

## We Understand – call us 01 889 89 20

See [www.polio.ie](http://www.polio.ie) for more information  
or email our Service Coordinators -  
[fsw@ppsg.ie](mailto:fsw@ppsg.ie)

### 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 symptoms below, you may be living with the Late Effects of Polio.

This condition is medically known as Post Polio Syndrome (PPS):

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

**If you are concerned about any of the above, talk to us – we can help.**



## Polio Survivors Ireland Here to Help You

Each polio survivor has individual needs  
Contact us for suitable supports for **you**

Have **your** needs assessed

Email us: [info@ppsg.ie](mailto:info@ppsg.ie)

Visit our website: [www.polio.ie](http://www.polio.ie)

Call: 01 889 89 20



Polio Survivors Ireland  
(Post Polio Support Group CLG)  
Unit 319, Capel Building,  
Mary's Abbey, Dublin 7.  
CHY: 11356

# Polio.

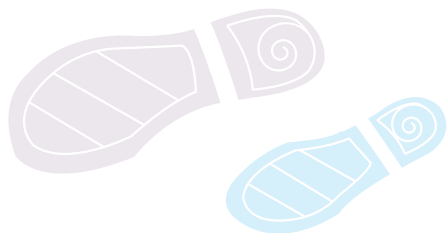
## Did you have Polio?

**Contact Us.**  
Learn about supports  
available to you.

01 889 89 20  
[info@ppsg.ie](mailto:info@ppsg.ie)  
[www.polio.ie](http://www.polio.ie)



# CONTACT FORM



Fill out your details and we will contact you.  
You can become a member if you wish, even  
if you don't need help now.  
Strength in numbers will help all polio survivors.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

DOB \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Please return by FREEPOST TO:  
Licence DN 5650, Post Polio Support Group,  
Unit 319, Capel Building, Mary's Abbey,  
Dublin 7 (no stamp required).

**Polio Survivors Ireland** (previously  
Post Polio Support Group) provides a wide  
range of tailored supports and services to  
polio survivors living in Ireland.

**To discuss your situation  
confidentially please call us at  
01 889 89 20.**

## WHAT WE DO

### Personal Supports

- provide advice, information and support.
- carry out an assessment of your needs to  
find out whether you are getting proper  
support and medical attention.
- talk about what you are experiencing and  
advise you on:
  - energy management, general health,
  - sourcing aids and appliances.
- specialist treatment like Physiotherapy,  
Occupational Therapy, Counselling.
- other matters relevant to you.
- help you to access services and support to  
help you maintain your independence and  
quality of life as you age.

If you are having difficulties relating to your  
polio, then we are here to help.

**Advice on Self-Management** - You may  
have to make some changes to help you to  
enjoy the best possible quality of life and to  
maintain your independence as you age.

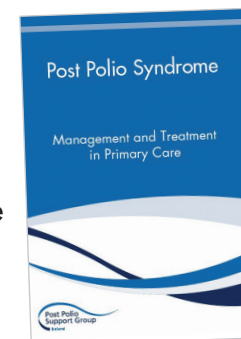
**Social Support Groups** - Meeting other  
polio survivors can help ensure no-one feels  
isolated and introduce you to people who  
understand what it's like to have had polio.  
Find a meeting near you at [www.polio.ie](http://www.polio.ie)  
or call 01 889 89 20.

**Telephone Support** - Provides social  
support and a listening ear, particularly if it is  
not practical to attend meetings.

**Polio Register** - We are recording the  
number of polio survivors in Ireland for a  
proper picture of how many there are, to help  
us campaign for the supports needed now  
and in the future.

### The Blue Book -

Our publication: 'Post Polio  
Syndrome - Management  
and Treatment in Primary  
Care' is available free of  
charge. Copies are available  
to inform your GP & others  
providing your care.



### Medical Alert Card -

This informs medical professionals of issues  
relating to medications which may be harmful  
to polio survivors.

**Advocacy** - We advocate for polio survivors  
to ensure their needs are met and campaign  
for improved and accessible services &  
supports. We make sure that polio survivors  
have a stronger voice.