LIFE IN A WHEELCHAIR

QUESTIONS CHILDREN ASK

WHEELCHAIR WORLD SERIES: No. 1
EDUCATION COMMITTEE,
PARAPLEGIC-QUADRIPLEGIC ASSOCIATION OF W.A. (Inc.)
LIFE IN A WHEELCHAIR:
QUESTIONS CHILDREN ASK

GETTING BACK TO NORMAL

DIS IS RIDICULOUS !!
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The Committee thanks Mr. Robinson for the sketch on the cover.
The cartoons were drawn by Mr. Syd Hatch, a member of the Committee.
This booklet was prepared by the Education Committee as part of the Paraplegic-Quadriplegic Association of W.A.'s contribution to the International Year of Disabled Persons. It has been prepared by disabled people and by people closely associated with the lives of the disabled.

The questions have not been made up. They are real questions asked of our committee members either during visits to schools or by mail.

The answers have been prepared by people for whom the questions are real. Some can't hold a pen without assistance and some are able-bodied people who work or help with the Paraplegic-Quadriplegic Association.

Therefore, both the questions and the answers are real. We hope you appreciate that the picture of wheelchair life painted is the daily way of living for many people. By knowing about what it is like to live in a wheelchair, we hope you will be better able to mix with disabled people and will help make the community more hospitable to those who are learning to live with their disability.

If you have other questions you would like to ask, you are invited to send them to us. We might not be able to send you a personal answer but we might put your question in another book.

The Education Committee,
Paraplegic-Quadriplegic Association of W.A. (Inc.)
UNDERNEATH: THIS IS YOU

Brain (telephone switchboard)

Cervical Vertebra (neck)

Spinal Cord (telephone cable)

Thoracic Vertebra (chest)

Lumbar Vertebra (low back)

Toe (telephone receiver)
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DIAGRAM OF A TYPICAL VERTEBRA

The Spinal Cord, runs down this canal.
The higher up towards the head the spinal damage occurs, the more muscles and feeling are likely to be lost.

The diagram shows which parts of the spine control particular muscles.
READ THIS FIRST

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Paraplegic-Quadriplegic Association of W.A. (Inc.)
A. CAUSES OF DISABILITIES

Question 1. HOW DO PEOPLE BECOME PARAPLEGICS AND QUADRIPLEGICS?

Injuries causing paraplegia are mostly the result of motor car accidents. Industrial accidents, gun shot wounds, sporting accidents and diseases of the spine make up the rest.
Quadriplegia is mainly caused through surfing and diving accidents. Car, motor bike and some sporting accidents make up the remainder.

Both these statements are in general terms because some people fall out of trees and become paraplegics and quadriplegics, but basically, the accidents mentioned are the main reasons.

Question 2. HOW MANY DISABLED PEOPLE ARE THERE IN AUSTRALIA?

In June, 1976, a survey was conducted where people were asked the question: Are you handicapped?  

645,703 people said they were handicapped. However, the people were not asked to state the nature of their handicap. This means that some of these people may have worn glasses and considered it a handicap, while others may have been paraplegics, amputees, blind, etc.

Unfortunately, these are the only figures concerning the number of disabled people in Australia that are disabled at the moment. Within the near future, a detailed survey will be conducted and more accurate results will become available.
B. PROBLEMS ARISING FROM SPINAL DISORDERS

Question 1. CAN A QUADRIPLEGIC OR PARAPLEGIC BE CURED?

No, paraplegics and quadriplegics cannot ever be fully cured if their spinal cord has been damaged badly. Below the level appropriate to the damage, the person may not be able to move muscles or feel things touching the skin (that is, things like pain, temperature and pressure).

However, in another sense, people can be cured. When we use “cure” in this sense, we mean that people can rehabilitate themselves after an accident and become as independent as possible in feeding, dressing, cooking, driving, etc., and can hold a job.

Thus, the person can live a productive and purposeful life.

Question 2. HOW DOES ONE LEARN TO USE DISABLED LIMBS?

