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2012 Wallplanners and Deskpads

Is it that time already? We hope you enjoy your enclosed 2012 Wallplanner. If you would like additional complimentary Wallplanners or Deskpads please email your name, phone number and address to marketing@invacare.co.nz

INVACARE are proud supporters of



Attitude Award winners announced

A man who has spent his life being active in and covering some of the country's most significant moments within the disability sector was the winner of the 2011 "Attitude ACC Supreme Award".

Mike Gourley, journalist, researcher and host of the radio show One in Five, was recently announced as the winner by Human Rights Commissioner David Rutherford, and ACC Board Member Murray Hilder at a black tie function at the Viaduct Events Centre in Auckland.

The Attitude Awards celebrate the outstanding achievements of New Zealanders living with a disability and have grown out of the Attitude TV series, which screens on TV ONE on Sundays and TVNZ 7 on Thursdays, Fridays and Saturdays.

Other Attitude Award category winners announced on December 1 were Gabrielle Hogg (Youth Award), Patricia McQueen (Courage in Sport), Sophie Pascoe (Sport Performer), Eddie Low (Artistic Achievement), Mary Schnakenberg (Hall of Fame Inductee), Mission Heights Junior College (Attitude ACC Employer), and Mark Grantham who took home the Spirit of Attitude Award.

The awards were attended by the Governor-General, His Excellency, Lt. Gen. The Rt. Hon. Sir Jerry Mateparae, David Rutherford Human

Rights Commissioner, Hon. Ruth Dyson, Auckland City Mayor Len Brown and over 200 supporters. The crowd was entertained by an Aerial Performance from Sarah Houbolt and the vocal talents of Caitlin Smith, Natalie Te Paa and Eddie Low. Congratulations to all the winners, who were:

- | | |
|------------------------------|---------------------------------------|
| Making a Difference Award | Mike Gourley |
| Artistic Achievement Award | Eddie Low |
| Sports Performer of the Year | Sophie Pascoe |
| Spirit of Attitude Award | Mark Grantham |
| Youth Award | Gabrielle Hogg |
| Courage in Sport Award | Patricia McQueen |
| Employer Award | Mission Heights Junior College |
| Supreme Award | Mike Gourley |
| Hall of Fame 2011 Inductee | Mary Schnakenberg |



Toll-free 0800 Number changes

After feedback regarding our toll-free numbers causing some confusion, Invacare New Zealand has changed its freephone numbers.

These numbers are now:
Freephone: 0800 468 222 (0800 INVACARE)
Freefax: 0800 807 788

The current freefax 0508 807 788 and freephone numbers 0800 770 220 and 0508 468 222 will be phased out in the coming months. Updated information will follow in the next edition of iCare.

Please change any speed dial and your records to include only:
 Freephone: 0800 468 222 (0800 INVACARE)
 Freefax: 0800 807 788

How can we improve our service to you?

It's time for the Invacare annual survey, which will help the team here, at Invacare to improve our services to you.

Please take a few minutes to complete this year's survey and go in the draw to win a Samsung Galaxy Smart Phone.*

For your convenience, the survey is inserted into this edition of the iCare magazine, or if you wish, please go to www.invacare.co.nz to complete the brief survey online.

* Conditions apply, including but not exclusively, an equivalent model smart phone at time of the draw or to the charity of your choice!



Welcome 2012

At the start of a brand new year, we continue to be amazed by the depth of diversity and breadth of inspiration from the people we cover in our pages. If you have any ideas or feedback, we'd love to hear it. Email us at marketing@invacare.co.nz

UPCOMING EVENTS



Summer Down Under series
 Wheelchair Track and Road Racing Series.

Show Your Ability
 All the major suppliers of rehabilitation and home healthcare equipment under one roof.

Auckland Spinal Unit Show Off Day
 Try out the latest and greatest in rehabilitation and recreational equipment.

For more details on these events, turn to **Page 7**

It's the little luxuries in life that count

Sometimes the little luxuries in life can have surprising and unexpected benefits, if you consider recent events at St Andrew's Village in Auckland's Glendowie.

