

We Understand – call us 01 889 89 20

See www.polio.ie for more information
or email our Service Coordinators -
sic@polio.ie

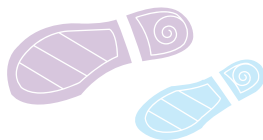
Late Effects of Polio

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@polio.ie

Visit our website: www.polio.ie

Call: 01 889 89 20



Polio Survivors Ireland,
Coleraine House, Coleraine Street,
Dublin 7, D07 E8XF.
Registered Charity No 20030926 and
CHY: 11356

Polio.

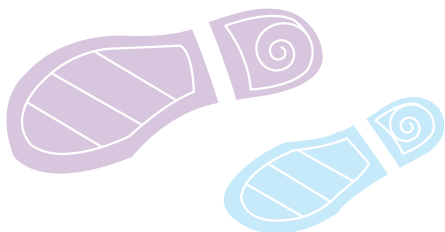
Did you have Polio?

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

01 889 89 20
info@polio.ie
www.polio.ie

 **Polio**
Survivors
Ireland

CONTACT FORM



Fill out your details and we will contact you to discuss your situation in confidence. If you wish to be a member of Polio Survivors Ireland we can help you to do so. Even if you don't need help now – join to help your fellow polio survivors.

Name _____

Address _____

DOB _____

Email _____

Phone _____

Please return by FREEPOST TO:
Licence DN 5650, Polio Survivors Ireland,
Coleraine House, Coleraine Street, Dublin 7,
D07 E8XF (no stamp required).

Polio Survivors Ireland 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.

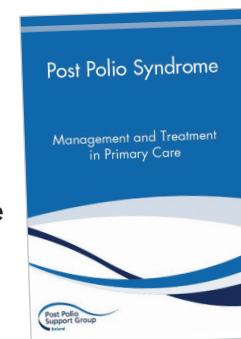
Social Support Groups - Meeting other polio survivors can help ensure no-one feels isolated and introduce you to people who understand what it's like to have had polio. Find a meeting near you at www.polio.ie or call 01 889 89 20.

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.