In many cases, the muscle use lost by the injury cannot be regained, however, by special exercise, extra use can be made of the muscles the person can still use.

This is mainly done with a group of trained, professional workers, in particular, occupational therapists and physiotherapists. People go to exercise classes and learn to do a little more each day. It can be a long, tiresome process for all concerned because, depending on the degree of disability, the goals are sometimes not achieved. Naturally, it also involves a lot of back-up and a great deal of support from families and friends.

Question 3. WHAT DOES PARALYSIS FEEL LIKE? CAN YOU ACTUALLY FEEL SENSATION ON YOUR BODY OR IS IT JUST THAT YOU CANNOT MOVE YOUR LIMBS?

A person’s paralysis will depend on where he/she is injured, and the severity of the damage to the spinal cord. Usually, however, the person loses most of the normal sensations in the areas affected. Along with not being able to feel, the individual cannot move his/her limbs.

The feeling might be likened to how it feels when your foot “goes to sleep” or you wake up and find you have slept on your arm and it feels numb.
The problems encountered by each disabled person vary greatly, depending on the nature of the disability and the lifestyle of the person. The basic areas of function that are affected with disability include:

(a) MOBILITY — being able to:
   (i) roll over in bed,
   (ii) get up off the floor after falling,
   (iii) move from bed to wheelchair,
   (iv) get in and out of a car,
   (v) get on and off a toilet,
   (vi) get in and out of a shower/bath, and
   (vii) move from one place to another.

(b) ACTIVITIES OF DAILY LIVING — being able to:
   (i) feed yourself,
   (ii) dress yourself,
   (iii) shower yourself,
   (iv) go to the toilet,
   (v) put on makeup,
   (vi) shave,
   (vii) wash and iron clothes,
   (viii) make the bed, and
   (ix) make a cup of coffee.

(c) SOCIALISATION — being able to:
   (i) begin a conversation with someone you've never met before,
   (ii) face relatives and friends after an injury or disease process,
   (iii) see yourself as the person you were before, and
   (iv) ask a partner out for a date.
(d) WORKING — being able to:
   (i) get to and from work,
   (ii) get up the front steps to the building,
   (iii) get into and use the toilets,
   (iv) continue doing the same work you did before the onset of your disability, and
   (v) train for a job.

(e) OTHER INTERESTS — being able to:
   (i) manage to use the equipment necessary to pursue your hobby,
   (ii) get into venues holding meetings, classes, exhibitions, etc., and
   (iii) afford the equipment, classes, etc.

People who are disabled may require help from other people, may need to learn new techniques or way of coping with tasks, or may require specific aids (e.g. shower chairs) to be able to cope.

Question 5. HOW DO YOU COPE WITH EVERYDAY ACTIVITIES (e.g. BATHING AND GETTING TO BED)?

Once a paraplegic or quadriplegic leaves hospital to return to his or her home, there may be a lot of alterations to be made to the house so that everyday activities can be coped with. This may require:

1. Ramps to external doors,
2. Doorways widened or doors made to slide instead of swing,
3. Toilets made accessible and handrails put intoilet and showers,
4. Wooden non-slip seats in bath and shower,
5. Mirrors, lights, switches, etc., to be lowered to an acceptable height,
6. Shower controls and hose to be lowered, and
Once a house has been fitted out properly, many disabled can handle everyday activities quite successfully.

Most quadriplegics require assistance from others. Help may come from members of the family or visiting nurses. Some quadriplegics may be severely disabled and not have family members who can care for them. They require residential accommodation.

Question 6. IN WHAT WAYS DO QUADRIPLEGICS HAVE DIFFICULTY EATING AND GETTING CHANGED?

Quadriplegics generally have little use of their fingers. Some have little or no use of their hands and arms. Many learn to hold a fork, write, push their wheelchair get dressed and so on, without the help of special equipment. Others need special devices that hold forks, pens and the like. Still others have so little movement that most things need to be done for them. Getting changed can be difficult and usually requires assistance, especially with trousers, skirts, socks, stockings and shoes.
Question 7. HOW DOES A QUADRIPEGIC GET DRESSED?

