

# THE Advocate

A VOICE FOR ACCESSIBLE, EQUITABLE AND EMPOWERED LIVES | SPRING/SUMMER 2024 ISSUE

## Health, fitness and fun

NATASHA AND ADAM  
SHARE THEIR JOURNEY

Flipping out for  
wheelchair motocross

Colin's road to  
recovery post-stroke

How Haley is using her  
sewing skills to help others

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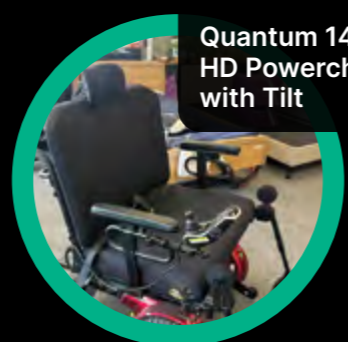
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Cover image by Stephen Lawrence



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## Festive reflections and a look ahead



As we approach the festive season, it's a great time to look back on the year and celebrate our shared achievements.

With our Annual General Meeting (AGM) just around the corner, I encourage all members to participate and make your voices heard by voting on key resolutions, including the election of directors. This year, members will also be asked to vote on an important proposal on compensation levels for our Board.

While the Spinal Life Australia Constitution has long anticipated the need to compensate directors, members have not yet been asked to set an amount. We sought independent advice from Directors Australia, which recommended a level of compensation aligned with the skills, responsibilities, and associated risks for directors.

The Board and Executive have also worked closely together to develop our 2024-25 Strategic Plan, which outlines our priorities for the year ahead. This plan is available at [spinal.com.au/publications](http://spinal.com.au/publications), and highlights key initiatives focused on financial sustainability, enhancing our customer relationships, and ensuring we continue to empower people with physical disabilities to live accessible, equitable, and fulfilling lives.

As always, please feel free to reach out to me at [chair@spinal.com.au](mailto:chair@spinal.com.au) with any questions or feedback on the Strategic Plan or anything else on your mind.

In this edition of *The Advocate*, we're excited to share stories of achievements from our members.

Elite adaptive athlete Natasha Price, alongside her coach and business partner Adam Sheppard, share more about their sporting success. Extreme wheelchair athlete Tim Lachlan shares his journey of hosting inclusive community events, encouraging others with disabilities to give it a go. Up in the Far North, Cairns stroke survivor Colin Massingham reflects on his rehabilitation journey, supported by the dedicated Healthy Living Centre Cairns team.

To all our members and customers, thank you for your invaluable support in 2024 - whether you have used our services, participated in advocacy campaigns, or shared your feedback.

To our dedicated staff, thank you for your hard work throughout the year, especially to those team members working over the holiday period to provide essential services.

I wish you and your loved ones a joyful Christmas and a happy, healthy New Year. We look forward to bringing you more updates in the next edition of *The Advocate*.

**DO YOU HAVE A STORY TO SHARE?**



Email us at [theadvocate@spinal.com.au](mailto:theadvocate@spinal.com.au) - we'd love to hear from you!

## 3 QUESTIONS WITH THE CEO

# Mark Townend



### How is Spinal Life working to improve transport for people with disability?

Over more than a decade, the number of 'accessible' buses has increased. Although this improvement is of course welcome, consequently we also began hearing about more incidents of injuries to our members and damage to their wheelchairs. Many of these accidents are due to momentum – when buses take corners too quickly, causing wheelchairs to tilt or topple with potentially serious consequences.

In 2016, John Mayo, Spinal Life's Chief Advisor – Government, collaborated with a transport engineer to develop a design solution that would keep wheelchair users safe on buses. The concept was simple: a restraint system activated by the driver at the flick of a switch, with no action required from the wheelchair user beyond positioning in an allocated space. Although we finalised the system design in 2016, we needed substantial funding to develop a prototype.

