



Providing a supportive and informative environment for people with a variety of lung conditions and their carers.

## Newsletter November 2011

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### Next Meeting

Thursday 10 November  
10.15am – 12 noon

The Weston Club,  
1 Liardet St  
Weston

A conversation and discussion meeting

### October Meeting by Chris Moyle

Beverley from *Beyond Blue* and COTA gave a talk on "Beyond Maturity Blues", and stressed that anxiety and depression are not a normal part of ageing.

**Anxiety disorders** are the most common mental disorders in Australia. One in four people will experience an anxiety disorder at some stage of their lives (1 in 3 women and 1 in 5 men). Combinations of factors are believed to trigger anxiety disorders, such as a family history of mental health problems, stressful life events, ongoing physical illness and personality factors. People with anxiety disorders can find it hard to function every day.

**Depressed people** also find it hard to function on a daily basis. Depression is very common, and approximately 15 percent of people will experience depression in their lifetimes (1 in 5 women and 1 in 8 men). People with depression often don't see the point of doing anything and may feel that no-one can help them. Early detection and treatment may help to keep depression from becoming severe.

Both anxiety and depression can be serious illnesses and a GP should be consulted first to rule out physical illnesses which mimic the same symptoms. Medication may be prescribed and the patient should undertake structured problem solving, perhaps with the help of a counsellor or an on-line program such as [www.crufad.org](http://www.crufad.org) (cost \$44 with a GP's referral). (Chris has found this very helpful, and has almost cured a phobia).

### **How to Help Yourself**

- Seek help from a doctor
- Be physically active every day
- Take part in enjoyable activities
- Seek support from understanding people
- Avoid social isolation
- Practise breathing and muscle relaxation techniques
- Find out as much as you can about your disorder
- Establish good sleeping patterns
- Eat a healthy diet
- Resolve personal conflicts as they arise

## **Date for your diary: World COPD Day - 16 November 2011**

World COPD Day is a global effort to expand understanding of chronic obstructive pulmonary disease (COPD). Organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD), the Day is marked by activities implemented by health care professionals and patient groups throughout the world.

The Canberra Lung Life Support Group is planning a walk at Acton Peninsula from 11am to Noon as we have done the last few years, followed by a picnic lunch. We hope to see everyone there, doing their bit to build up our total walking distance. Last year we walked a combined distance of 92Ks; the year before, 110Ks. Can we do better this year? *See the flyer at the back of the newsletter for more information.*

## **Health Care Plan from your doctor by Helen Reynolds**

*People who suffer from chronic disease/s are eligible for financial assistance from Medicare providing their GP designs a Health Care Plan for them.* I have one Plan for the podiatrist and one for the dentist. I am able to visit the podiatrist four times a year and I get a refund from Medicare. As for the dentist Medicare pays all the dental expenses but there is a ceiling. I'm not sure of the amount or the time span involved but I do believe there are restraints on how much Medicare will pay over what period.

Particularly with the dentist any assistance is most welcome so next time you see your GP inquire, it will probably mean making a long appointment but it will be worth it.

### ***From the mouth of babes***

- *If at first you don't succeed, get new batteries.*
- *Don't bite the hand that looks dirty.*
- *An idle mind is the best way to relax.*
- *Don't put off till tomorrow what you put on to go to bed.*
- *Laugh and the whole world laughs with you. Cry and you have to blow your nose.*
- *No news is impossible.*

## Disabled Parking

***Albert Richards has been fighting to have the number of disabled parking sites at Jamison Centre increased after they were reduced by the yellow diagonal lines marking. An extract from the following report indicates a need for an increased number at Jamison. The report is on the TAMS web site.***

Extract from **Disabled Parking Study** commissioned by ACT Department of Territory and Municipal Services Report by Parsons Brinckerhoff Australia Pty Limited (2008)

### Disabled parking spaces provision

The Building Code of Australia and AS2890.1 outline requirements for the proportion of disabled parking that should be provided in car parks. A desktop study has determined that the ratio of disabled parking to standard spaces required based on these standards is generally in the range of 2%- 5% of spaces.

#### **Group Centres (ie suburban centres)**

The majority of parking spaces do not meet all of the requirements. Even though each of the disabled spaces provided does conform to most relevant criteria, there are only 38 spaces out of 186 disabled spaces surveyed at the group centres that conform to each of the criteria – see criteria in table below. Although a majority may be of appropriate size, absent of any adverse cross fall and serviced by good ramps and clear path of travel, only a small number of spaces have appropriate signage featuring the “easy access” symbol.

A summary of their compliance at **Jamison** is presented below.

#### **JAMISON DISABLED CAR PARKING SLOTS**

<b>Total disabled spaces</b>	<b>14</b>
Number of disabled parking bays that fail to meet the length criteria	6
Number of disabled parking bays that fail to meet the width criteria	2
Number of disabled parking bays that fail to meet both L & W	2
Number of disabled parking bays that fail to meet grade	3
Space too far from destination	3
<b>Number of disabled parking bays that meet all criteria</b>	<b>3</b>

Jamison has also some disabled spots too far and downhill from the entrance and were not seen to be used.

