



Telephone: 08) 8261 2922
(Mon-Fri 9.00am-5.00pm)

State-wide Local Call
1300 663 243

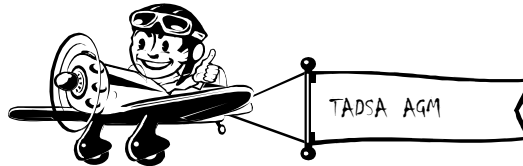
Website: www.tadsa.org.au
Email: admin@tadsa.org.au
Fax: 08) 8261 2922

TECHNICAL AID TO THE DISABLED (SA) INC.

PO Box 540, Modbury, South Australia 5092

NEWSLETTER

No. 150 - SPRING



You are invited to attend

TADSA ANNUAL GENERAL MEETING

To be held on Tuesday 22nd September 2009 at 3pm

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 21st September 2009

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.



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)

is an Australia wide voluntary Organization, with 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, Disability Services SA-ILC, and Adult Therapy Solutions. 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 in the mechanical, carpentry, electrical or electronic fields, 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 or Office Manager on 08) 8261 2922.



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 standard bikes. This now means that an Occupational Therapist or Physiotherapist can "prescribe" the attachments needed to correctly support a child, and a 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.

Rugged Terrain Electric Wheelchair Program –

TADSA has two electric wheelchairs available for loan to people with severe disabilities living in rugged terrain. For further information, contact Julie in the Office.

Home Phone Numbers for Urgent TADSA Business –

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

Supported by



Government of South Australia
Department for Families
and Communities

TADSA ACHIEVES SERVICE EXCELLENCE FRAMEWORK



More than three years after we began the process, we finally received our Service Excellence Certificate. Our PR Officer, Ian Beaton, is shown at the presentation with the Minister, the Hon Jennifer Rankine.

We were required to participate in the program as part of our State Government funding agreement. Although the whole process was time consuming and arduous, we were fortunate that many of the policies and procedures that were needed were already in place or on the way. Credit for much of the work must go to Julie Peak (Office Manager) and John Williamson (Committee Member).

THANK YOU NATIONAL SENIORS

Office Manager Julie Peak accepting the cheque and thanking the members of the National Seniors Adelaide North West branch for nominating TADSA for the \$6,600 National Seniors Foundation donation.



LAUNCH OF FREEDOM WHEELS - TADSA

Freedom Wheels 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 standard bikes. This now means that an Occupational Therapist or Physiotherapist can “prescribe” the attachments needed to correctly support a child, and a bike set up by TAD technical volunteers to suit is delivered to the child.



L to R – Neville Armstrong (TADVic Tech Member), Andrew Webb (Occupational Therapist, Vic), TADSA Technical Members, Des Chabrel, Tony Scully (Freedom Wheels SA Co-ordinator), Ken Lawson, Steve Miller & Travis James

On 17th July 2009, TADSA launched its first Freedom Wheels Clinic. Technical Member Neville Armstrong and Andrew Webb (Occupational Therapist) came over from TADVIC with the van and bikes. The clinic was held at Novita and was attended by a total of 7 clients over 2½ day period.

A group of TADSA Technical Members also attended the clinic during this time, along with a number physiotherapists and occupational therapists.

The Launch of Freedom Wheels in South Australia resulted in many smiles all round, especially from the children experiencing cycling for the first time.

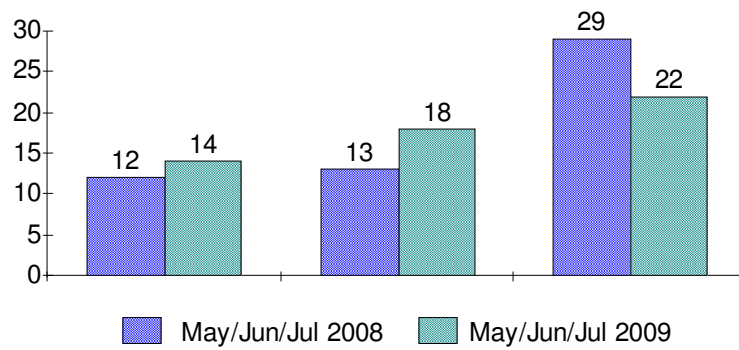


PROJECTS ASSIGNED TO MEMBERS**1st May – 31st July 2009 - (tp = technical project ap = assessment by Project Manager)**

