

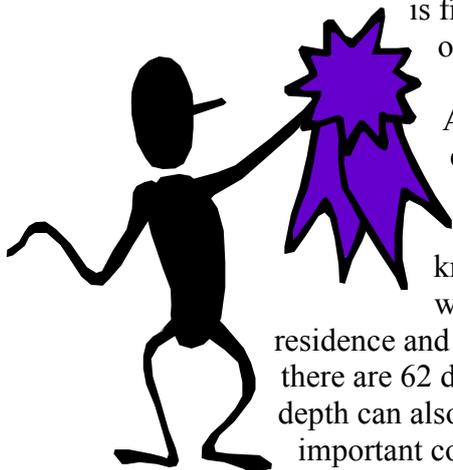
All products sold meet Therapeutic Goods Administration (TGA) approval and/or the higher European Standards approval. Products purchased from this business can be repaired.

Australian products are promoted as much as possible. Prices are fair – the recommended retail price – and there are no extras added. Ninety percent of products come with a 1 year warranty.

Canberra Mobility's aim is to provide

- clients with improved quality of life,
- mobility and
- good old fashioned service.

A free trial period is available especially for larger items, to make sure they are suitable. Delivery is free. A hiring service is also available on almost the entire range of products.



A new specialty, and a growing part of the industry, is bariatric equipment ie: items such as commodes, wheelchairs etc suitable for the larger person. Clients need to be comfortable with the product and therefore it is necessary for the salesperson to know a person's weight and the size of the bathroom to ensure the wheelchair, commode etc. supports their weight, is suitable for the residence and is a good fit for them. For rollators (wheelie walkers) of which there are 62 different types, seat height is important and can be adjusted. Seat depth can also be adjusted on wheelchairs. The weight of equipment is an important consideration if it is going to be lifted into the boot of a car.

Walking sticks need to be adjusted to suit your height. Any adjustments necessary for equipment are made before you leave the shop.

Scooters are fully computerised. Scooters should not go over 10km/hr. Some can go up to 30 km/hr. They can be adjusted to do only 2 km/hr, as in nursing homes. If you are looking for anything go to Canberra Mobility in Dundas Court, Phillip, go in for a chat and cup of tea with the two Michaels and Tamara. Most importantly there is easily accessible disabled parking in front of the shop and good, old fashioned sales service inside.

Opening hours: 8am – 5pm Mon.-Thurs. and 8am – 5.30pm Friday.

Weekend and after hours by appointment. Phone: 6282 0533 or 0430 938 526.

ACT/Australian Mobility Parking Scheme

Helen Reynolds

One topic discussed at the COPD Task Force early this month was the Mobility Parking Scheme. After much discussion it was obvious to me the Mobility Parking Schemes in the other States and Territories differed in a variety of ways from each other and from the ACT. I had a reasonable knowledge of the ACT Mobility Parking Scheme but not as it related to the Australian Mobility Scheme.

In the ACT there are three categories of MPS permits available:

- Temporary permits require certification from a medical practitioner and automatically expire after the set period, which can be 3, 6 or 12 months;
- Long term permits are issued if a condition may change and require medical certification every 3 years; and
- Permanent permits are issued where the person's condition is permanent, and only requires an initial medical certification.

Conditions of use

The person or organisation with a MPS permit:

- must display it at the bottom left hand corner of their vehicle's windscreen so the permit faces out.
- must be either the driver or passenger in the vehicle.
- must return the permit to the Authority when it is no longer required.
- must realise the Authority may revoke a permit if it is misused.
- There is no fee for this type of parking permit.

Applications

Applicants and their doctor must complete the MPS application form which can be downloaded below.

The ACT Road Transport Authority continues to be the administering authority for the new Australian Disability Parking Permit within the ACT. This includes renewals and application processes. The existing parking concessions provided by the ACT Government to disability parking permit holders remain the same.

Frequently Asked Questions about the Australian Disability Parking Scheme

Do I need to do anything differently?