I can't dress myself as I am unable to roll over. Consequently, I get help in getting dressed and undressed while lying flat on my back on the bed. It takes between ten and fifteen minutes to get fully dressed and a little less time to get undressed.

Some of my friends in wheelchairs who are less disabled are able to dress and undress themselves.

The thing I hate the most about dressing and undressing is having to wait until people have the time to help me. I must tell myself to be patient and to wait. This can be frustrating.

Question 8. HOW DO QUADRIPEGICS MANAGE TO GO TO THE TOILET?

Most of us use a special toilet wheelchair, called a commode, which fits over an ordinary toilet. During the day, we use a bag called a urinal which is strapped to a leg for urinary drainage. The bag can be emptied when necessary by undoing a small tap at the bottom.

Question 9. DOES BEING PARALYSED AFFECT YOUR BODY FUNCTIONS?

Yes, to some degree, it does. Being paralysed involves a loss of sensory and motor function. This means that you may not be able to move or feel certain parts of your body (e.g. arms, fingers or legs). Balance can also be affected.

It's like going back to school again. The person learns new ways of managing and adjusting to the non-functioning parts and perhaps utilises other means to assist. For example, a wheelchair is used to replace the legs.

Therefore, the person looks for different ways of doing things and perhaps requires some assistance to do some of the things people normally do for themselves.
Acceptance!

Acceptance by the public of disabled people and our problems of access, mobility and individual differences. There are differences in the way we look and do things, but being different is not bad or good. It's being yourself. The acceptance of disabled people of their own disability is hard enough.

To be able to relearn the way to live in society is a major problem with which some disabled people never come to grips.
Question 11. DOES BEING PHYSICALLY HANDICAPPED DRAIN YOU MENTALLY?

Being physically handicapped may be frustrating at times, but it does not really affect you mentally. One gets accustomed to being in a wheelchair and makes the most of a bad situation.

It’s still enjoyable to have a good meal, to go for a drive, to admire the scenery, to see a picture, etc.

There are so many things that a person can do from a wheelchair that there is not enough time to do all that one would have liked. One can be very busy and happy in spite of being disabled.

The secret is not to let little things be worrying.

Question 12. ARE THERE ANY SPECIAL WAYS IN WHICH TO DO YOUR SCHOOL WORK IF YOU ARE NOT ABLE TO WRITE?

Most disabled people learn to write even if they cannot use their fingers. They learn to wedge a pen between their fingers or use a special splint to hold a pen. I learned to write after my accident by making large circles and gradually making them smaller.

It took four months of practice to learn to write again.

Some severely disabled people also type using a mouth stick held by their teeth.

Tape recorders are very useful for sending letters to friends without the work of writing or typing.

Computers are also valuable and are being used more and more.

Question 13. HOW GOOD ARE DISABLED PEOPLE AT SCHOOL AND WORK?

There are many forms of disability. Mentally handicapped people, those blind or deaf and those who cannot write easily, or turn to pages of a book have special problems with studying. Nevertheless, many of them succeed very well.

To attend school as a paraplegic creates some problems, especially if there are lots of steps.

Quadriplegics, with limited use of their hands to write, draw, carry books and push from place to place, do not have an easy path in study. Some learn to type (perhaps just with two fingers), others use a tape recorder to take notes and then get someone else to type from the tape.

Many disabled people are successful at study because they work hard for good results. They know it will be difficult for them to get a good job unless they can show they are reliable and able. Therefore, many work much harder and longer than the average non disabled student.

Some disabled have been involved in manual work prior to becoming disabled. They may have had inadequate schooling. These people may find it impossible to return to their former jobs. They may also have difficulty studying for a more sedentary occupation.
C. THE FEELINGS OF DISABLED PEOPLE ABOUT THEIR DISABILITY

Question 1. WHEN YOU FIRST BECAME A PARAPLEGIC AND ACTIVITIES SUCH AS PAINTING WERE INTRODUCED TO YOU, WERE YOU "ALL FOR IT" OR WERE YOU RESENTFUL?