<u>Proj No.</u>	<u>ap/tp</u>	<u>Project Title</u>
2009-226	tp	Modify bike helmet strap
2009-227	tp	Modify walker brakes
2009-228	ap	Voice enhance system
2009-229	ap	Car brake pedal modification
2009-230	ap	Slide board
2009-231	ap	Bath chair modification
2009-232	tp	Remote for outside blinds
2009-233	tp	Setup internet access
2009-234	ap	Garden trailer for wheelchair
2009-235	tp	Setup phone
2009-236	ap	Heavy duty twin stroller
2009-237	ap	Carrier for C-Pap machine and battery
2009-238	tp	Parallel bars
2009-239	ap	Stove and oven assessment
2009-240	tp	Cue holders for pool players
2009-241	tp	Walking bar
2009-242	tp	Personal alarm modification
2009-243	tp	Slide board
2009-244	ap	Assess phone usage
2009-245	tp	Extended hair brush
2009-246	tp	Snooker sticks repair
2009-247	ap	Dressing frames and golf bag
2009-248	ap	Lifting chair for school
2009-249	ap	Child's support for boat
2009-250	tp	Dragon Dictate assist
2009-251	ap	Call button modification
2009-252	tp	Phone holders (2) for wheelchair
2009-253	ap	Fishing rod holder
2009-254	ap	Gardening tools
2009-255	tp	Pickup sticks repair
2009-256	tp	Exercise Machine Foot Pads
2009-257	ap	Pendant mods assessment
2009-258	tp	Bowling ramp
2009-259	tp	Sliding board
2009-260	tp	Modify brakes on walker
2009-261	ap	Swing away bed sticks
2009-262	ap	Switch for call unit assess
2009-263	ap	Workbench assessment
2009-264	tp	Handle for oxygen bottle
2009-265	tp	Reclining electric chair repair
2009-266	tp	Chair modifications
2010-001	tp	Carrier for B-Pap machine and battery
2010-002	tp	Child's support for boat
2010-003	tp	Remote switch
2010-004	ap	Walking frame assessment
2010-006	tp	Environmental System
2010-007	tp	Car seat mods
2010-009	tp	Feeding arm repair
2010-010	tp	Electric recliner chair repair
2010-011	tp	Swing away bed sticks
2010-012	tp	Handset off phone alarms (2)
2010-013	ap	Loading Scooter into car boot aid
2010-014	fw	Freedom Wheels Project

2010-015	fw	Freedom Wheels Project
2010-016	fw	Freedom Wheels Project
2010-017	fw	Freedom Wheels Project
2010-018	fw	Freedom Wheels Project
2010-019	fw	Freedom Wheels Project
2010-020	fw	Freedom Wheels Project
2010-021	ap	Home assessment for Shed
2010-022	tp	Ramps
2010-023	ap	Mattress lifting device
2010-024	ap	Wheelchair anti-tip & footrest assess

Comparison Statistics Projects Allocated - May, June & July



TADSA PROJECTS –

HOW IT WAS DONE

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

Project 2008-133 - Non-Movement detector

Technical Members - Allan



John has Parkinson's Disease and approached TADSA for help with two problems.

Firstly, due to his Parkinson's disease John hits his chest exactly where his Call Alert pendant is located. Unfortunately, more than once he has called the ambulance by mistake. To stop this happening, a finger guard was placed around the call alert button so that to call for help John has to make a conscious effort to stick his finger in the guard.

John's second problem was most unusual. Again, due to his Parkinson's he freezes and this could happen in the most unusual places. After some thought it was decided to make a non-movement detector. The thinking behind this was that if he stopped moving for a length of time it would beep him. He would then need to reset it within a stipulated period, otherwise it would contact the ambulance via an imbedded call alert button.