This March, we presented the project to the General Manager at Translink, including CCTV footage of accidents and 3D modelling of the proposed system. I'm pleased to share that Translink has committed \$250,000 to help develop the prototype, with work set to begin by the end of the year. If successful, this system could be a world-first in accessible transport safety. We look forward to sharing more about this project in upcoming issues of *The Advocate*. Watch this space!

### Is there any news on the Brisbane Precinct?

We're excited about the plans for a new Brisbane Precinct, inspired by our Healthy Living Centres in Cairns and Woolloongabba. This precinct will bring together accessible accommodation, a fitness hub, and a hydrotherapy pool, plus comprehensive health and rehabilitation services – all under one roof.

Our team is continuing to refine a proposal to design and construct a facility at a location near the Princess Alexandra Hospital, which would allow us to best support individuals transitioning from the Spinal Injuries Unit back to their

homes. We remain positive that the incoming Queensland Government will commit to a funding contribution to support the development, and are also working hard to identify and pursue other potential sources of funds. Our vision is for the precinct to host a wide range of rehabilitation services and programs, ensuring members, customers, and the broader community have access to everything they need in one central location.

### What's something important for members to know?

With summer here, we're heading into storm season, which is a critical time to be prepared. Whether you're in Queensland or Western Australia, planning ahead is essential for staying safe during extreme weather events like storms, cyclones, and bushfires.

In Queensland, the 'Get Ready Queensland' website ([getready.qld.gov.au](http://getready.qld.gov.au)) is an excellent resource for emergency planning. For our members in Western Australia, the Emergency WA website ([emergency.wa.gov.au](http://emergency.wa.gov.au)) offers similar preparation tips.

Keep an eye on updates from the Bureau of Meteorology ([bom.gov.au](http://bom.gov.au)) for real-time alerts on cyclones, storms, and evacuation notices.

We're also reaching out to all Personal Support and Home Care Services clients to ensure that emergency plans are up to date, covering any arrangements if services are temporarily disrupted and ensuring you receive the support you need. Our recommendation is to stay informed by connecting with resources provided by local or state governments in your area.

As always, please feel free to reach out at [ceo@spinal.com.au](mailto:ceo@spinal.com.au) if you have feedback or suggestions regarding our advocacy efforts or anything else.

On behalf of the entire team at Spinal Life, I hope you have a safe and happy festive season, and wish you all the best for 2025.



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# In the long run

**Marathon winner, state record holder in T54 100m and 400m, and now Adaptive CrossFit Games legend – is there anything Natasha Price can't do?**

For elite adaptive athlete Natasha Price, saying farewell to her career as a marathon racer has been a bittersweet affair.

In 2008, at age 28, Natasha was struck by a rare relapse-remitting disease that, practically overnight, left her nearly blind and paralysed. To this day, the disease is so rare they can't actually put a name to it. Then, three years later, another relapse left her totally paralysed from the neck down for seven months. Natasha gradually regained not only partial vision but also mobility in her upper limbs, and thanks to her incredible determination, has gone on to pursue a fulfilling and very active life.

And by active, we mean she went from being paralysed to doing actual marathons – indeed, she is an international marathon winner, a triple medallist at the World Abilitysport Games, and winner of a host of other titles and trophies.

Despite all of this, Natasha recently decided to hang up her racing wheels.

"It just became too much of a strain on my body," she says. "I was getting sick constantly and realised I can't do this anymore. I do love it, so I may take it up again at some point, but certainly for the time being, I'm done with marathons."