When I heard that activities such as painting were still available to me, I thought that it was terrific to know that there was still things I could do now as well as I could before my accident.

Many paraplegics and quadriplegics paint. Some have had their paintings on exhibition and some have had their paintings selected for use on Christmas Cards.

Question 2. DO THE PEOPLE HAVE TROUBLE IN ADJUSTING TO LIFE AS A DISABLED PERSON?

Initially, it is very difficult adjusting to life as a disabled person. Some people overcome it more quickly than others, perhaps some never will. It is quite normal for people to be depressed in the early stage of their disability, as everything seems so hopeless and one doesn’t know where, or how, to start. The person requires a great deal of understanding, encouragement and support from family and friends. But, most importantly, the person must want to help himself and learn to adjust to his disability. It is when one becomes less and less dependent that living becomes worthwhile again. A large number of paraplegics and quadriplegics lead active lives. While the physical body may be dependent, the spirit is free.

THERE ARE MANY THINGS ONE CAN STILL DO IN A WHEELCHAIR.
Question 3. DO MANY PARAPLEGICS AND QUADRIPLEGICS FIND THAT THEY JUST CAN'T COPE WITH THEIR DISABILITY?

There are some people who just can’t cope. But this is due to a number of reasons. It is generally because their disability is so severe that they cannot lead an independent life. They cannot perform many of the daily living tasks, like being able to move around in a wheelchair or feed themselves. Therefore, becoming independent is more remote for them.

Others may have health problems as secondary aspects of their disability. These can make coping very difficult, e.g. chest infections, bladder and kidney problems and pressure sores.

Drastic changes in economic and social status also make coping extremely difficult. The person who gives up a job because of disability loses his means of income. Sometimes your social appeal and social contact diminish because of the lack of mobility, unemployment and changes in body image. This is depressing enough.

Let’s not forget also that one’s personality plays a big part in the coping process. “The will to try despite difficulties” is a valuable thing to have.

Question 4. DO DISABLED PEOPLE HAVE DIFFICULTY IN ATTENDING SOCIAL FUNCTIONS?

The difficulty in socialising for the disabled is really the same as for non disabled. It depends very much on the mood the person is in at the time, the tempo of the place and also the attitude of those present.

Attending social functions is slightly different as most disabled people need to make arrangements for transport and often for assistance to be available at each end. Also, the proposed destination must be accessible to wheelchairs before paraplegics can enter. This sometimes means forfeiting the outing.

The attitude of those present can create some problems as they may feel awkward about talking to someone in a wheelchair. The “wheeler” has to constantly try to put strangers at ease. Some strangers are completely natural.
Question 5. WHAT PROBLEMS DO DISABLED PEOPLE IN WHEELCHAIRS HAVE IN GETTING AROUND?

The worst problems facing a disabled person getting around, are access problems (roadside curbs, steps leading into buildings, footpaths and driveways that are too steep and doorways and passageways that are too narrow). Just look around you and you will see the barriers to wheelchairs.

Question 6. HOW DID YOU FEEL WHEN YOU FIRST HAD YOUR ACCIDENT?

I felt numb, not believing this could have happened to me and not believing what the doctors told me was true. It took time to accept the fact that I had become a paraplegic.
Question 4. ARE THERE ANY TYPES OF DEVICES WHICH YOU THINK COULD BE BUILT FOR THE DISABLED THAT HAVE NOT YET BEEN INVENTED?

Many types of devices have been designed and made for disabled people in lots of different situations. For example, for eating, driving and transferring from a wheelchair to a car. Devices which need to be developed could just be an updated or streamlined idea, improving on the old design or could be a completely new idea.

