://www.aopanet.org/resources/research/> 3. Ludviksdottir A, Gruben K, Gunnsteinsson K, Ingvarsson Th, Nicholls M. Effects on user mobility and safety when changing from a carbon fiber prosthetic foot to a bionic prosthetic foot. Presented at Orthopädie&Reha-Technik Congress, Leipzig, May 2012.

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EDITORIAL

It's not often that I run out of space for including prospective articles in *Purpose*. However, that is definitely the case this time and it is a case of holding one or two back until the next issue.

There seems to be plenty happening in "our world". *Peer Support* is about to be officially introduced in NZ, styled along the lines of the Limbs 4 Life programme in Australia, and training sessions for prospective volunteers are to take place in July. Think seriously about it and register your interest.

There are some good things taking place within the Federation....

- A socket competition on our Facebook page has already attracted some inspiring entries;
- A suggestion put forward by the Auckland Society will result in audio files of our publications being available to visually impaired amputees through our website;
- We plan in future to provide video presentations of our conference speakers which will be available on our website and Facebook;
- Next year's conference may come with the opportunity for an upper age group to take part in similar activities to those experienced by the GIAG group.

Then there are good and not-so-good things happening within our Societies....

On the positive side, Waikato, Bay of Plenty is enthusiastic about their 3rd annual snow trip soon to take place, and newly named Top of the South (previously Nelson/Marlborough) are well on the way to organising next year's National Conference.

On the "not-so-good" side, it is sad to read in the Regional Reports that the Taranaki Society is in recess. Over the years, there have been a number of instances of Societies going into recess for short periods of time and this in fact was the case for Taranaki in 1971 (for 2 years) and again in 1980 (3 years). I sincerely hope that Taranaki will survive this latest setback - I am a strong believer in the need for Regional Societies in this country to be there for the people they represent.

Enjoy your read

Lorraine Peacock
National Coordinator

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and **Like us**



NATIONAL CONFERENCE 2019

(excerpts from Regional Society newsletters)

I was lucky enough to attend the Dunedin Conference along with our Field Officer Geoff and Treasurer Korrin. Friday evening was a meet and mingle. Saturday morning was an option of three activities - a bus trip of sights around Dunedin with morning tea at Glenfalloch Gardens, a Museum visit or shopping. I chose the bus trip which was fantastic. I learnt a lot during the weekend and met some lovely people from all around New Zealand. There was a vast mixture of people who had lost limbs, and it was extremely humbling to talk to these people. We all had a story to tell. To anyone thinking of going to a conference I highly recommend it. It is not all about meetings; there is a mixture of different activities, and you learn a lot from other amputees. *(Ted Bos, Hawke's Bay/East Coast)*

We were enthralled by the Address to a Haggis ceremony performed for us at the Scottish theme dinner at the conference. What an enjoyable cultural experience, the piper piped, and the poem addressing the Haggis recited with all the dramatic ceremonial flair. I was a bit dubious about sampling this age-old, packed in sheep's guts delicacy but my curiosity (and hunger) got the best of me. It tasted a lot like minced sausage, and it went down a lot better with tomato sauce, (to the ire of those at my table). *(Ken Te Tau, Wellington)*



*His knife see rustic Labour dight,
An cut you up wi ready slight,
Trenching your gushing entrails bright, Like onie ditch;
And then, O what a glorious sight, Warm-reekin, rich!*

Speakers during the weekend were inspirational as portrayed by the titles of their talks: *Living Life Unlimited* - Korrin Barrett; *Being My Best* - Jan Aitken (Life Coach); *My Journey* - Holly Robinson (Paralympian); and *How I Survived a Volcanic Eruption* - William Pike.



Otago/Southland's 75th Jubilee was a significant part of the weekend's celebrations.

*(See more photos on our website
www.amputee.co.nz)*

GIVE IT A GO!