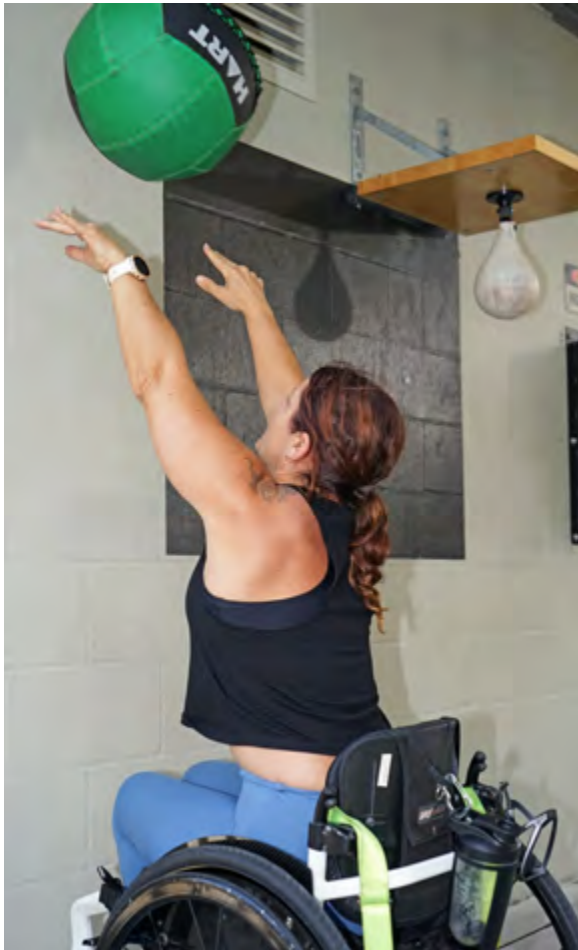
But that doesn't mean Natasha is done with racing entirely.

"I'm doing more sprints now, and focusing on track events," says the typically modest athlete, who actually holds the Queensland State Records for the T54 100m and 400m – records that stood for more than 20 years until she came along.

"It was quite a surprise, because I'm sprinting against people half my age," says Natasha, who just turned 44. "So, yeah, I'm proud of that surprise." >



Elite adaptive athlete, Natasha Price with her equally elite athletics coach, Adam Sheppard.



From left: Wall balls, rope climbs and bar muscle-ups are all part of Natasha's training regime.

She has another new passion which came about as a direct result of her racing wheelchair being damaged, out of action, and requiring \$6,000 worth of repairs.

“Because I've not been able to use my chair I've had to keep myself fit and healthy in other ways while I find a way to get the money,” she says. “I was doing a lot of gym training to support my racing, so a transition to adaptive CrossFit felt quite natural.”

And, as it turns out, Natasha was a natural at the sport.

In fact, one week after we spoke, she was heading to the 2024 Adaptive CrossFit Games in San Antonio, Texas. Not bad for someone who took up the sport so recently.

Over the four days of the Games, athletes with disabilities compete in workouts designed to test their strength, endurance and skill: things like seated deadlifts, rope pulls, wheelchair pushes and seated presses.

“The Games are like CrossFit's equivalent of the Olympics. They're essentially finding the fittest person in the world, with the top 10 athletes in the world competing in each classification,” says Natasha, whose category is Seated One, for athletes without hip function.

“This is the first year the Adaptive Games have been made part of the CrossFit Games: they used to be a separate

entity,” she continues. “We're hoping that they'll also bring the prize money into line: at present, if I won my category I wouldn't get enough to fix my wheelchair. The person who comes out top in the able-bodied competition, however, wins US\$300,000!”

Despite the fact that Natasha placed an incredible fourth in the world at the semi-finals, she's anxious about the Games. “It's so new to be on such a huge stage; I'm actually a bit nervous,” she admits.

But her business partner, coach and biggest supporter, Adam Sheppard, has her back: “She's going to smash it,” he says with utter conviction.

“I'm her athletics coach, but visually she can also sometimes need a hand,” he continues. “So I basically travel with her and make sure she doesn't kill herself,” he says.

“We've been a team for almost six years,” laughs Natasha, “and he still puts up with me after all this time!”

Adam, who also uses a wheelchair, was born with spina bifida and, just over two years ago, became a bilateral amputee as well.

