



TADSA's VISION

To be a leader in developing unique and innovative equipment for people with disabilities in South Australia

TADSA's MISSION

To improve the lives of people with disabilities, the frail, the aged and those who care for or assist them through the development of unique and innovative equipment, using the skills of volunteers and staff.

You are invited to attend

TADSA ANNUAL GENERAL MEETING

To be held on Tuesday September 21st 2010
at 2pm
at

The Royal Society for the Blind
Blacks Road, Gilles Plains
(Main Hall at rear of complex)

Followed by Afternoon Tea

Please RSVP by Monday 13th September, 2010

**** TADSA MEMBERSHIP RENEWAL** – All TADSA Subscriptions (Technical, Individual and Organisational) were due for renewal on 1st July 2010. Your continued support of TADSA would be greatly appreciated. (Renewal forms for Technical Members have been posted out separately). Please note – technical members are uninsured with TADSA unless financial. Membership Application Form enclosed with this newsletter. If you joined TADSA in the last 6 months, your membership is current for the period 2010/11.

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**We gratefully acknowledge the sponsorship of this issue of our Newsletter by the
Lions Club of Blackwood Inc.**

TADSA INFORMATION



Technical Aid to the Disabled (TADSA) Inc

is an Australia wide voluntary organization, with TAD branches in every State. Technical members are people with skills in many fields, who give their time to helping people with disabilities and elderly people with practical problems for which no completely satisfactory commercial solution is available. This may require modifications to existing equipment, or the construction of new, specialised aids. Sometimes we can provide the means to overcome difficulties that had seemed insurmountable.

Technical Aid to the Disabled (SA) Inc.

Is based at The Royal Society for the Blind, Gilles Plains, on site with The Royal Society for the Blind, Disability Services SA and Disability Services SA-ILC. Our members work, where necessary, in close cooperation with health professionals. If you have a problem for us to solve, or if you know someone who has, contact us at the TADSA office. No referral is necessary; cost is normally only that of materials used, service charge and expenses actually incurred (usually small).

Volunteers Needed -

If you have skills such as mechanical, carpentry, electrical or electronic fields, good handyman etc, you might like to use some spare time on this challenging and most rewarding work. TADSA is always seeking more volunteers. If you would like to know more about how you could be part of our team, please telephone either the Project Manager (Travis) or the Office Manager (Julie) on 08) 8261 2922.

Home Phone Numbers for Urgent TADSA Business –

Chairman – Richard Jackson 08) 8294 8591 or 0412 895826 (mob)
Secretary – Tony Scully 70000022 (H)
Office Manager – Julie Peak 0411 240118 (mob)



Freedom Wheels Program

is a national program involving all state TADs working with Amway One By One Foundation to develop a range of standard add-ons that fit on a range of modified bikes. This means that an Occupational Therapist or Physiotherapist can “prescribe” the attachments needed to correctly support a child. The bike set up by TAD technical volunteers to suit is delivered to the child. For further information contact the TADSA Freedom Wheels Program Manager, Tony Scully, at the TADSA office.

Page-Turner Loan Program –

TADSA has 12 mechanical page-turners for loan to people with severe disabilities. A small fee for this loan is requested. Each machine has been modified to allow connecting the most suitable control device. Contact Julie in the office for further information.

Electric Wheelchairs Program –

Rugged terrain wheelchairs – TADSA has two electric wheelchairs available for loan to people with severe disabilities living in rugged terrain.

Fold up electric wheelchair – This chair has been added recently to our loan pool of equipment and is available to anyone seeking short term loan of a chair to be used in standard conditions. It can easily be transported in the back of a car.

For further information, contact Julie in the Office.

Supported by



Government of South Australia
 Department for Families
 and Communities

New Website Launched



Hon. Jennifer Rankine MP with PR Officer, Ian Beaton (TADSA), Clive Wallace (WallCann) and Office Manager, Julie Peak (TADSA)

The Hon. Jennifer Rankine, Minister for Disability officially launched our new website on May 26th 2010 at Parliament House. A group of TADSA Management, staff and volunteers attended this function, which opened with a speech from the Minister and ended with a very nice buffet luncheon. Quoting some excerpts from Minister Rankine's speech –

"It is a great joy to be here celebrating another wonderful initiative to make life that little bit easier for people all around the State. Technical Aid to the Disabled has one major objective – to improve the quality of life for people with disabilities. It is a common goal shared by all of us in this

room. We all know that people with disabilities deserve opportunities to participate in the community and to lead rich and fulfilling lives. And we know that some need more support than others, either in the community or in their homes, or both. Making lives better for people with disabilities is rightly a responsibility of all of the community and through the projects that you undertake and the equipment you design, each and every one of you helps people with disabilities meet their goals on a daily basis.