In group centres, there are a number of parallel parking bays, all of which were found to be of insufficient width. Parallel parking bays are not particularly suitable for use by disabled drivers as parallel bays place the disabled driver in the path of traffic. However as many drivers who use disabled permits are driving friends/relatives as disabled passengers, this issue would not arise if the driver of the vehicle is not the disabled person in the vehicle, hence although parallel bays are not the most preferred type of disabled bay, they are preferable to no provision at all.

#### **Recommendations:**

A rate of 3% of spaces for disabled parking would better meet the demand for disabled parking and should be considered for implementation in public car parks. This parking would need to be located

close to likely destinations. Where there is likely to be an overall shortage of standard parking, a much higher percentage of disabled parking should be provided.

Disabled parking is recommended to be increased and relocated at Jamison to better access the revised shopping centre arrangements.

## **Show us your Lungs**

This campaign is now underway with TV ads and posters and media reports. It was pleasing to see an article in the **Chronicle (Oct 18)** interviewing one of our members, Pam Harris, on the topic and including a lovely photo.

## **Working Together to Raise the Patient Voice in the Western Pacific and South-East Asia**    from Caroline Scowcroft

*Caroline Scowcroft attended this conference (13/14 October) in Manila on patient centred health care in Asia Pacific organised by IAPO (International Alliance of Patients' Organisations). IAPO is the only global alliance representing patients of all nationalities across all disease areas and promoting patient-centred healthcare worldwide. Its members are patients, organizations working at the local, national, regional and international levels to represent and support patients, their families and carers. IAPO has over 200 members which span over 50 countries and 50 disease areas and through its membership represents an estimated 365 million patients worldwide. IAPO is in official relations with WHO.*

The Alma Ata Declaration – Principle IV (1978, WHO) says “The people have the right and duty to participate individually and collectively in the planning and implementation of their healthcare.” Is this a reality in Asia Pacific? If not, how can we improve collaboration between all stakeholders to ensure access to quality healthcare that meets the needs of patients?

To address these questions and debate solutions IAPO held a series of meetings and events in coordination with the World Health Organization (WHO) and the Philippine Alliance of Patient Organizations (PAPO).

**More information can be found at: <http://www.wpro.who.int/>**

Participants included representatives from IAPO's member organizations in the Western Pacific and South-East Asia regions as well as non-member patient groups. It brought together key healthcare stakeholders from the Philippines as well as regional and international participants to debate and discuss patient-centred healthcare and patient involvement.

During the meeting participants explored the current status of Non-communicable Diseases (NCDs) and patient safety globally, discussed the outcomes and relevance of global initiatives such as the High-level Meeting of the United Nations General Assembly on NCDs for patients in Asia-Pacific and shared ideas to ensure patient safety. The aim was to consider how all stakeholders could work in cross-sector partnerships towards patient-centred healthcare, to discuss the issues in the regions and forge new cross-sector relationships.

### **For further information, please contact:**

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## Free computer sessions

We are organising some sessions with the PCUsers Group for people in our support group – and their carer/ partner/ spouse if they want to - to help increase their knowledge in what the computer can offer and confidence in using the computer – both Internet and Word. There is so much on the computer that we don't know exists and it's often a light bulb moment when we find out about it.

They will be small group sessions, based at Holder. At the moment, we don't have dates or times – we need numbers first. I am hoping for Thursday morning sessions but it may be Tuesday morning for 2 hours.

So if you're interested in improving your knowledge of the computer, let me know on:

[lung.life@hotmail.com](mailto:lung.life@hotmail.com)    or ph: 6281 2988.

**web site: Canberra Connect: [www.contact.act.gov.au](http://www.contact.act.gov.au)**

*This site enables you to contact the whole of Government with a query or a problem. It lets you view responses to and progress on your query or search for available answers.*

*It provides answers to such topics as: fix my street; noise complaints; damaged roads and paths and so on.*

*It is clear and easy to read and follow.*

*As it says, it's your ACT Government Gateway to online services.*

## For Sale

A portable oxygen concentrator – about 2 years old – with extra batteries – not used very much. \$3000 ono.

An electric bed – like a hospital bed. In very good condition; lovely and clean. \$800 ono. Contact Maureen on 6275 1966

## Brain food Ready & Able

*Answer to last month's puzzle.*

The odd one out was No. 4 (Tuesday). (August, January, March, Tuesday, July, September)

**New puzzle:** Unscramble the letters to complete the sentence about a famous movie star.

Elizabeth was simply \_\_\_\_\_ (9 letters) v i n i g h a r s

Answer next issue.

## Dates for your diary

**Wednesday 16 Nov 2011**

World COPD Day

**Thursday 29 March 2012**

Session with Physio students @ UC

**Thursday 14 August 2012**

Session with Physio students @ UC



## World COPD Day Walk 2011

Catch your breath.....

**when:** Wednesday 16 November

**where:** Acton Peninsula, near the Kiosk

**time:** 11am to Noon

followed by a combined picnic lunch



*Some of the willing participants, World COPD Day Walk 2010*

Come and walk in the pleasant surroundings at the edge of the lake.

*We will be measuring the distance  
and*

*adding it to the total Australian distance walked.*

*Then*

*follow it up at Noon with a combined picnic lunch.*

*Bring some 'finger food' to share – sandwiches; mini quiches, pizzas, cakes etc.*

*Bring your hats, sunscreen and water.*

**For more information: Caroline 6282 6408**

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