Disability parking permits issued in the ACT consist of the ACT mobility parking permit (with the permit number and expiry date displayed) inserted into the plastic pocket of the ADPP. Both permits need to be displayed together as a single permit, with the permit number and expiry date clearly visible from outside the vehicle.

Do I still need my ACT Mobility Parking Permit?

Yes. You need to display your ACT Mobility Parking Permit in the plastic pocket of your Australian Disability Parking Permit.

Is my current ACT Mobility Parking Permit still valid?

Yes. Your current ACT Mobility Parking Permit remains valid until the expiry date shown on the permit, unless it is revoked earlier.

Can I just use my ACT Mobility Parking Permit on its own?

No. Once you receive your new Australian Disability Parking Permit, it is a breach of the 'conditions of use' to use your ACT Mobility Parking Permit on its own. Your ACT Mobility Parking Permit must be inserted into the plastic pocket of your Australian Disability Parking Permit.

Will the eligibility criteria change under the new Australian Disability Parking Scheme?

There are no changes to the eligibility criteria in the ACT. To be eligible for a MPS permit a person must:

- be unable to walk and/or have pain or difficulty in walking 100 metres;
- require the use of crutches, a walking frame, callipers, a scooter, a wheelchair or other mobility aid; or
- be blind.

Organisations are eligible for MPS permits if they provide transport for people who meet the eligibility criteria.

Will parking concessions in the ACT change?

An MPS permit allows a person to park in the special wide bays and on-street parking bays reserved

for MPS permit holders. Some of these spaces have a time limit that must be observed by MPS permit holders.

MPS permit holders can also park free of charge at meters and in ticket parking areas:

- for up to 2 hours, if the time limit on the parking sign is 30 minutes or less; and
- for an unlimited time, if the time limit on the parking sign is more than 30 minutes.

The same extended time limits apply to other government car parks and on-street parking spaces that are free, but time restricted. For example:

- if the time limit on the parking sign is 15 minutes, a permit holder can park for 2 hours; and
- if the time limit on the parking sign is 1 hour, a permit holder can park for an unlimited time.

Can I use my Australian Disability Parking Permit elsewhere in Australia?

Yes. All States and Territories in Australia are participating in the Australian Disability Parking Scheme. However, as parking concessions may vary between each State and Territory, please contact the relevant authority in advance for complete details.

The Australian Government's website at www.disabilityparking.gov.au provides links to each State and Territory for information.

Contact Details

Postal Address

Road Transport Authority
PO Box 582
DICKSON ACT 2602

Street Address

Dickson Motor Registry
13-15 Challis Street
DICKSON ACT 2602

Opening Hours

8:15 - 5:00 Monday to Friday

Phone for General Enquiries

Source http://www.tams.act.gov.au/move/parking/act_mobility_parking_scheme

The Silly Season, Sinister Ss & Survival Guide

Chris Moyle

In our part of the world the silly season starts in summer which means it's an ideal time to swim, surf (maybe not for us) and sunbake which can set us up for skin cancer.



As well as having a good time outdoors we tend to over-indulge with lots of celebrations and generally consume far too much salt and sugar. Over-dosing on salt can raise our blood pressure and sugar helps stack on the kilos and rots our teeth.

Smoking is another thing we might do more of (though hopefully not). Also smoke from the occasional bushfire or burn-off can affect us badly.

Speed kills many on our roads at holiday times.

On top of all this there is the inevitable stress of Christmas – battling through crowded shopping malls, sending all the Christmas cards, extra socialising which can be tiring and perhaps being forced to spend Christmas with relatives you dislike.

Disclaimer: The information in this Newsletter comes from a variety of sources and is intended as a guide only.

And now for the sensible Ss. The best way to survive it is to slow down, take time for yourself, and be sensible about over-eating. Slip, slop, slap to avoid sunburn, but also have your Vitamin D levels checked. Do some exercise. Get at least seven hours of relaxing sleep every night so as to increase your levels of serotonin (a “feel good” hormone). So stay safe, be sensible and (s)celebrate!