For example:
Quadriplegics who have little or no movement in their hands, can use a device called an “Environmental Control Unit”. This can turn lights and T.V. on or off, dial the telephone, use a typewriter and so on, by the person blowing and sucking on a tube. But this is very large and costs so much money that not many people use them. With science developing in Micro-Electronics (silicon chips), such help may be a possibility in the very near future at a much cheaper price.

If you are keen to invent something, try to design an automatic way of lifting and storing a wheelchair on the roof of a car.
Question 5. DO YOU LOOK AFTER PEOPLE WITH NO ARMS AND LEGS AT THE QUADRIPLEGIC CENTRE?

The Quadriplegic Centre has two or three quadriplegics with amputated limbs due to an accident or disease. This is in addition to their spinal paralysis.

There are other amputees working in the Para-Quad Industries workshop.

There is an association in Perth called Amps, which helps look after the interests of amputees.

Question 6. ARE RESIDENTS OF THE QUADRIPLEGIC CENTRE ALLOWED TO GO HOME WHEN THEY WANT?

Residents at the Quadriplegic Centre are encouraged to make their own arrangements, whether it is to go home or anywhere else. The Residents' Association owns and controls two vehicles, each with a wheelchair lift at the back, which enable residents to go out without the worry of being lifted in and out of a car. Residents may book the vehicles at any time. Some residents use their own vehicles.

Many residents go home for weekends and have extended holidays over Easter and Christmas.

Question 7. DO THE RESIDENTS WORK IN THE CENTRE?

Most of the residents involve themselves with some form of activity whether it be in the Activity Therapy Centre (where people paint and do pottery), the Para-Quad Industries Workshop (where goods such as furniture are made), in outside employment (as a telephonist or lecturer perhaps), or at a tertiary education centre (as a staff member or student).

Question 8. DO DISABLED PEOPLE WHO WORK AT THE SHELTERED WORKSHOP GET PAID?

Many of the disabled who are employed at Para-Quad Industries receive a Sheltered Workshop Allowance from the Department of Social Security. This is a pension which is supplemented by a small salary paid by the workshop.

The amount of this salary is limited by the Department of Social Security.

Some disabled people may be receiving workers' compensation payments from their previous employer.

Question 9. DO DISABLED PEOPLE HAVE TO PAY TO STAY IN THE QUADRIPLEGIC CENTRE?

Yes. All the residents do have to pay to live at the Quadriplegic Centre.

The amount they pay depends on whether they are on a pension, receive compensation money or whether they have a private income.
The person must be flexible to change and he/she may have to leave their previous jobs behind and go back to school, tech or university to learn a new skill or trade which will improve chances of success in gaining employment.

To help get a start in open employment, the Commonwealth Government offers a N.E.A.T. employment scheme. This means employees can have a job trial in the actual work situation for up to three months, while the Government pays their wage. At the end of this period, the employer is expected to hire the person if the work is up to the required standard.

Finally, it is everyone's right to work and to be a productive member of the community. We can help improve the future of all disabled by education of others and changing the old attitudes within the community.

Question 8. ARE BOY/GIRL RELATIONSHIPS EASY FOR PARAPLEGICS?

There is no reason why human relationships can't develop normally when one or both people are in a wheelchair. The feelings and desires of a person in a wheelchair are exactly the same as "walkers". Unfortunately, society's attitude can make it difficult for a "wheeler" to form a meaningful relationship and get married. The "wheeler" can also feel very inhibited wondering what is the right thing to do. He or she may be frightened of rejection and the wheelchair can often be blamed for any "failure" in a relationship.

Disabled boys and girls need love, affection, caring and a meaningful relationship, the same as anybody. It is their right.
E. LIFE IN A WHEELCHAIR

Question 1. HOW LONG DID IT TAKE YOU TO LEARN TO ADJUST TO THE NORMAL DAILY ACTIVITIES AS A PARAPLEGIC?

What it means to "adjust" is far from clear. It is a bit like asking how long it took you to grow to your present height. It happens gradually over time, at different rates. Just as some people are short, some are dwarfs and some are tall; some people adjust well to their disability, while some never accept it.