I sincerely thank you for undertaking this duty to enrich our community and for your services to people with disabilities and the aged in South Australia for over 30 years." Hon. Minister Rankine MP

Our staff and volunteers enjoyed this function very much and thank The Hon. Jennifer Rankine MP and her staff for their hospitality on the day.

Our thanks must also go to the staff of WallCann for their efficient help and support in getting this site up and running and their ongoing hosting of the site. We can now offer visitors to our website not just an informative site of our services, but also an area where shopping on-line can be accessed, with a percentage of sales going direct to TADSA. We will continue building on this site as we become more proficient in its maintenance.

GENERAL TECHNICAL MEMBERS FIRST LUNCHEON

TADSA held its first "thank you" luncheon for our volunteers in May at the Sussex Hotel, Walkerville. 23 technical volunteers attended and enjoyed a good lunch with their fellow volunteers in a relaxed environment. This was a wonderful opportunity to meet with other TADSA members, discuss projects or just generally "shoot the breeze". We were delighted so many joined us on this occasion, it was so successful we will now organise another one to be held sometime in November. Hopefully, if you missed the last one you will make it to the next one.



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20+ YEARS CONTINUOUS TADSA SERVICE GROUP

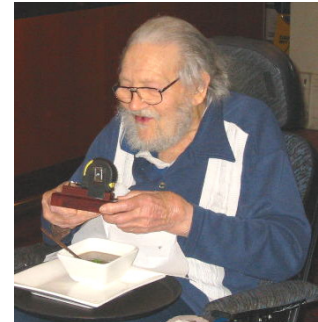
Terry Hall
Ray Thiele
Ken Lawson
Richard Jackson
Julie Peak (Office Manager)

Bruce Steer
Bill Shapley
Jim Were
Joe Tieste
Bill Ashman



Congratulations to this very special group of TADSA members, who recently achieved 20+ years of continuous service with TADSA. This amounts to over 200 cumulative years between them and of course, many, many projects for people with disabilities. Richard presented the individual volunteers with an “intriguing” award. Roger Davis was also presented with an award for his role as volunteer Project Manager (previously Co-ordinator) 1988-2006.

This special group of people were treated to a nice lunch at the Tower Hotel. It was also attended by some members from the Management Committee and TADSA staff. Not all members of this special group were able to join us on the day. Another get-together will be organised for them in the near future.



*Roger Davis,
Past Project Manager/ Co-ordinator*

Our thanks to technical member Patrick Pratt who helped with the making of the awards.



FREEDOM WHEELS – TADSA

– By Tony Scully, Freedom Wheels SA Coordinator

Another great clinic was held at Novita in early July with the help of Laura De Palma, senior physio of equipment services. With the use of the Budget van we were able to take to the clinic the 3 bikes and all the bits and pieces. The children who attended were fitted with the bike and attachments that best suited their requirements. 3 bikes have been ordered and Ramon Ortiz (who runs Freedom Wheels TADNSW) has informed me that we will have them by mid August. The next day it was Bike and Trike Show and Tell. Once again Laura had organized for parents to bring their children to try both bikes and trikes. When attending these bike clinics, you come to realise that some children will never ride a bike, but this program gives them the best opportunity to give it a go. The trikes that the children trial come from Body Cycles. Some of the children have special requirements when they get on the bike, eg handle bars and seats that are specially designed to assist them to ride and I must thank Tracey from Body Cycles for the opportunity to use some of these parts on our Freedom Wheels bikes. This allows the child to feel safer and more comfortable when riding their Freedom Wheels bike.

When transporting the bikes in the Budget van I was using quilts between the bikes to stop them getting into a tangle. This is now being overcome by TADSA technical member Denis, who is making a stand that will not only allow the bikes to stand up in the back of the van but can also be used when fitting a body support on for the child, which is better than leaving the outriggers on, as the bike is unable to move.

Our next Clinic is at the end of September. If you know of any child that you think would benefit from riding a bike please contact me (Tony) at TADSA.

