

The Late Effects of Polio

If you have had polio, even many years ago and, in recent years, you are experiencing one or more of the following symptoms you may be living with Post Polio Syndrome;

- Muscle and joint pain
- Lack of strength and increased muscle weakness
- Extreme fatigue
- Breathing problems often related to difficulty in sleeping
- Swallowing problems
- Severe intolerance of cold
- Decline in ability to enjoy everyday activities such as walking

Be strong At the moment there is no cure for what you are going through, though there are a lot of things you can do to maintain your lifestyle. You will need a lot of resolve from yourself and the Post Polio Support Group is here to help where it can. You will have to make changes in how you do things but the results will make it worthwhile.

Family and Friends Support Make sure that you and your family and friends understand the problems associated with the late effects of polio and how you can work co-operatively to manage your changing lifestyle. It is important to find solutions to problems so that you continue to enjoy life and keep the independence for which you have fought so hard.



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Conquering the Polio Legacy

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Peer Support Other Polio Survivors can be of great assistance to someone coping with the late effects of polio. They may share your symptoms and may know of treatments that can help you.

Diagnosis Diagnosing Post Polio Syndrome is difficult and is best done by a consultant neurologist who has experience of the condition.

Energy Management Strike the right balance between resting and being active.

General Health Give your body the best chance it can have by living healthily.

New Aids New lighter callipers and other aids may make your life easier.

Greater Care Always seek professional advice before taking prescription or over the counter medication or remedies.

Specialist Treatment From Physiotherapists, Occupational Therapists, Speech Therapists, Orthotists, Counsellors, Chiropodists, and others.

Specialist Consultations with Neurological, Orthopaedic, Rehabilitation, Pain and Respiratory Consultants, amongst others.

Psychological Support From Psychologists and professional Counsellors.

If you want any advice with any of the issues raised in this leaflet please call the

**Post Polio Support Group,
Telephone (01) 8898920**

email: sic@ppsg.ie

or write to

Unit 319, Capel Building, Mary's Abbey, Dublin 7

Designing the supports to assist the Polio Survivor

Every Polio Survivor is an individual and we must all remember that the solution for one person may not necessarily be the same as for another. If you contact the Group your needs will be assessed with a view to designing suitable supports.

- Your social support group will help you by sharing your problems and maybe finding a few solutions
- Your health service starts with your general practitioner and your public health nurse
- The central office of the Post Polio Support Group can help you along the way, call Lillian at (01) 889 8920

*The mission of the
Post Polio Support Group is:*
**to create awareness and to provide
information regarding the late effects
of polio among Polio Survivors,
statutory agencies and the wider
medical profession, and to ensure that
the needs of Polio Survivors relating to
their condition are met to enable them
to live with dignity**

An assessment of your needs will look at a number of areas

Making sure that a Polio Survivor feels as well as she or he can

Trying to assess whether the Polio Survivor is getting proper care and medical attention

Making sure that a Polio Survivor walks as well as she or he can

Trying to prevent uneven wear on the body, the skeleton in particular, and strain on the muscles. Someone with a good walk is less likely to fall, less likely to suffer a fracture. This assistance may be sourced through the HSE or the Group and the choices of the Polio Survivor are respected in so far as they can.

Making sure that a Polio Survivor is supported in daily living

Building a good working relationship with his or her Public Health Nurse. The Public Health Nurse can be a gateway to many supports and may be able to help you access certain therapeutic services.

Making sure that a Polio Survivor manages his or her needs and benefits as best she or he can

Finding the sources of State and other assistance and support which are suitable to the Polio Survivors' needs is vital to build her or his independence.