“Spina bifida comes with a lot of different health issues and for me, one of those was chronic issues with swelling, pressure wounds and infections with my feet. I ended up

in hospital once again with a really nasty infection and the doctor said, ‘We've been here before; you know the drill!’ That drill was a week on IV antibiotics, then six to 12 months of wound care. It was time away from my seven-year-old son, and time away from training with Tash and the business that we run together. And I just didn't want that anymore, so I made the decision to have the operation. And it was the best decision I've ever made.”

So, what is the business that Adam now has more time for?

In 2018 Natasha started a company called InvincAble. “I designed

“ I was doing a lot of gym training to support my racing, so a transition to adaptive CrossFit felt quite natural. ”

disability-focused products and sold them on Amazon,” she says, “but then COVID hit and getting supplies became too hard. Adam came on board and we completely changed the focus of the business. We realised we needed to do the thing that we're actually very good at.”

That “thing” is sharing their stories, and their decades of lived and work experience in the field of disability, to inspire and motivate others.

“People started asking if we'd share our accessibility ideas or do motivational talks, and we just kept saying yes,” says Natasha. “The more we said yes, the more opportunities got thrown our way.”

And so InvincAble in its current form was born. Natasha and Adam do accessibility consulting, advocacy work, motivational speaking, and run a host of diversity and inclusion workshops and programs.

“They're designed for everyone, not just people with disabilities,” says Natasha. “We've been blessed to be able to help so many different people – everyone from retired professional footballers, to mums of kids with disabilities who have left home, leaving the mums wondering, what do I do now?”

It's rewarding work, and Natasha and Adam love what they do and say they wouldn't change it for the world. So what's next for this dynamic duo?

There is, of course, the never-ending slog that is fundraising.

“It's hard,” says Natasha. “Trips like the one to the USA are overwhelmingly expensive, especially when it comes to our medical insurance. It's my choice to be a competitive athlete, and getting the money to travel and compete in events is just one of the things that I have to figure out. But the sport side of things is really important to everything. It's not just about my own personal goals, it's about giving visibility to disability. It's such a driving factor for both of us, and it's given us such a platform to be able to impact so many people.”

As well as fundraising, Natasha and Adam are also looking at building an app for their InvincAble programs, and they'll soon be heading into the studio to record the second season of their podcast, ‘Two Cripples, One Pair of Legs’.

“It's basically an excuse for me to sit there and give Adam a hard time for an hour,” laughs Natasha. “And I'm not giving that up for anything!”

A podcast seems like the perfect platform for their easy repartee and banter.

“We like to push things as much as possible, but keep things lighthearted and with a tinge of our trademark dark humour,” says Adam.

“The audience is still relatively small, but it's definitely building and the reviews have been fantastic,” says Natasha. “We're just following our passion and our purpose, and having a good time... and people are drawn to that. That's pretty much been the case with everything we've done. That's been the magic formula.” [A](#)

Visit [tashaprice.com](https://tashaprice.com) to find out more about Natasha and Adam's work.

Editor's note: A massive congratulations to Natasha – after just three months of training and having to compete with a broken finger – she finished an incredible fourth in the world at the 2024 Adaptive CrossFit Games. That means she's the fourth-fittest seated woman on the planet!

# Defying gravity

Aussie wheelchair motocross legend, Tim Lachlan, has done literal backflips for his extreme sport.



Beenleigh resident Timothy Lachlan, 27, is an Occupational Therapist and disability advocate. He's also a professional extreme wheelchair athlete.

"I was born with Spina Bifida Occulta and vascular Ehlers-Danlos syndrome (EDS)," he says. "It is life-limiting, but I basically see it as motivation to cram as much into my life as I can. I guess that's why I do WCMX."

WCMX (wheelchair motocross) is an extreme sport in which wheelchair athletes perform tricks while seated in custom-built wheelchairs.