A small shop of luxuries, staffed by volunteers, and open just one hour a day to provide residents with little items like batteries and biscuits, recently took its turn to stand up and be counted, when accumulated profits were used to purchase four new Ocean VIP Commode chairs for residents.

Fundraising Co-ordinator at St Andrew's Village, Janice Grigor, says there has always been a little shop available to residents almost since the village was opened in January 1962.

"There was a little shop in the old building and when the new care facility was built a shop was included in the 'street' – where we have the hair salon and library.

"Over the years the little bit of profit made has slowly built up so it was decided to 'give it back' to the residents with equipment that was needed – hence the four VIP Commode chairs from Invacare New Zealand.



"The majority of residents now entering St Andrew's are hospital-level care and are therefore much frailer, with a higher morbidity and require a higher level of staffing care and assistance.

"Being so frail, these residents are not able to move easily by themselves, so in order to make

> **Continued on page 2**

INSIDE...

thinksmart

Top tips for getting the most out of your powerchair... **read more on page 2.**



CLINICAL EDUCATION

Many people who utilise wheelchairs have poor seated posture as a result of orthopaedic or neurologic changes.
We look at solutions on page 6.



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thinksmart

Top tips for getting the most out of your powerchair:

1 Inspect the condition of your tyres. Your G-Trac Electronic Gyroscope Performance could be jeopardised by poorly maintained tyres.

- The G-Trac Electronic Gyroscope drives a straighter path – reducing the need for veer corrections – and offers improved tracking, even at very slow speeds.
- Other features include consistent drive indoors (even when changing from smooth linoleum to thick carpeting or turning at very slow speeds); consistent drive outdoors (even when changing from paved surfaces to soft ground), and improved control resulting from fewer course corrections for veer.

2 Check tyre pressure once a week. Poorly inflated tyres may run your battery down sooner, while over-inflated tyres restrict traction on rough surfaces.

3 Check the nuts, bolts and screws weekly and tighten as needed to prevent breakdowns when you least need them.

4 Don't wait for things to go wrong before getting your chair serviced. A six-month service will help ensure components such as the Quiet Stability Lock retain top stability.

The Quiet Stability Lock replaces the metal gear set used on the first generation TDX with a gas-locking cylinder, making the feature whisper quiet. It also provides a shock-absorbing effect.

5 Keep your battery charged. When the battery reaches half charge, plug it in to recharge. Never let your battery run down completely because this could damage the battery.



showering and toileting as easy, pain free and safe as possible, specially designed mobile shower/commode chairs are used.

"The chairs require one transfer only for the resident – from the bed directly to the chair on which they are then wheeled into the bathroom for showering, without any further transferring required.

"The chairs are designed for ease of use by staff with the resident's ablutions, having a padded seamless seat, swing back arm and footrests and braking castors.

"The comfort, dignity and safety of the resident is thus ensured," says Janice.

Support Services Co-ordinator at St Andrew's Village, Cath Masters, says that over the years the village has purchased a variety of commodes.

"Some lasted the distance, some did not. Sooner or later, we have to replace equipment. We made the decision to buy quality this time. We also needed three or four OceanVIP Tilt-In-Space Commodes, and these proved so successful, we decided to purchase the OceanVIP Commodes to maintain consistency.

"The OceanVIP sits freely over the toilet and is easily manoeuvrable. They are also stylish,

comfortable and easy to clean. We're very happy with the product and will continue to buy these commodes until our 'fleet' has been replaced," says Cath.

In many ways the decision to purchase the commodes from the 'profits' of the little shop reflects the 'caring' philosophy and culture that St Andrew's Village was founded on more than 50 years ago.

Located on 14 hectares of tranquil park-like grounds with a panoramic view of the Tamaki Estuary, St Andrew's continues to hold true to its original aim of caring for older people and providing assistance where the need is greatest.

That vision embraces excellent care, security and leisure for older people in village and park-like environments, while maintaining a resilient and flexible approach to meet the changing needs of the community.