Once again, the 15 young people who took part in the GIAG activities (paint ball, escape room and kayaking) had a great time. Some comments follow (Read more on www.amputee.co.nz/give-it-go)

I was fortunate enough to be part of the GIAG activities as a support person for Morgan Jones (blind and an amputee). I cannot begin to say how impressed I was with these young people. Not just because of their attitude... "I want to do this so how can I do this??" as they masking-taped kayak paddles to their stumps, or hopped barefoot down a slippery concrete ramp (and so the list goes on). But their overall manners were above the level of your average person and they were a delight to be around. They were polite and courteous with huge dollops of courage and tenacity thrown into the mix. I truly was blessed to be given the chance to be part of their weekend, thank-you. (Janine)

As a recent amputee I found it extremely valuable and learnt a huge amount. It was great to be around people like myself and learn tips and tricks. I found it very motivating to see other people in my situation and around my age doing everyday activities and not letting their amputations limit them. It was also great to talk to people who truly understand and who have been there. A huge thanks to everyone who made this weekend possible! (Naomi)

It was my first GIAG and I really enjoyed the opportunity to connect with other amputees from across New Zealand. We made fun of each other, exchanged notes, and developed new relationships. This opportunity is priceless and I will definitely attend again. (Dan)

From paint balling, to the escape room, to ending the day of activities with a scenic kayak experience on the Otago harbour. Each activity was new to me, and my smile only got bigger throughout the day. Finally a time where you as an individual can shine because all the attention that was focused on your leg is gone. I could not have surrounded myself with a better and brighter group of people who have the most amazing outlook on life. (Danielle)

This year was better than ever - Dunedin is an amazing city. Every time I go to GIAG I come away feeling elated and like I can achieve anything. Can't wait to see everybody again next time. (Ben)

SPECIAL THANKS to our Conference and GIAG sponsors - Pub Charity, Lion Foundation, NZ Community Trust, Ossur and Otto Bock.

PEER SUPPORT

Peer support for new amputees will be offered by volunteers who have already adjusted to limb loss when a new service is launched by the New Zealand Artificial Limb Service in August. The Peer Support Service will provide informal support to those adapting to limb loss by matching them with trained volunteer supporters. The service is based on the Peer Support Programme run by Limbs 4 Life in Australia since 2004. The first group of volunteers for the New Zealand service will be trained in July by Limbs 4 Life's CEO Melissa Noonan, who developed and successfully implemented Australia's programme. New Zealand's service is being developed as a collaboration

PS

Peer Support

Te Pou Aropā Takitoru

between the Amputees Federation of New Zealand Inc., the New Zealand Artificial Limb Service and Limbs 4 Life Australia. An advisory group representing all three organisations has been set up to develop and guide the implementation of the NZ service. The board of NZALS provided initial funding to develop the service while they look to secure funding

from other sources. This means that support can now be offered nationwide once enough volunteers are recruited and trained.

NZALS CEO Sean Gray says peer support has proven to be helpful for people adjusting to life-changing events and their ongoing journey of rehabilitation. "We also know from research and professional opinion that access to good peer support can enhance an amputee's quality of life and help them understand what can be expected from changes they are going through." NZALS ran a pilot Peer Support Service with field officers from the Wellington and Hawke's Bay Amputee Societies in the NZALS centre and regional clinics. Sean says they provided amputees with a friendly voice, were a translator of health jargon, helped amputees connect with other health professionals and groups, and acted as a champion to support the needs of those who might not know what to say or how to say it. "My personal observations have shown Peer Support to be a valuable service to amputees," Sean says. His observation is backed by research which shows that there are a multitude of benefits from peer support which include boosting self-esteem, reduced isolation and larger social networks, decreased psychiatric symptoms; improved decision-making; increased support seeking and greater pursuit of educational and employment goals.