"The name's a bit confusing, as wheelchair motocross sounds similar to BMX biking and motocross," explains

“ I liked hosting these sessions at skate parks because they're built for wheels. ”

Tim, "but it actually falls under the umbrella of adaptive skating. Basically it's just a term for any sort of skating with a disability – so, things like skating with crutches, sitting on a board and using your hands to propel yourself, or using a wheelchair like I do."

Tim got into the high-adrenaline sport when he was about 11, around the same time that his disability progressed to the point that he needed to use a wheelchair for longer distances.

"I saw a video of the guy from Nitro Circus, Aaron 'Wheelz' Fotheringham, landing the first ever wheelchair backflip, and I basically just pestered my parents every day for a month straight, until they took me to the local skate park!" he laughs. "I rolled down a small ramp and from that moment I was hooked. I've been chasing that feeling ever since."

At the time, Tim was using a clunky, folding hospital wheelchair, which was not only uncomfortable; it was downright dangerous: "I actually snapped that chair clean in half when I was about 13 or 14, while taking on the 'Death Bowl' – the biggest ramp at Pizze Park skate park on the Gold Coast," he says. "I was lucky it was the chair that broke and not me!"

A couple of years later, Tim got his first custom-built WCMX suspension wheelchair; a lightweight and super-strong chair with grindbars and great suspension. "It was the same model that Aaron Fotheringham rides, built by Box Wheelchairs in the USA," he says.

It not only let Tim take on bigger ramps and tricks in the skate park, but was also life-changing in the "real" world. He could manage uneven surfaces, and get up or down curbs, stairs and steep ramps. "There's basically nowhere I can't go when I'm on it," he says.

The chair helped Tim take things to a whole new level – literally – when in 2016 he became the first Australian to land the sport's toughest trick: the wheelchair backflip. >

“I was at an indoor skate park in Sydney which had a foam pit and moveable ramps, so I thought I’d have a go,” he says. “Within the space of three hours I went from having no idea how to flip a chair, to landing a backflip.”

Since then, Tim has competed in adaptive skate competitions around the world, been selected to represent adaptive skating alongside skateboarding legend, Tony Hawk, and even met his idol, Aaron Fotheringham.

But the journey has been so much more than just epic tricks, comps and celebs.

Skating has given Tim advanced wheelchair skills, which have ultimately helped him to lead an independent life.

Indeed, the benefits of skating were so profound that Tim was compelled to share them with others. And so, after finishing high school, he founded WCMX & Adaptive Skate Australia, which combined occupational therapy with skateboarding. He has invited other wheelchair users to free WCMX mobility skills workshops at skate parks all over Australia.

“I liked hosting these sessions at skate parks because they’re built for wheels,” he says. “It just seemed like a natural environment to foster inclusion.”

Most people came to the sessions to learn everyday mobility skills, but some also mastered advanced techniques – and a few tricks!

“Our biggest daredevil was a young boy with cerebral palsy who loves to do big tricks,” says Tim. “He was born without eyes, so we’d take him through the park with his cane to let him feel the curvature of the ramps and ‘see’ how high they were. He’s semi-verbal, and the word he’d always use was: ‘More, more!’ He had the absolute time of his life.”

Despite so many success stories, Tim recently had to make the tough decision to cease hosting WCMX events.

“My disabilities have progressed too much for me to be able to safely run events and maintain my health,” he explains.



A group of skaters pose for a photo in front of Pizze Park Skatepark at a WCMX and Adaptive Skate session.

“My chair was also damaged in February, and I lost a lot of function because I had no chair: I basically lost my legs.”

Tim is nonetheless optimistic that someone will step up and ensure the workshops continue. In the meantime, he’ll still be helping people with their mobility in his role as an Occupational Therapist.

“It just seemed like a natural fit for me,” says Tim, who also has many friends living with disability, and whose sister and mother both live with myotonic dystrophy. “I’ve always been interested in assistive technology and finding ways

to adapt things so people with disabilities can still achieve their goals.”