Some of the facilities provided by St Andrew's Village include beautifully prepared meals (including catering for special diets), activities, exercises and interest groups, medical and nursing care (24 hours), physiotherapy, occupational therapy, podiatry, chaplain and religious services, a library and nearby shopping centres.



To smile in the face of adversity

A teenage boy born with no legs, and a 9-year-old girl with cerebral palsy who gets around her village by crawling on the ground... it's not their disabilities that define them, but their ability – the ability of all Ugandans – to smile in the face of adversity.

A Waikato Hospital specialist-paediatric homecare clinical nurse, Helen recently visited Uganda for three weeks with a team from South City Acts Church in Hamilton, where they helped to construct a training centre and worked at the local hospital.

"I visited one village with a team of Ugandan medical specialists, and there was a little girl whose mother died in childbirth. She was being cared for by her grandmother, who herself needed a walking stick. This meant the child has to use an awkward crawl to get about.

"The OT picked her up, so that she was taking her weight through her knees, which were locked. To see the smile on her face, and the intelligence in her eyes, when she realised she was standing up... and there was also hope because they discussed getting her a walking frame from Kampala... you just can't forget something like that."

Helen says the 17-year-old boy, who was born with no legs, was overjoyed to hear he may be able to get prosthetics, because it would allow him to work in a group scheme, and so contribute economically to his family.

"In the hospitals I was struck by the ability of people to make the most of what they have, and to do an adequate job with the most basic resources.

"Of the two low flow regulators donated by Invacare, one went to our missionary friend Meagan Ward (originally from Te Awamutu) who looks after abandoned babies in her home.

"We took the second regulator to the public hospital in Mbarara where we found the oxygen bottle was so antiquated, I didn't even recognise it. Unfortunately the regulator wouldn't fit.

"I also noticed the ball on their regulator was at 15 litres because the regulator was broken and just stuck there. The nurse regulated the flow of oxygen by bubbling it through water in an old soft drink bottle. Slow bubbling means a little oxygen, fast bubbling means a lot – it wasn't perfect, but it worked."

Helen says the spare regulator donated by Invacare was eventually donated to a specialist paediatric hospital run by a mission 200 kilometres from Mbarara.

"Uganda has a couple of good universities up and running and I was impressed with the skills people exhibit – their conversations and briefings were of the same quality you would expect from doctors and OTs here in New Zealand.

"However, I was amazed at their ability to make the best of basic methods to get the job done in a safe way, using the available tools that are sustainable in their country and their economy at

this time."

On one visit to an outlying village, Helen observed the young team of medical specialists carried on right through the very hot day – treating patients under trees and in the church – without food or water, until every last patient had been seen and sent home.

Another thing that really stood out for Helen was that she saw very few middle-aged or older people in Uganda (due to genocide and HIV), indicating that an entire generation has been wiped out, and even the village elders were no older than 35 years (the median age is 15).

As a result, resources are in short supply. During her visit she found that there were about 40 patients to one nurse. Each patient had to have a family caregiver with them at all times, and they also had to supply their own needs such as bedding – although most people don't have much to begin with.

"When we visited the children's ward, with a neonatal unit attached, the room temperature was 35 degrees and there was not an incubator in sight, just plastic cribs. There was one nurse supervising 20 babies and their mums, but often the nurses have to leave to help with the drug round in the bigger children's ward.

"We gave the children two dollar toys, like



“In the hospitals I was struck by the ability of people to make the most of what they have, and to do an adequate job with the most basic resources”

bubble bottles, and they held on to these things like they were gold.

"My overwhelming memory of Uganda is, and will continue to be, the beautiful people and their smiling faces, and their ability to still be joyful, even in conditions of extreme deprivation," says Helen.



Invacare® **Matrx® Seating and Positioning Series**

Designed for you in partnership with our customers



We are all unique individuals and all of us are shaped differently, which means that when it comes to seating, posture and comfort, one person's bed of roses may well be a bed of thorns for another.