The President of Amputees Federation of New Zealand, Mark Bruce, says volunteers will be formally trained to provide support and will be matched to recipients according to age, gender, site of amputation and social interests. He stresses that volunteers will be trained not to provide counselling or medical advice but rather would encourage people to seek professional help when they need it. The volunteers will provide informal support by sharing their own personal experiences, discussing problems or stresses, encouraging people needing support to seek assistance and providing information on other available support services. They will meet new amputees either face-to-face in public places and in hospitals or rehabilitation centres if requested. Support can also be offered by phone. Mark says people who would like to volunteer can go to the website and complete the online application form. "Ideally we want people whose amputation occurred three years ago, although if people feel they have adjusted well to their situation and are ready to give support there is still some flexibility for them to become volunteers," he says.

NZALS has employed a Peer Support Coordinator to implement and manage the service. It has also set up a website www.peersupport.nz where people can apply to volunteer online. New amputees will also be able to register for support on the website from 1 August. For further information contact Claire Rumble, Peer Support Service Coordinator, info@peersupport.nz, phone 0508 733 778.

EXPLORE, DISCOVER, LIVE!

Firstport (previously known as Weka) is for anyone looking for information, advice, support or equipment relating to disability in New Zealand.

Firstport links people to the information they need, explaining people's options, highlighting next steps and providing possible alternatives.

Firstport brings together key facts about funding, equipment, where to find and access support and other topics that impact on people's everyday lives. It's your first port of call for everything you need to know about disability services in New Zealand.

<https://firstport.co.nz/>

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INTRODUCING KORRIN BARRETT

(Korrin, newly appointed member of the National Executive and Treasurer of the Hawke's Bay/East Coast Society, inspired many with her presentation at our National Conference. Her story began in 2012 when she suffered sepsis from a perforated bowel and as a result had both legs, part of her right arm and fingers of her left hand amputated to save her life. The following is Korrin's account of her latest achievement...)

On 18 May I participated in the HB Marathon 10km Cigna Walk and successfully completed the walk without needing my wheelchair. I walked with my partner Craig and 6 of my friends. After having had bilateral below knee Osseointegration surgery in 2016 it was a goal of mine and was the furthest distance I've walked on my prosthetic legs. I had competed in previous walk events, 5km, 10km and 14km, on my old sockets but hadn't been able to walk further than 1km at a time without needing to rest and sit in my wheelchair. The HB marathon was a fantastic event, it was a beautiful sunny day (after a -1 degree start) and over 6000 people competed in the event. I have now committed to next year's 10km walk and hoping to do other walks around NZ. If anyone is interested in joining my team for next year, please get in touch. (Read more about Korrin on her webpage www.korrin.nz or Facebook www.facebook.com/korrlivingpossibility)

INSURING YOUR PROSTHESIS

(From a NZALS Fact Sheet)

ACC will cover any prosthetic limb that is damaged due to accident, fair wear and tear, loss and theft.

For **MOH** patients, NZALS has fixed funding for services to health amputees. This means that they may not be able to replace expensive prosthetic components due to loss and theft. As such, they strongly recommend that prosthetic limbs are listed on home and contents insurance. ACC will cover the repair or replacement of prostheses that replace a part of the human body damaged due to accident. NZALS planning will allow for replacement of expensive prosthetic components due to fair wear and tear.

Private Health Insurance - Coverage of prosthetic limbs will be dependent on the policy issue. Coverage of your prosthetic limb and gaining prosthetic services overseas will be dependent on the policy. NZALS recommends that you register your amputation as a pre-existing condition to ensure coverage.