It’s only his second year since graduating, and Tim is already operating his own business where, fittingly, he uses adaptive skating at skate parks to teach his clients mobility skills.

“Even if they don’t use a wheelchair, I can teach them things like how to use crutches to overcome curbs or uneven ground – they love that it’s something a bit different,” he explains. “Being a disabled OT means

I can connect with my clients and understand their needs on a much more personal level. It’s incredibly rewarding.”

Tim works with clients from diverse backgrounds, which interestingly reflects the inclusive WCMX community, which welcomes riders with various disabilities, cultures and identities. A growing number of LGBTQIA+ riders is also emerging globally. As a queer advocate, Tim, who has been with his partner for almost eight years, promotes intersectionality and raises awareness about living with both a disability and a queer identity.

And that’s not his only advocacy work.

Tim’s also a ‘Game Changer’ with Sporting Wheelies, using his lived experience to deliver inclusive sports and disability awareness training to schools and businesses. He also advocates for better accessibility in South East Queensland and is working to make WCMX a Paralympic sport by the 2032 Brisbane Games.

“We’ve just set up an international body for WCMX and come up with a classification system, which are big steps to it becoming a Paralympic sport. I’m hopeful we can make it happen by 2032,” says Tim, who is the committee’s representative for Oceania.

“I’m also working with some folks in Brisbane to start building WCMX chairs locally,” he says. “Those chairs really opened up a world of opportunity for me and I want other people to be able to experience that same freedom, so that they can live their life to the full. A wheelchair is like a pair of shoes... but a WCMX chair is like a really good pair of boots that can do almost anything.” [A](#)

Search for ‘WCMX & Adaptive Skate Australia’ on Facebook or visit [facebook.com/aussiewcmx](https://facebook.com/aussiewcmx) for Tim’s updates.

Colin Massingham at the Spinal Life Healthy Living Centre in Cairns, which he visits weekly for post-stroke rehabilitation.



# Persistence pays off

**A workplace-related stroke led Colin Massingham to the Healthy Living Centre in Cairns.**

Most people know that strokes can be caused by factors like hypertension, high cholesterol, aneurysms, diabetes and smoking.

But it might come as a surprise to learn that some traumatic accidents can also lead to strokes.

This is what happened to Cairns local, Colin Massingham, during a workplace accident seven years ago.

“Basically, a literal tonne of weight fell on top of me,” Colin, 57, explains. “It was an ISO tank; a large container that can hold up to 1,000 litres of liquid. There were two stacked on a forklift and the top one – which was full – toppled off and fell on

my chest. I fractured every rib, dislocated my left shoulder, broke my right shoulder, bruised my heart and cracked my C6 vertebra. The doctors told me that to this day, they don’t understand how I survived.”

Like something out of a horror movie, the second ISO tank then slid off the forklift and landed on Colin’s leg but, unbelievably, didn’t break anything.

Happily, Colin doesn’t remember much of the life-changing incident.

“Obviously I would have been in a lot of pain,” he says. “But it’s amazing what the human brain can do, and it blocked out most of the experience. I sort of remember dragging my leg out from underneath the second container after a bloke lifted it up with a bit of timber, but I must have passed out after that.”

“Spinal Life offers a great range of services and equipment that’s made a big difference to me. Anybody can go to a gym, but it doesn’t mean the equipment or instructors are designed to treat stroke survivors or people with disabilities.”

In addition to his long list of injuries, the trauma of the accident also caused Colin to suffer a series of strokes.

“I’m not sure how many I had, but it was at least two,” he says. “One caused paralysis down my left side and another affected my eyesight, so I can only see out of the right half of each eye. I don’t have peripheral vision to look left.”

The accident happened in August 2017, and Colin didn’t leave hospital until February the following year.