Quality movement detectors were purchased and connected to a PIC chip microcomputer. It was soon realised that there were two different applications. When John was home by himself he needed the unit to call an ambulance via his Call Alert system, but when he was out of range, ie doing his shopping, he needed another unit that would announce in a loud sound that *"I am Ok, but would someone please call an ambulance"*.

The in-home unit was built in to a small box that connected to a Call Alert pendant. To give the volume for the out-of-house unit, a small computer speaker was gutted and fitted with a low power amplifier along with the PIC microcomputer. This would be placed on John's wheelchair so that others around him could hear it.

Photos taken by Allan

TOTAL DESIGN AND CONSTRUCTION: 200 Hours

Project 2008-260 - Operate Walker Brakes Using Either Hand
Technical Members - Michael and John



Joan has arthritis in both hands and is finding that using her walker has become dangerous, as she is unable to apply the same braking force to both wheels. This results in the walker skewing around, possibly tipping her over. Our solution was to join the brakes together so that either or both hands could be used to apply the brakes.

Although this has been done on several occasions, Joan's walker presented an intriguing problem, in that the brakes are on the rear wheels. Usually with the brakes on the front wheels, a bar is positioned so that it applies the brake-pads to the wheels, the Bowden cables from each hand being connected to the centre of this hinged bar.

In Joan's case we needed to join the Bowden cables from the hand brakes to a "grip and brake equaliser," to which the Bowden cables that controlled the brake pads, were also connected. While this sounded simple, getting the mechanical resistance down to suitable level was very difficult while still maintaining enough movement to operate the brakes pads correctly. Finally the Technical Member made the illustrated unit. One failing of this system is that if Jane only uses one hand to do the braking, it has to supply sufficient force to operate both brakes.



Photos taken by Julie Peak

TOTAL DESIGN AND CONSTRUCTION: 28 Hours

Project 2009-225 - Bookholder & Sidetable (with tethered controls)
Technical Member - D. Terry Hall

Rob has an advanced case of MS and spends most of his time in a recliner chair and needs to have his remote controls and drink within easy reach.



Technical member Terry built a table with a swing away book stand that was attached to the wooden raiser supporting his recliner chair. The table was positioned next to his armrest which enabled Rob to easily reach the remotes and any other items on it.

Due to Rob's shaking and lack of fine motor control, he occasionally drops the controls on the floor. To overcome this, the remotes were tethered to the table so Rob can now pull the remote back if they fall off.

Photo taken by Terry

TOTAL DESIGN AND CONSTRUCTION: 16 Hours

OCCUPATIONAL HEALTH AND SAFETY

Preventing Misuse of Angle Grinders

What is the problem? – Workers fitting saw blades to angle grinders and using them as cutting tools.

What are the risks? -

- The blade saw can jam or kickback (the disk thrusts back towards the user) and the exposed blade can strike the operator.
- The blade's teeth or hardened tips can also become projectiles if they detach at high speed.
- A worker was seriously injured while using an angle grinder fitted with a tungsten-tipped saw blade. The angle grinder was being used to cut a hole in the top of an aluminium fuel tank when the saw blade jammed, causing the angle grinder to kickback onto the worker.

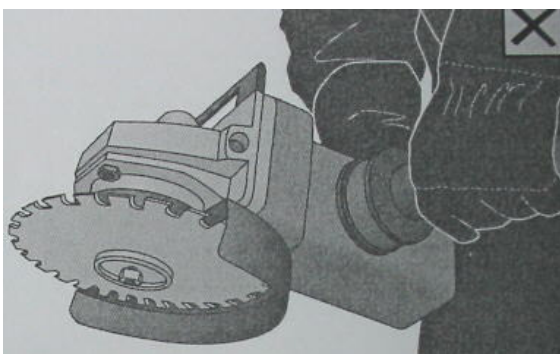
Angle grinders are not designed to operate as power saws, as they:

- are not fitted with sufficient guarding to protect the operator if the blade jams, disintegrates or kicks back.
- are not fitted with retractable guards that provide the same safety a power saw provides
- rotate at faster speeds and generate greater torque than power saws.