It is hard to tell if a person has really adjusted or is just making the best of things. Disabled people are not likely ever to be happy to have their disability. However, those who get on with living, making the most of the abilities they have, are said to be adjusted.

Question 2. DO QUADRIPLEGICS GET OUT OF THE CENTRE MUCH?

Everyone gets bored with staying at the same place and doing the same things all the time, so a change of scenery is needed to remain happy and sane.

Some residents have their own car and others use the special buses with wheelchair lifts. Most residents lead very active social lives. Many go to their own homes for weekends.
Question 3. WHAT HAPPENS IN CASE OF FIRE?

Paraplegics and quadriplegics run a very high risk of gaining further disabilities if fire breaks out in the home.

The most important things a severely disabled person can do, is to try and prevent fires happening and have easy access to escape routes. It is helpful if there is a door from the bedroom with access to the outside of the building.

Some quadriplegics have an alarm system. This is a red flashing light with a siren and in case of emergency, it is switched on. The neighbours already know that if they hear this, they should go and help. This is a must for a person who cannot move quickly or needs assistance to move.

To prevent fires, the person must not smoke in bed and should check that stoves, lights, heaters, etc., are all off before going to bed.

Question 4. HOW WOULD A PARAPLEGIC DRIVE A CAR?
HOW WOULD HE USE THE CLUTCH AND BRAKE?

A paraplegic drives a car (which is usually an automatic) with the use of hand controls fitted under the steering column. A rod runs from the hand control bar to the brake pedal and a cable from the bar to the accelerator.

He accelerates with a pulling motion on the bar and brakes with a pushing motion. It is really very easy. Some paraplegics drive in races and rallies.

Question 5. IF PARAPLEGICS AND QUADRIPLEGICS ARE MARRIED, CAN THEY LIVE AT HOME?

The answer to this question is yes, as long as the individual does not require constant nursing and medical attention. The disabled person would also need to be mobile enough to transfer from bed to wheelchair etc., without a great deal of effort by the wife/husband.

Mechanical devices can be used for lifting where this is a problem.

Certain alterations would need to be made in place of steps and wider doors to the toilet and shower recess may be needed. The majority of single storey dwellings can be made suitable for wheelchairs.

Question 6. WHAT KIND OF RECREATIONAL ACTIVITIES DO THE DISABLED DO?

Disabled people choose their recreational activities as would any able bodied person. They choose activities that are within their physical and mental capabilities and those that give them pleasure.

The kinds of activities are endless. They range from very active, (horse riding, wheelchair basketball, surf cat sailing, ten pin bowling, dancing, swimming, etc.), to passive, (chess, reading, T.V., arts and crafts, movies, etc.). The activities listed are only a sample; there are hundreds of suitable activities.
F. FACILITIES FOR WHEELCHAIR LIVING

Question 1. IN YOUR OPINION, ARE THERE ENOUGH FACILITIES FOR THE DISABLED?

For those who are members of the Paraplegic-Quadriplegic Association, there are many facilities available. One can always say there are not enough, but it costs money to provide facilities and there is never enough of that. As the lifestyle of the disabled improves, there is an ever-increasing desire to meet new needs. The philosophy of the Paraplegic-Quadriplegic Association is that disabled persons require encouragement to help themselves.

Some of the facilities provided by the Association are:
(a) Residential accommodation,
(b) Home visiting nursing service,
(c) Sheltered workshop,
(d) Activity Therapy Centre,
(e) Social welfare assistance,
(f) Wheelchair repairs and
(g) Holiday homes.

Question 2. ARE SOME PLACES (FOR EXAMPLE, SHOPS) HARD TO GET TO BECAUSE OF YOUR DISABILITY (BECAUSE YOU CAN'T GET THE WHEELCHAIR IN)?

Many places have at least a step or two and are not accessible to a quadriplegic unless he has help. However, a wheelchair can usually be lifted up a few steps easily by an able bodied helper.