“To start with, I was using a sling hoist to get in and out of bed,” he says. “When I left hospital, I was able to stand transfer, getting pushed around in a manual wheelchair. It’s taken a lot of rehab to get me walking again. But I still can’t walk far, so now I’m focused on building up my endurance.”

To help him with his recovery, Colin was put in touch with Spinal Life’s Healthy Living Centre in Cairns. In the four years since he’s been attending, he’s seen some noticeable improvements.

“I first started with Julie Ince, the Physiotherapist, doing a lot of work in the hydrotherapy pool,” he recalls. “As well as pool work, I’ve done a lot of physiotherapy and work at the accessible gym.”

Colin generally does two sessions each week at the Healthy Living Centre, with an occasional extra session with the Upper Limb Therapy group. It’s a class that’s offered exclusively in Cairns, while the Brisbane Healthy Living Centre also provides one-on-one support to people who have had a stroke and require neurological rehabilitation, through Exercise Physiology, Physiotherapy, Occupational Therapy and Allied Health Assistants.

“The Upper Limb group isn’t always a group session,” says Colin. “For me, it’s mainly one-on-one with the Occupational Therapist, Georgia Fowler.”

The stroke affected Colin’s left side but, luckily, he’s right-handed. Upper Limb Therapy has really helped him to improve his dexterity, but there’s definitely still work to be done.

Colin’s eyesight also remains a challenge.

“To me, that’s been one of the hardest things to overcome,” he says. “Without peripheral vision, it’s hard for me to judge distances and I’m never really 100% sure where straight ahead is, so it does affect my overall coordination. It’s something I’ve had to relearn, and I’m still doing a lot of work with Olivia Isbey, another Physiotherapist at Spinal Life, to retrain my brain.”

Colin has nothing but praise for Olivia, Julie, Georgia, Physiotherapist Tina Newton-Modlmayr, and all the team at the Spinal Life Healthy Living Centre. >



Physiotherapist Olivia Isbey supports Colin’s progress.

“Up here in North Queensland there aren’t too many companies that specialise in this sort of rehab,” he says. “Spinal Life offers a great range of services and equipment that’s made a big difference to me. Anybody can go to a gym, but it doesn’t mean the equipment or instructors are designed to treat stroke survivors or people with disabilities. Without this, and the brilliant OTs, Physiotherapists and Exercise Physiologists who are all so helpful and friendly, I don’t think I’d be where I am today. Spinal Life has been a godsend. But they can only do so much – you’ve got to do the rest yourself.”

Getting rid of his manual wheelchair is one of Colin’s big goals. “I would like to say that one day I won’t need it anymore,” he reflects. “Whether that’s going to happen I couldn’t tell you, but I’ll give it a crack. I’ve had a second chance at life, so I’m just trying to do the best I can. I’m not a religious person, but I think the man up above said I wasn’t good enough to go up there, and the man down below said I wasn’t bad enough to go down there... so I’ve got to stay in the middle for now!” **A**

For more details about the Upper Limb Therapy group, visit [spinalhealthyliving.com.au](http://spinalhealthyliving.com.au) or call 1300 774 625. One-on-one appointments are also available in Brisbane.



Upper Limb Therapy is an important part of Colin’s rehabilitation.

## A helping hand

The Upper Limb group at Spinal Life’s Healthy Living Centre in Cairns focuses on helping people regain function in their arms and hands, particularly for those who have experienced spinal cord damage, strokes or other neurological conditions. It employs a variety of techniques aimed at improving movement, strength and dexterity in the upper limbs. The activities are simple, but have the potential to bring about great improvements, and help people activate key arm and hand muscles, so that the brain can re-learn how to control these muscles where possible.

### Key techniques and approaches include:

- **Activity-based therapy:** This involves exercises that target specific functional skills, such as gripping, lifting and fine motor control, all designed to help individuals perform everyday tasks like buttoning a shirt, typing on a keyboard or holding cutlery or a cup.
- **Circuit-based group therapy:** In small group settings, participants engage in circuits of upper limb exercises that are both therapeutic and social, encouraging friendly competition and peer support.
- **Tailored therapy plans:** Individual sessions are available, where occupational therapists assess a person’s needs and create treatment plans to improve upper limb function.