For Sale

Phil, the wheelchair man, from the Wheelchair Factory, has scooters selling cheaply. These scooters were used at Floriade. New they cost \$3600 but you can buy one for just \$1999.

All are

- 4 wheelers, solid tyres - no flats
- carry 150kgs
- have a 20-30km range depending on terrain and
- have 12 month warranty.

Contact details: Shop 6 Fisher Square, Kalgoorlie St, Fisher 2611
ph: 6288 3106; mobile: 0429 042 507.
email: philcan2@netspeed.com.au
www.wheelchairfactory.com.au

World COPD Day Walk

Helen Cotter and Helen Reynolds

The sun was shining but not too brightly on Wednesday 14 November 2012. With the swans, the woodhens and the gulls gathered on the shores of Lake Burley Griffin, were the Canberra Lung Life Support Group, some with family and carers, walkers from the Chronic Care Team at The Canberra Hospital and walkers from the Pharmacy Guild. Everyone had gathered together to walk for World COPD Day, enjoy a picnic lunch, the ambience of the setting and to socialise.



The local seems more interested in the picnic than in the walk but I'm sure one of the group will convince her to walk.



We announced ourselves and let others who shared our picnic spot know who we were and what we are about.

COPD, Chronic Obstructive Pulmonary Disease, estimated to affect one-in-seven Australians, is a leading cause of death after heart disease, stroke and cancer. Once known as emphysema or chronic bronchitis, COPD causes increasing shortness of breath which limits what a person is able, physically, to do. Needless to say, this has a major effect on one's lifestyle.

People with COPD and other chronic lung conditions have The Canberra Lung Life Support Group to support them. Belonging to the Group provides the opportunity for the sufferer and their carers or partners to talk about matters that affect us.



Esther's family - two legs, four legs, four wheels but not everyone is getting into the act. The little one is having a well deserved nap. And don't they all look great in their COPD tops, even four legs?

The combined distance of thirty two people walking along a stretch of the Lake was 87.1 kilometres. Not a bad effort when you consider not only the state of some people's lungs but their hips as well.

All around Australia other groups walked and recorded their efforts. All the numbers will be tallied and we'll know the extent of the day's success.

We'd like to thank all those who participated – you helped make it a very pleasant and worthwhile event. And the good food did its part, too.

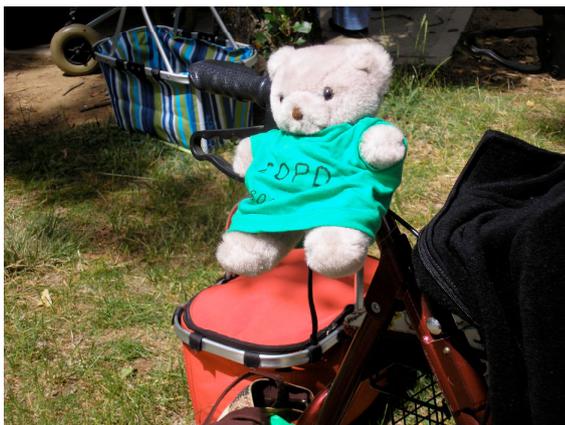
For more information on the Canberra Lung Life Support Group
 Phone: Pam on 6288 2053
 Email: lung.life1@hotmail.com
 Helen Cotter
 Co-ordinator
 Nov, 2012



Shirley and Esther ask the question, "What is COPD?"



Helen with Nerine and her cohorts from the Pharmacy Guild. They don't even look puffed!



Even Teddy is exhausted and in need of a rest. And what a beautiful spot to have a snooze.



My shoes are made for walking but definitely not too far.



Helen and Caroline, the frequent flier, who are also asking the question, "What is COPD?"



Pat and Maddie were there too, enjoying the day and the COPD Walk.



Reminders!

Don't forget the Christmas Party on Monday 3 December 2012.

The next Newsletter will be due at the end of January, 2013.

The first meeting for 2013, January 10, will be held at the new venue: The MacLeod Room at the Burns Club. We will send you more details in early January 2013.