That's why the Invacare® **Matrx® Seating and Positioning Series** has been designed to provide options according to every individual's needs, covering both manual and power wheelchair users.

Ideal for people who value choice and independence, the **Matrx® Seating Series** provides options in back support and seating, with highly adjustable hardware for making fine, optimal adjustments to comfort and posture.

This means wheelchair users can enjoy the exceptional positioning, comfort and stability they require for everyday use, while the precise orientation features provide a perfect fit for every need, from paediatric to bariatric.

Common features of the **Matrx® Seating Series (Back Support) include:**

- Moisture resistance, for better airflow between user and chair
- A breathable covering, for optimal management of heat and moisture
- Soft foam, for comfort and pressure redistribution
- Lightweight, for portability and convenience
- Quick release latch, for easy removal and remounting during transport
- Stylish

Common features of the **Matrx® Seating Series (Seat Cushion) include:**

- Adjustments can be made while seated in the chair
- Slip resistant base
- Moisture resistant and easy to clean
- Breathable

You can rely on Invacare® **Matrx® Seating and positioning solutions to be:**

- Highly adjustable
- Precise
- Comfortable
- Functional
- Designed to fit a variety of lifestyle needs
- Excellent quality, innovative
- Vast combination of sizes

Invacare is committed to developing long term partnerships with all stakeholders, and through listening to the needs of individuals and clinicians, will together develop products and services that promote independence.

This new product launch reflects our core objective to understand our customers' needs by helping to rebuild and maintain active lifestyles in making life's experiences possible.

Invacare's new range of **Patient Lifters**

Safety first, with an Intelligent Monitoring System

Invacare's new range of Patient Lifters are designed to make life easier for carer and patient.

Now with a new control system, the lifters have the ability to monitor maintenance intervals, much like a servicing warning in a vehicle. It will help ensure compliance to ANZ Standards (10535.2006), which require a lifter is serviced at least once every 12 months.

It will also now be possible to know exactly how much the lift has been used – based on factual data. This will help in maximising the use of the lifter within a facility and with the rotating of rental or refurbished equipment.

The system is equipped to monitor the use of the actuator, enabling you to provide preventative maintenance to your customers. When you combine the new control system with easy fold-ability, quick release attachments and compact bases, two of probably the most versatile lifters on the market (the Birdie Compact and Birdie), have got even better.

Additional benefits:

Internal and External Charging Standard

The Birdie Compact, Birdie and Roze lifters come standard with the ability to charge internally (plug straight into the control box) or externally (using an external charger). All required cables and chargers are boxed as standard with the lifters.

Battery Life Indicator

In addition to an audible alarm, the new control box has a battery life indicator, enabling you to proactively cycle or charge batteries before they run out.

Component Standardisation

Invacare is moving towards standardising components across the lifter product range. The introduction of the new control system will simplify spare parts and technical support across the range, helping to reduce complexity and cost to our customers.

New Soft Start Stop Lift

The control box has built in soft start / stop that provides a smoother operation of the lift function (channel 1). This facilitates a more relaxed and comfortable lift for the patient.

TUV Testing

In addition to being ANZ standards tested 10535.2006, the Birdie lifters have also passed TUV testing in Europe, which tests beyond the required standards to ensure the product not only meets proper safety requirements, but exceeds them.



Invacare's new bath system puts safety and comfort first

Invacare will shortly release an exciting new range of products to assist your daily life and living independently in the home.

Take a bath safely with the new Orca Bath Lift

- Easily placed in the bath to assist users to get in and out of the bath
- Side flaps to assist transfers from outside of the bath
- User friendly hand remote to electrically move the bath lift up and down in the bath
- Backrest reclines up to 40° to enhance the bathing experience



New Swivel seat shower stool – goodbye to pressure sores and skin tears!

- New swivel seat allows you to effortlessly change directions without pulling on your skin
- Round shape fits into every shower
- Easily disassembled, making it ideal for travel or infrequent use
- Rubber feet provide a secure stand



Back supports provide stability and enhance function

Many people who utilise wheelchairs have poor seated posture as a result of orthopedic or neurologic changes. Seating posture influences physiological systems, including respiration, digestion, bowel and bladder function as well as skin integrity and activity performance.