NEWS FROM THE REGIONS

Auckland & Northland - Our Society has a new, up and coming committee who are all looking forward to working together as a team and would like to include more social events in the year ahead. Any suggestions would be welcome. (*Janis Bourne, Secretary*)

Waikato, Bay of Plenty & Districts - We welcome three new committee members to our society - Danielle Morgan, Naomi and Richard Carter. Over the past few months, we have had a meet and greet for amputees living in the Whakatane and Tauranga areas and are looking to do the same in Rotorua and Hamilton. If you would like to attend, please get in touch. We are also working hard to organize the third national amputee snow trip at Mt. Ruapehu (Turoa side) on 30 August to 1 September. There are a few spaces left so get in touch if you would like to come (*Matthew Bryson, President*)

Hawke's Bay/East Coast - Hawke's Bay was lucky enough to have three Society Members attend the Amputees Federation's Conference in Dunedin in April - Ted Bos, Geoff Hansen (Field Officer) and Korrin Barrett (Treasurer). As we move into the colder months, we are aiming to hold a Mid-Winter Luncheon at one of the wonderful venues on offer here in Hawke's Bay. Something to look forward to! (*Jacqui D'Ath, President*)

Taranaki - A lot of effort has been put into reaching out to various sectors within the community with the aim of attracting new members. This has resulted in a nil increase in membership and the fact that more able-bodied people than amputees attend our bimonthly meetings is an indication of the lack of interest by the wider amputee community here in Taranaki. At a recent meeting it was decided that our Society would go into recess until the AGM in February 2020. If the three impending vacancies of President, Secretary and Treasurer are not filled at the AGM, the Society may then enter the formal process of dissolution. (*Wally Garrett, President*)

Manawatu & Districts - An excited and enthusiastic group of members met on Saturday 4 May to discover the Wildbase Recovery Centre at the Esplanade in Palmerston North. Everyone enjoyed the modern educational facilities that had been purpose-built to house injured animals and bird life in natural surroundings. Our next event planned for 12 August will be in the Garden City of Whanganui hosted by George Truby at Okoia. This will be a shared luncheon at 12.15 pm followed by wine tasting presented by George,

an esteemed wine professional who has much experience as an international wine judge. *(Eddie Johns, Secretary)*

Greater Wellington Region - We would like to thank the Otago & Southland Society for hosting a wonderful conference in Dunedin, we are grateful for the Lions Foundation grant which made it possible for our delegation to attend. Fund-raising movie night – Toy Story 4 is booked for Sunday 14 July at the Lighthouse Pauatahanui. We were deeply saddened by the news that our past committee member Graeme Bell passed away suddenly, our heartfelt condolences to the Bell family. *(Ken Te Tau, Vice President)*

Top of the South - Finally we have had our name change recognized and the new rule changes have been accepted by Incorporated Societies. Five of us attended the Conference in Dunedin in April and another awesome time was had. Not too much has been happening in our neck of the woods; the Nelson/Tasman members continue to meet for morning coffee on the last Friday of the month at the Honest Lawyer and the members from Blenheim continue to meet for lunch on the first Sunday of the month at the Clubs of Marlborough. We will be hosting the Conference in Blenheim next year so our year will get busier as we plan for this. “Always do the right thing. This will gratify most people and astonish the rest.” *(Max Alty, President)*

Canterbury & Westland - Since the March issue, we held a very successful AGM at the Raku Café where we had 27 members attending who enjoyed the refreshments supplied by the Society. We welcomed Janey and Janice onto the committee and thanks were extended to those who had served last year. The highlight was to bestow life membership to Ava Thomas and Margaret Hunter for their wonderful service over many years and they were presented with a certificate and flowers to mark the occasion. Several members travelled south in April to attend the Conference which turned out to be both informative, interesting and enjoyable. We are having a quiz function in mid-July after last year’s event proved to be so popular and raised a considerable amount of money. *(Mark Bruce, President)*

Otago & Southland - There has been much positive feedback following our hosting of the National Conference in Dunedin, combined with our Society’s 75th Jubilee. Thank you to all those who shared our special weekend. *(Lorraine Peacock, Coordinator)*

Newsletters of Regional Societies are available on the Federation’s website (www.amputee.co.nz) along with other useful information.

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A black and white photograph of a man in profile, running on a paved path. He is wearing a dark polo shirt and shorts. His right leg is a prosthetic, and he is wearing a running shoe on it. The background shows a fence and some trees.

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