However, older buildings often have long flights of stairs. These stairs make a place completely inaccessible unless there are three strong men around to help lift. Often, however, strangers will stop and help.

If disabled people are determined, they can get to where they want to go. It is true that “Where there is a Will, there is a Way”.

Question 3. HOW DO YOU TEACH THE DISABLED TO PLAY SPORTS?

People who are disabled can play sports that are within their physical capabilities.

There are some sports that disabled people are able to play with able bodied people, such as table tennis, archery, lawn bowls, pistol shooting, chess, weight lifting (bench press), fishing, scuba diving and car racing.

The disabled are also able to participate in a variety of sports after some of the rules have been changed (for example, wheelchair basketball). People who play basketball on their feet are allowed three seconds in the keyway (the area in front of the goals). People in wheelchairs are allowed five seconds. The two seconds extra gives time to manoeuvre their wheelchairs into position so that they can shoot for goals. Most additions to the rules are only there to make the game playable by a person in a wheelchair.
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The Quadriplegic Centre has two or three quadriplegics with amputated limbs due to an accident or disease. This is in addition to their spinal paralysis.

There are other amputees working in the Para-Quad Industries workshop.

There is an association in Perth called Amps, which helps look after the interests of amputees.

Question 6. **ARE RESIDENTS OF THE QUADRIPLEGIC CENTRE ALLOWED TO GO HOME WHEN THEY WANT?**

Residents at the Quadriplegic Centre are encouraged to make their own arrangements, whether it is to go home or anywhere else. The Residents' Association owns and controls two vehicles, each with a wheelchair lift at the back, which enable residents to go out without the worry of being lifted in and out of a car. Residents may book the vehicles at any time. Some residents use their own vehicles.

Many residents go home for weekends and have extended holidays over Easter and Christmas.

Question 7. **DO THE RESIDENTS WORK IN THE CENTRE?**

Most of the residents involve themselves with some form of activity whether it be in the Activity Therapy Centre (where people paint and do pottery), the Para-Quad Industries Workshop (where goods such as furniture are made), in outside employment (as a telephonist or lecturer perhaps), or at a tertiary education centre (as a staff member or student).

Question 8. **DO DISABLED PEOPLE WHO WORK AT THE SHELTERED WORKSHOP GET PAID?**

Many of the disabled who are employed at Para-Quad Industries receive a Sheltered Workshop Allowance from the Department of Social Security. This is a pension which is supplemented by a small salary paid by the workshop. The amount of this salary is limited by the Department of Social Security.

Some disabled people may be receiving workers' compensation payments from their previous employer.

Question 9. **DO DISABLED PEOPLE HAVE TO PAY TO STAY IN THE QUADRIPLEGIC CENTRE?**

Yes. All the residents do have to pay to live at the Quadriplegic Centre.

The amount they pay depends on whether they are on a pension, receive compensation money or whether they have a private income.
Question 10. DOES THE QUADRIPLEGIC CENTRE LOOK AFTER PEOPLE BETWEEN THE AGES OF 15 AND 30 ONLY?

No! We look after people of all ages. Although we have never been asked to look after primary school age children.

Question 11. DOES THE MONEY FROM APPEALATHON GO TO THE CENTRE?

The Paraplegic-Quadriplegic Association of W.A. and the Civilian Maimed and Limbless Association are extremely honoured to be part of Appealathon. They are also grateful to the public of Western Australia for the generous donations to Appealathon.

Some of the Appealathon money is allocated to our Association. All money received by us from Appealathon is used in producing more facilities for our very disabled members. These include accommodation and workshop facilities.

READ THIS LAST

This was not intended to be a funny booklet, although we hope some of the cartoons made you smile. The topics are very important to a lot of people.

We hope that reading the booklet will help you to understand people with disabilities better and will encourage you to think about the lives other people live. If you think about how easy it is to have an accident and how permanent the results can be, you may save yourself and others from a lot of regret.