Kyphosis and scoliosis can restrict lung capacity and slow the entire digestive system (1). These same spinal changes impact seated stability and restrict upper extremity active range of movement. Postural support of the pelvis and spine in a wheelchair can prevent orthopedic deformities while enhancing functional and physiological performance.

The alignment of the spine and posterior pelvis can also have a dramatic impact on the performance of the seat cushion. Most prefabricated seat cushions utilise design and support principles, based on neutral or minimal posterior pelvic positioning. This pelvic orientation requires posterior support of the pelvis and lumbo-sacral spine to maintain for any significant length of time.

In the early and mid-1980s, researchers were measuring significant improvement of pressure distribution over the seat surface with the use of lumbar support (2). This area was further explored by Noble (3).

Even the most active wheelchair user will gain a benefit from a back support. For consumers who have orthopedic asymmetries or a compromised neuromuscular system, a back support that provides posterior as well as lateral thoracic stability may enhance posture.

In **fig. 1** a young man with a recent spinal cord injury gains independence with manual wheelchair propulsion using a Matrx Elite Deep back support. This stability often results in improved functional use of the upper extremities, enhancing the user's propulsion of a manual wheelchair and access to various work surfaces (note the scapular relief as he raises his upper extremities).

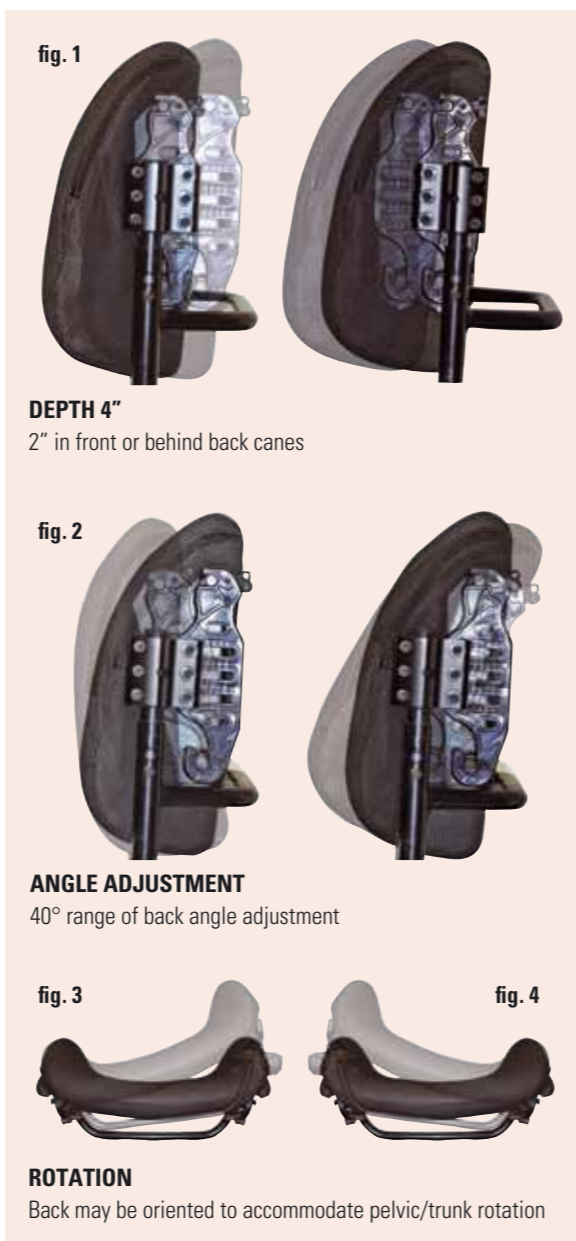
Out in the field, we also see the influence of posture on the consumer's visual field and work/activity performance. In **fig. 2**, an older man with a kyphosis and hemiplegia utilises a Matrx Posture

Back to accommodate the kyphosis, with lateral contour to maintain a mid-line position in his wheelchair.