HOW IT WAS DONE

Please Note – Personal names have been altered to respect client's privacy

PROJECT NO. 2010-171 - SWEET DISPENSER **TECHNICAL MEMBERS - Michael and Peter**

TADSA was approached by John who has high level quadriplegia and spends most of his time in his electric wheelchair. To keep his mouth moist, John needs to continually suck on sweets, namely Menthos and Cool Mints. His request was for us to make a machine that would dispense one of these into his mouth when needed.

As the two sweets are of different size and shape it was decided to make a dispensing machine for each sweet. The Menthos uses a carousel arrangement where, the sweets are placed in holes around the edge of a rotating flat plate. This is indexed each time the appropriate button is pressed. The Cool Mints being smaller and rounder, are fed into a vertical hopper, a gating mechanism rotates to pick up and deliver the sweet to the delivery tube. The electronics had to be smart enough to detect when a sweet had become jammed and then back up and try to move forward again without causing any damage to the motors.



Photos taken by TM Peter

One important requirement was the ability to easily dismantle the machine to enable John's carers to wash out any residual sugar dust left behind by the sweets. The metal and plastic work was made by Technical Member Michael Green while the controller electronics were made by Technical Member Peter Reed.

TOTAL DESIGN AND CONSTRUCTION TIME: Project Time 60 hours

PROJECT NO. 2010-252 - SPECIAL WHEELCHAIR FOOTRESTS **TECHNICAL MEMBER - Mike**

Doug has multiple sclerosis and spends most of his time in a wheelchair. Whilst he prepares some of his own meals he finds that the footrests on his wheelchair protrude too far, hitting on the cupboard and stove. It had been suggested that by removing the footrests the problem would be solved. Doug however, cannot tolerate his legs being unsupported, so a suggestion was to make a sling type footrest that he could easily swap for the standard footrests when needed.

In discussion with Doug, Technical Member Mike decided to use a piece of 5ply timber to which he fixed two lengths of seat belt webbing. The ends of the webbing were fastened to large brackets, which were modified so that they fitted into the footrest support holes. These brackets had a bolt welded to them so that the webbing was adjustable.



Photo taken by TM Mike

TOTAL DESIGN AND CONSTRUCTION TIME: 10 HOURS

Project 2010-224 - MOTORISED DESK
TECHNICAL MEMBER - John

The client, who suffers with Rheumatoid Arthritis, requested the assistance of TAD(SA) to help her read, write and do craft work.

It was concluded that we could help her by building a motorized desk that would swing away from her chair at the press of a button, two such desks had previously been built with some success.



On the face of it building a motorized desk is fairly straight forward, drawings made for the previous desks were available for most of the parts. In fact on closer examination it was discovered that the client could not raise her arms above her lap when sitting. This meant that the previous design desks were out of the question as they passed over the arms of the chair and were consequently much too high for our requirements.

It was resolved that the desk top would have to be designed to fit round the chair arms, and the height of the top would have to be down at the level of the clients knees, this height was best obtained by making the top adjustable. Adjusting the height was achieved by mounting the desk top on three aluminium angle brackets which were slotted to facilitate the adjustment. Isolating the desk top from the body of the desk in this way meant that the stabilizing strut on the drive end of the table also had to be redesigned to make it adjustable.

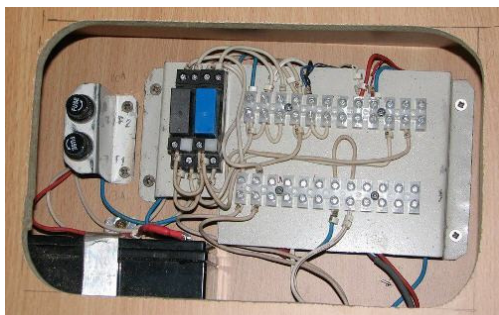
The basic concept of the desk is:

Top dimensions are 1200 x 400

The whole desk is mounted on a pivot and three wheels

The pivot post is mounted in one corner, and is connected to a torque arm, on which the chair stands.

The motor is a Holden VZ windscreen wiper motor which is mounted 1100mm from the pivot at the opposite end of the desk. The wheel mounted on the drive shaft (which together with its housing has to be made) is 100mm diameter giving the system an effective 22/1 reduction speed ratio.



With the motor selected for slow speed it takes about four seconds for the desk to travel through the 90° required.

Power to drive the motor is supplied by a sealed battery which is on permanent trickle charge.