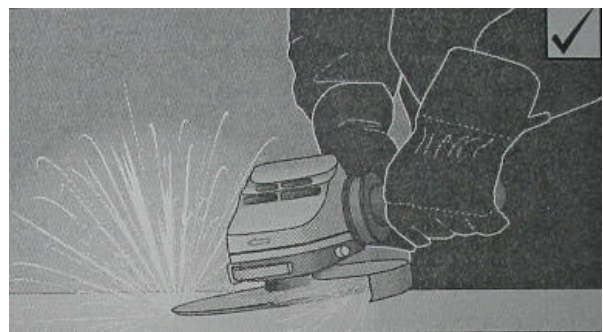
What is a solution to the problem? – Put in place risk control measures to eliminate or minimize risks by:

- using the right tool for the job. Circular saw blades should never be fitted to an angle grinder
- only using blades specified by the manufacturer of the angle grinder (if in doubt, check with the manufacturer before fitting and using.)
- Using a safer alternative method of cutting for the task (such as a power drill, reciprocating saw, jigsaw with an aluminium blade or a purpose built cold metal cutting power saw).
- Wearing adequate eye and face protection when using an angle grinder. Hearing protection and flame-resistant clothing should also be worn.
- Be adequately trained in the safe use of angle grinders.

WorkSafe Advisory Service - Toll-free 1800 136 089



Circular saw blades should not be fitted to an angle grinder



Only use angle grinders for the specific material and purpose for which they are designed

PUBLIC RELATIONS NEWS

By Ian Beaton, TADSA Public Relations Officer

Booze Brothers Staff Charitable Fund On June 25th I represented TADSA at the Fund's cheque presentation evening, where we received a donation of \$2,000. We thank the Booze Brothers staff and management for their generosity.

Community Benefits We received a grant of \$4,800 in June from the Department for Families and Communities, through the Community Benefits SA Fund, toward the purchase of a new photocopier. The new machine will photocopy in both black and colour, will be networked to all office computers (so it can be used as a printer), has facilities for A3 and A4 paper and will produce copies more cheaply. It replaces our previous second-hand copier which was partly donated by our past Project Manager, Roger Davis five years ago.

National Seniors In July we received a grant of \$6,600 from the National Seniors Foundation. The Foundation recognised TADSA's association with 'seniors', with a majority of our clients and volunteers in the 'seniors' age range. Enclosed in this edition of the newsletter is a National Seniors membership brochure. If you think you could benefit from the services and discounts available through membership, then I encourage you to join an organisation which supports TADSA. Thanks to the National Seniors Foundation for its generous support and technical volunteer John Smith who is a member of the National Seniors' Adelaide North West branch, who helped us with this application. (see also page 3)

Victor Harbor Chairman Richard Jackson and I travelled to Victor Harbor on June 25 and met with disability support organisations and health professionals to discuss our intention of providing TADSA services in Victor Harbor. There was significant support from those attending, so now we are looking for volunteers and clients. Richard made a subsequent visit to meet with Southern Volunteering who are going to assist us with volunteer recruitment, and he was also interviewed on both community radio stations. If readers know of anyone or any organisation that could assist us or could benefit from TADSA setting up in Victor Harbor, please contact me.

Talks If you or someone in your family is part of a service club please keep TADSA in mind for speaking opportunities in 2009. Myself or someone else from the organisation would be happy to give a talk on the work of TADSA.

TADSA talks given (May – July 2009)]

- Wood Group Hindmarsh
- Stroke Club Noarlunga
- Golden Grove Rotary Club
- Rotary Club Salisbury
- Disability SA –Highgate Park
- Golden Grove Lions
- Kiwanis of Modbury
- Makin Edge Rotary Club
- Independent Living Centre
- Kiwanis Club of Tea Tree Gully

DISABILITY SERVICES SA - THE INDEPENDENT LIVING CENTRE

Pressure Management - Part 3

Other materials: are emerging as new technologies develop in pressure management. For example, there is a honeycomb-shaped polymer material that has some conforming properties, but because of holes in the material allows airflow to take heat and moisture away from the body.

