

# Polio Australia

Polio Australia supports polio survivors living in Australia by providing information and systemic advocacy. Polio Australia has a number of resources available to help you manage your condition.

## Late Effects of Polio

The late effects of polio are a resurgence of physical symptoms 15 years or more after the initial polio infection. The late effects of polio can refer to any of the following symptoms:

- new muscle weakness and wastage
- increased fatigue
- pain
- breathing, sleep and swallowing problems

There are many symptoms associated with the late effects of polio. Each polio survivor will have their own unique set. Most symptoms can be reduced if properly assessed and managed.



## Contact Us

Phone  
03 9016 7678

Website  
[www.polioaustralia.org.au](http://www.polioaustralia.org.au)

Email  
[office@polioaustralia.org.au](mailto:office@polioaustralia.org.au)

Mail  
**PO Box 2799**  
**North Parramatta NSW 1750**

National Patron  
**Michael Lynch AO, CBE**

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**Polio Australia**  
*Representing polio survivors throughout Australia*

INFORMATION AND SUPPORT  
FOR POLIO SURVIVORS

# RESOURCES

## FACT SHEETS

There are more than 30 fact sheets on the late effects of polio focusing on health, lifestyle, available services and providers.

[www.polioaustralia.org.au/  
living-with-polio](http://www.polioaustralia.org.au/living-with-polio)

## HEALTH PROFESSIONALS

The Health Professionals Register contains a list of health professionals who have the skills and knowledge to help you manage the late effects of polio.

[www.poliohealth.org.au/search-  
health-professionals-register](http://www.poliohealth.org.au/search-health-professionals-register)



## AUSTRALIAN POLIO REGISTER

This Register records polio survivors in Australia. Our strength lies in our numbers – please help us to get you the services you need by adding your polio details to the Register.

[www.australianpolioregister.org.au](http://www.australianpolioregister.org.au)



*"All polio survivors will have access to appropriate health care and the support required to maintain independence and make informed life choices."*

Polio Australia's Vision



# COMMUNITY

## STATE NETWORKS

Polio Australia's member polio networks are in every state. Join yours for local information and support.

[www.polioaustralia.org.au/providers-  
support-organisations/](http://www.polioaustralia.org.au/providers-support-organisations/)



## FACEBOOK PAGE & GROUPS

The Facebook page contains the latest information on polio eradication, the late effects of polio, the wider disability and aged care landscape and upcoming events.

[www.facebook.com/  
PolioAustralia](http://www.facebook.com/PolioAustralia)

The Polio Australia group is a place to connect with other polio survivors and discuss relevant issues.

[www.facebook.com/  
groups/PolioAustralia](http://www.facebook.com/groups/PolioAustralia)

The Next Generation group is for younger polio survivors, most born overseas.

[www.facebook.com/  
groups/NextGenPolioSurvivors/](http://www.facebook.com/groups/NextGenPolioSurvivors/)