Words and Photos by TM John

TOTAL DESIGN AND CONSTRUCTION TIME: 130 hours

PROJECTS ASSIGNED TO MEMBERS

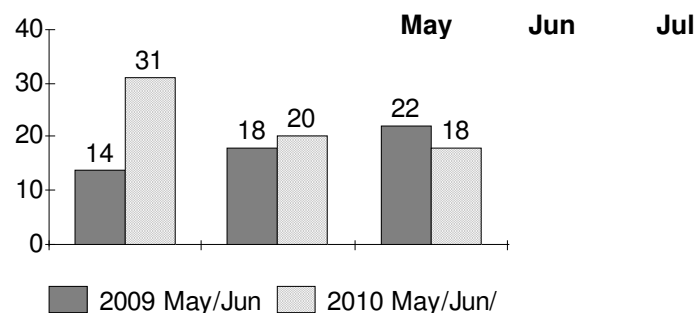
1st May – 31st July 2010

(tp = technical project ap = assessment by Project Manager)

Project No. ap/tp Project Title

2010-249	ap	Door access	2010-282	ap	Chair modifications
2010-250	ap	Home assessment - discontinued	2010-283	tp	Communication devices
2010-251	tp	Pitch fork gutter	2010-284	ap	Bed modifications - assess
2010-252	tp	Wheelchair footrest	2010-285	ap	Hanging Therapeutic sling
2010-253	tp	Computer installation	2010-286	ap	Bike mod for CP child
2010-254	ap	Microwave shelf	2010-287	tp	Scooter modifications
2010-255	tp	Walker carrier for scooter	2010-288	tp	Kitchen chair mod
2010-256	ap	Environmental Control System	2010-289	tp	Dog harness for wheelchair use
2010-257	tp	Wheelchair control protector	2010-290	tp	Modify garden setting
2010-258	ap	Suppository applicator assess	2010-291	tp	Communication devices
2010-259	tp	Seating for pool	2011-001	ap	Drink bladder stand assess
2010-260	tp	TS Phone repair	2011-002	tp	Swing table to read books - cancelled
2010-261	tp	TV Shelf	2011-003	tp	Collapsible walking stick/crutch
2010-262	tp	phone repairs and remote setup	2011-004	tp	Wheelchair modification
2010-263	tp	Walker repairs	2011-005	tp	Phone assessment
2010-264	tp	Call system	2011-006	tp	4 x Child chairs & 1 table
2010-265	tp	TV cables relocation	2011-007	tp	Bandsaw mod
2010-266	ap	Walking sling hook	2011-008	tp	Raise fridge height
2010-267	tp	Door bell adjustment	2011-010	ap	Sling leg extensions
2010-268	ap	Tray mount on wheelchair	2011-011	tp	Keyboard guard
2010-269	tp	Radio volume controllers (2)	2011-012	tp	Magnifying glass - mount
2010-270	tp	Special TADSA Trophy mounts	2011-013	tp	Keyboard table and chair mods
2010-271	tp	Guarded knife	2011-014	tp	Office chair and table mods
2010-272	tp	Door repair	2011-015	tp	Hanging Therapeutic sling
2010-273	ap	Door opener assessment	2011-016	tp	FW Bike stand
2010-274	ap	Wheelchair problem	2011-017	ap	Home furniture access
2010-275	tp	Suppository applicator	2011-018	tp	Childs mobility device
2010-276	tp	Pool cue supplies from TADACT (2)	2011-019	tp	House repair
2010-277	tp	Senior Pilot installation	2011-020	tp	Walking sling hook
2010-278	ap	Library workspace assessment	2011-021	tp	VCR and DVD setup
2010-279	tp	Chair modification -discontinued	2011-022	tp	Cutting board frame
2010-280	tp	Clothes iron guard	2011-023	ap	Reading glasses holder
2010-281	ap	Phone access	2011-024	ap	Home assessment
2010-281	tp	Phone Holder	2011-025	ap	Modified walking stick frame

Comparison Statistics Projects Allocated



OCCUPATIONAL HEALTH AND SAFETY – TIP

Avoiding Carpal Tunnel Syndrome

The nerves that run through the soft tissue area of the wrist area are sensitive to external pressure. Placing undue and prolonged pressure on these nerves can lead to **Carpal Tunnel Syndrome**. Soft tissue area is 2 in (5 cm) below the hand.

Advice to prevent pressure on these nerves includes:

- Not keeping your wrist on your mouse pad, palm support or your desk.
- No matter how soft the surface, any pressure on the soft tissue area of the wrist can lead to an ergonomic illness or injury.
- If you do need to rest your hand while you type, use the palm of the hand, using as little pressure as possible.