Dynamic pressure-redistributing devices generally consist of a series of air-filled cylindrical cells connected to an electrically-powered pump which inflates and deflates alternate cells over a period of time. Although available in seat cushions, dynamic (alternating air) mattresses and mattress overlays are much more common and are available with many variations:

Overlays sit on top of an existing mattress. A cell diameter of at least 10cm is recommended so as to achieve a significant reduction in pressure on risk areas. Mattress replacement systems that have a much greater cell depth, often have more complex cycle patterns and generally provide a greater level of pressure management.

Rotation systems that rotate the user from lying on one side to the other.

Low Air Loss systems that constantly release air through microscopic holes in order to reduce heat and moisture at the skin.

Systems that automatically adjust the pressure in the cells according to the user's weight and position. If the systems pressure is only adjustable manually, the pressure will need to be increased when a user spends time sitting up, as more weight is going through the cells under the buttocks.

Consideration should also be given to the covering material for any cushion, mattress or overlay. A material with at least two-way stretch should be used so that it does not limit how much the user can sink into the pressure-reducing medium. Placing other items (eg sheepskins, blankets) on top should be avoided.

Please note that these devices should not replace regular repositioning and advice from a health professional (occupational therapist, physiotherapist, or registered nurse) with experience in pressure management, should always sought prior to choosing a pressure redistributing device.

Other Pressure Management Strategies

- Reposition regularly—at least every two hours, but if an individual can shift their own weight, aim for 15 minutes when sitting
- Avoid sitting or lying on creases and seams in clothing and bedding
- Take care when conducting transfers not to pull, knock or stretch skin. Use protective clothing or padding for activities which may cause skin breakdown
- Avoid other objects on a seat or in bed—objects as small as crumbs in bed have been known to contribute to a pressure ulcer
- Consult a professional about managing incontinence (if applicable)
- Avoid tight or restrictive clothing
- Perform regular skin checks for reddened areas
- Maintain nutrition and keep skin clean, dry and in good condition. Use moisterising lotion regularly. Consult a dietician if necessary and ensure adequate fluid intake.

Free advice on equipment and techniques to help you with every day tasks -.
Independent Living Centre, 11 Blacks Road Gilles Plains SA 5086
Phone: 1300 885 886 (SA & NT callers only) or (08) 8266 5260 Fax: (08) 8266 5263
Email: ilcsa@ilc.asn.au Website: www.disability.sa.gov.au

DISABILITY GUIDE

People with an intellectual disability – Part 2

SERVICES, AIDS AND INTERVENTIONS

There are many services and aids available to people with an intellectual disability to help and encourage them to live more independently and to offer the least restrictive of services.

One of the stated principles of the Intellectually Disabled Persons' Services Act, (1986) is that: "services generally available to all members of the community should be adapted to ensure access by intellectually disabled persons and specialised supplementary services should be provided to the extent required to meet individual needs".

Services of assistance include:

- residential / accommodation
- vocational training
- Individual Program Plan development
- personal care
- individual needs assessment

Aids which can assist include:

- communication boards / books
- walking aids
- talking books

The resource guide lists organisations which are able to assist with information relating to the provision of these aids and services.

Below are listed some common examples of conditions which may be described as intellectual disabilities.

DOWN SYNDROME

Down syndrome is a genetic condition caused by extra genetic material (genes) from the 21st chromosome. Varying degrees of intellectual disability are associated with Down syndrome. They can range from mild to severe.

Down syndrome takes its name from the British doctor, John Langdon Down, who first clinically identified the condition in 1866. There is an increased risk of having a child with Down syndrome if the mother's age is over 35 years.

It is not known what causes the extra 21st chromosome, but the association with the mother's age is well documented. There is a number of tests now used for diagnostic purposes and screening.

Some of the physical traits that are common but not always present are epicanthal folds over the eyes, flattened bridge of the nose, a single palmar crease and decreased muscle tone.

Next Newsletter will include Autism and Developmental Disability

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

WHEN YOU ARE CONSIDERING YOUR WILL....

Technical Aid to the Disabled (SA) Inc. (TADSA) provides an important service to people with disabilities in South Australia. While all work is carried out by volunteers, administrative costs need to be met. TADSA relies heavily on private donations from the public to help cover these costs. People with disabilities need your help. When making your Will, please remember this Organization as a very deserving charity. Your legal adviser will tell you how best to include your donation in the document.