In 1982, Riskind and Gotay's study suggested that posture influences the motivation of seated persons (4). This concept of seated posture affecting a consumer's motivation suggests that seating and position in the wheelchair will impact the consumer's functional outcomes both clinically and at home. In this way, a back support that is too tall, can limit a consumer's active range of motion as seen in **fig. 3 and 4**. This man has the physical ability to rotate his spine reach over the back support, but finds the 16" tall version too restrictive. In **fig. 4**, the 12" tall version allows great active movement while providing the posterior stability and mild midline stabilisation he required.

Understanding the relationship between the pelvis and the spine is crucial to maximising the benefit of the cushion as well as the mobility equipment (5). As consumers strive for independence, their posture influences functional activities such as propulsion and transfers, as well as physiological performance. The Matrx Posture Back and Elite Back series offer a wide range of heights and depths of support to meet the needs of many consumers.

The direct correlation between the position of the spine-pelvis structure and physiologic systems such as breathing and digestion was reported by Goldthwait in 1909.



References

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- 3) Noble, P.C. An examination of sitting pressures in the physically disabled. Bioengineering Division, Royal Perth Hospital, Perth, Western Australia. Nov. 1978a.
- 4) Riskind, J.H. and Gotay, C.C. Physical posture: could it have regulatory or feedback effects on motivation and emotion? Motivation and Emotion 6:273-298. 1982.
- 5) Ward, D. Prescriptive seating for wheeled mobility. HealthWHealth International, Kansas City, 1994 p. 116-122.

Upcoming events

Invacare is proud to be in attendance and supporting these events.

Show Your Ability

All the major suppliers of rehabilitation and home healthcare equipment under one roof.

Dates	14 February - 21 February 2012
Location	14 February - Auckland - Waitakere Trusts Stadium 15 February - Hamilton - Mystery Creek Events Centre 16 February - Palmerston North - Arena Manawatu 20 February - Christchurch - Pioneer Stadium 21 February - Dunedin - Edgar Stadium
Solutions to Commonly Faced Seating and Positioning Issues	Time: 10:00am - 10:45am Presenter: Stephanie Tanguay
Clinical Consideration for Active Wheelchairs	Time: 11:00am - 11:45am Presenter: Jasmine Bernasconi
Demystifying Power Chair Add-on's	Time: 12:00pm - 12:45pm Presenter: Steve Burgess
To register for these seminars email marketing@invacare.co.nz , register and attend the seminar and go in the draw to win an Apple iPad or equivalent value to the charity of your choice.	

Show Your Ability brings together all the major suppliers of rehabilitation and home healthcare equipment, under one roof on a single day. This is the perfect opportunity to learn about new technologies and solutions for your clients' needs. Attending will be Occupational Therapists, NASC Physiotherapists, people with disabilities, Nurses, Support Workers, ACC and Nurse Managers.

Auckland Spinal Unit Show Off Day

Try out the latest and greatest in rehabilitation and recreational equipment.

Date	3 March 2012
Location	Auckland Spinal Unit, 30 Bairds Road, Otara

The Spinal Unit Show Off Day is an event that began in February 1999. It started when TASC received a modified van and was able to 'Show Off' what was available. Since that date Show Off Day has gained momentum. It is a chance to catch up with old friends and make new ones. Try out the latest and greatest in rehabilitation and recreational equipment. There are also games, events and visits by celebrities. Attendance to the event is open to all, general public and equipment users.

The Big Event - Health & Disability Expo

Date	9 March - 10 March 2012
Location	ASB Events Centre Auckland

AAMHP and MHANZ Conference 2012 (ANZ Manual Handling Conference)

Date	21 March - 23 March 2012
Location	Aotea Centre, Auckland

Age Concern Conference

Date	27 March - 29 March 2012
Location	Wellington

NZCCSS Conference 2012

Date	29 March - 30 March 2012
Location	Wellington

Physiotherapy New Zealand Conference

Date	4 May - 6 May 2012
Location	Michael Fowler Centre, Wellington