Cubital Tunnel Syndrome is a condition brought by pressure on the ulnar nerve at the elbow. When the pressure on the nerve becomes great enough to disturb the way the nerve works, numbness and tingling may be felt in the hand, fingers elbow and/or forearm.

Symptoms for either **Carpel** or **Cubital Tunnel Syndrome** can include tingling and numbness as well as pain and loss of grip strength.

PUBLIC RELATIONS NEWS

By Ian Beaton, TADSA Public Relations Officer

Generous Service Clubs - We give many talks to Service Clubs in Adelaide and from time to time we receive a donation – either on the night or sometime later. As a result of a talk to Holdfast Bay Rotary Club given by Richard Jackson we received a donation of \$1,000. We also received a donation of \$500 from the Lions Club of Playford, a few weeks after a talk given by me. Thank you to those Clubs for their support.

Booze Brothers & Staff Charitable Fund. - This generous group has donated another \$2,000 to assist us with TADSA projects. We thank them very much for their ongoing support.

Harvey Foundation - As one of only a handful of charities to be asked, TADSA was invited to apply to this 'new' foundation. We were delighted to receive \$10,000 to "*assist with the tremendous work this wonderful organisation already does*" to quote their Chairman. This is a significant donation and a great way to start the new financial year. We appreciate the generosity of the Harvey Foundation.

Expos/Conferences - TADSA took part in the City of Playford Disability Expo on June 22nd which focussed on training and employment opportunities for people with disabilities. We will also be involved in the Disability & Ageing Expo at the Wayville Showgrounds on 13th August, the SA Gerontology Conference on 10th September, the Murray Bridge Disability Expo on October 7th and the Disability SA, Disability Conference on October 13th and 14th.

Telstra Payroll Giving Program. - TADSA has been chosen as a recipient of donations from Telstra staff through this program. Donations are deducted from staff pays before tax, thereby giving the staff a tax deduction and ensuring that the full amount of each donation is received by TADSA.

Talks - If you or someone in your family is part of a Service Club or support group please keep TADSA in mind for speaking opportunities in 2010/2011. I or someone else from our Organisation would be happy to give a talk on the work of TADSA.

TADSA talks given (May – July 2010)

Rotary Club of Holdfast Bay
Rotary Club of North Adelaide
Zonta Club Gepps Cross

Rotary Club of Morialta
McGuinness McDermott Foundation

OCCUPATIONAL HEALTH & SAFETY INFORMATION

Nail Gun – EYE INJURY

Incident – A 32-year-old roof carpenter was hospitalised during June when he was struck in the eye. The roof carpenter was using a nail gun to fix holding down straps to the battens on a single storey dwelling. He was putting four nails into each steel strap when a nail ricocheted and struck him in the eye. The roof carpenter using the nail gun sustained a serious injury to the eye, resulting in the loss of sight.

Factors to consider –

- Failure to wear the appropriate personal protective equipment – eye protection.
- Use of incorrect nail gun and nails

Recommendations –

The following list will help in reducing incidents associated with Air Operated Nail Guns and should be observed at all times.

- Do not attempt to use a nail gun unless you have first received instructions on safe use.
- Read printed instructions provided with the tool for its safe use.
- Wear safety glasses
- Do not point the tool towards yourself or others, no matter how far away they are.
- Clearly display one or more warning signs.
- When leaving the tool unattended, turn off the air supply and disconnect the air hose.
- Do not use the nail gun in a congested area.
- Do not use a defective nail gun – ensure all nail guns are regularly maintained.
- Maintain a safe, well balanced position to prevent misalignment of the nail gun during use.
- Do not work above other people. Always be aware of the possible danger to others, and take whatever precautions are required.
- Do not use any nail that is not of a type suited to the nail gun and the purpose for which it is being used.
- Make yourself familiar with the requirements of the Occupational Safety and Health Act 1984, and the Occupational Safety and Health Regulations 1996 4.50
(Information supplied by WORKSAFE, Western Australia)

Further information can be obtained from WorkSafe's internet site www.worksafe.wa.gov.au or by contacting customer service on 1300 307877.

Disability SA – INDEPENDENT LIVING CENTRE

The Independent Living Centre's Mobile Unit Outreach Service is a free government service for people living in rural and remote South Australia. Visitors to the wheelchair-accessible caravan are able to discuss their individual needs with an experienced health professional (Occupational Therapist) and view and trial a wide range of equipment. Information sheets covering a large variety of topics are also available. Free individualized advice is provided on techniques and equipment to assist those living or caring for someone with a disability, injury or illness. Program for the next three months for the visiting Mobile Outreach Service includes –

- September** - Riverland – Wed 15th & Thurs 16th : Riverland Field Days
Fleurieu Peninsula – Wed 22nd: Victor Harbor Carer's Support Centre
- October** - Murray Mallee – Wed 6th: Pinnaroo Show
Eyre Peninsula – Wed 13th: Cowell ½ day Thurs 14th Cleve
Fri 15th: Port Lincoln DIRC Disability & Ageing Expo
Spencer Gulf – Wed 20th: Hawker Thurs 21st: Pt Augusta Healthy Ageing Expo
- November** - Spencer Gulf – Wed 3rd: Whyalla Thurs 4th: Port Pirie
Riverland – Tues 16th: Waikerie Wed 17th Berri Thurs 18th Renmark
- December** - South East – Tues 30th: Kingston SE – Wed 1st Dec: Millicent
Adelaide City – Fri: Rundle Mall (International Day of People with DisAbility)

Contact Independent Living Centre for further details on 1300 885886 or 8266 5260.

DISABILITY GUIDE

Tourette Syndrome

Tourette Syndrome (TS) is a neurological disorder, which most often begins between the ages of 2 and 21, and lasts throughout life. TS is NOT degenerative and people with TS can expect to live a normal life span.

What are the symptoms? - TS is characterised by rapid, repetitive and involuntary muscle movements and vocalisations called "tics", and often involves behavioural difficulties. The term "involuntary", used to describe tics, is a source of confusion since it is known that most people with TS do have some control over their symptoms. What is often not recognised is that the control which can be exerted, from seconds to hours at a time, only delays more severe outbursts of symptoms. Tics are experienced as a build up of tension, are irresistible and eventually must be performed. Typically tics increase as a result of tension or stress and decrease with relaxation or concentration on an absorbing task. TS symptoms have long been misconstrued as a sign of behavioural abnormality or "nervous habits", which they are not.

How are tics classified? - The two categories of the tics of TS and some common examples - **SIMPLE -**

Motor - Eye blinking, head jerking, shoulder shrugging, facial grimacing, nose twitching
Vocal - Throat clearing, barking noises, squealing, grunting, gulping, sniffing, tongue clicking

COMPLEX –

Motor - Jumping, touching other people and things, twirling about, repetitive movements of the torso or limbs, pulling at clothing and self-injurious actions including hitting or biting oneself.

Vocal - Uttering words or phrases, coprolalia (the involuntary utterance of inappropriate or obscene words), echoalia (repeating a sound, word or phrase just heard) or palilalia (repeating one's own words)

The variety and complexity of tics or tic-like symptoms that can be seen in TS is enormous.

Do people with TS have all of these symptoms or just some of them? – People with TS rarely have all of these symptoms. Most people will exhibit some or many symptoms over a long period of time and in varying degrees: mild, moderate or severe. In milder cases a person may have just a few tics or twitches, which may be confined to the face, eye and shoulder areas. In more severe cases several areas of the body may be affected. The symptoms wax and wane, in some cases from day to day but more commonly over 3 to 4 month periods. The waxing and waning pattern can sometimes be frightening to people with TS who may find it difficult to understand the sudden intensification or waning of symptoms.

What are the first symptoms? - The most common first symptom is a facial tic such as rapidly blinking eyes or twitching of the mouth. However, involuntary sounds such as throat clearing and sniffing, or tics of the limbs may be the initial sign. In some cases childhood behaviour difficulties precede tics. ADHD symptoms often precede development of tics in children with both conditions.

For further information contact Disability Information & Resource Centre on (08) 8236 0555 or Tourette Association Adelaide, SA 5061. Ph: (08) 8236-0555

WOULD YOU LIKE TO CONTRIBUTE TO TADSA?

Simply fill out the form below and return to:
Technical Aid to the Disabled (SA) Inc.
PO Box 540, Modbury SA 5092

Please send me more information and membership application. I am interested in joining as a:

Technical Member Individual Member Organisational Member

Or

I would like to make a donation of \$

Name

Address

..... Postcode

Telephone:

Mobile:

Email:

Make your donation dollars count and help us make an impact on the lives of people with disabilities by making a donation today. For more information or to donate online please visit our website www.tadsa.org.au