When it comes to Upper Limb Therapy, Spinal Life offers one-on-one consultations in Cairns and Brisbane, as well as group classes in Cairns, which run over a six-week block. The goal is to help people regain as much independence as possible, with the option to access funding through the NDIS for these services.



# Briike

along the Cairns Esplanade!

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Simon Barclay catches up with Exercise Physiologist Albertine Albury.



# Back to Basics

Sporting Wheelies' wheelchair fundamentals program teaches sports skills which can be applied to daily life too.

For Simon Barclay, a busy father of three and dedicated community volunteer, staying active is a way of life.

The Boondall resident first joined Sporting Wheelies two years ago, starting with Exercise Physiology (EP) sessions before venturing into group sports.

As a new wheelchair user, Simon was seeking ways to build strength and confidence while balancing life with his three children, now aged seven, 14, and 16, along with his volunteer role at the local St Vincent de Paul Society (Vinnies) shop.

"I have been active my whole life with things like surfing and skateboarding, but obviously now I was looking for activities that I could do in a wheelchair," says Simon.

"I initially tried wheelchair basketball, but found it difficult because I didn't have the upper body strength," he says. "Then I tried wheelchair rugby, which sounds scary, but you're in a specific chair and it's lots of fun. I have trouble with my balance and the chairs are a lot more stable as they're lower to the ground."

When Sporting Wheelies launched their wheelchair fundamentals program earlier this year, Simon signed up to give it a go. Held each school term at Milton's Para Clubhouse, the program is open to all ages and abilities, providing coaching, equipment, and NDIS funding options.

"It's a mix of different sports and using different apparatus and seeing what you're good at," he says.

"I'm not a competitive person so it's all about getting out and having fun. Everyone is on the same page, and everyone is very encouraging. If you need support, the Sporting Wheelies team are there to help you out."

Simon encourages others to try it out.

"Don't hesitate - it's very friendly and supportive - and there are knowledgeable and very qualified people that work at Sporting Wheelies.

"You can also work specifically in the gym with an EP and they will sit down with you to learn about your goals and what you want to achieve, and how you can make that possible," says Simon.

Alongside wheelchair fundamentals, Sporting Wheelies offer adaptive aquatics, wheelchair basketball, wheelchair cricket, boccia, and para powerlifting, with specific programs for children and teenagers as well. Volunteering at events is also a great way to get involved.

To learn more, visit [sportingwheelies.org.au/wheelchair-fundamentals](http://sportingwheelies.org.au/wheelchair-fundamentals) or call 07 3253 3333.

### DIVE INTO ADAPTIVE AQUATICS

Looking to learn to swim or improve your skills? Sporting Wheelies' new Adaptive Aquatics program, offered in partnership with Queensland University of Technology (QUT), is now open! Held at QUT's accessible indoor pool at Gardens Point in Brisbane, this program is designed for individuals with physical and/or intellectual disabilities.

Led by experienced swimming coaches, the program offers both group and private lessons to help build confidence, develop swimming skills, and enjoy the health benefits of water-based exercise. Sessions run on Fridays and Saturdays for eight weeks each school term, with lessons tailored to meet individual goals. You can use NDIS funding to participate or arrange direct invoicing.

To find out more, sign up or win big while making a difference, visit [sportingwheelies.org.au](http://sportingwheelies.org.au) or call 07 3253 3333.

### BRING INCLUSIVE SPORTS TO YOUR SCHOOL

Sporting Wheelies' inclusive sports program offers students the chance to experience Paralympic sports like wheelchair basketball, boccia, and goalball (played blindfolded!).

Sporting Wheelies' 'Raising the Bar' program aims to break down barriers and boost understanding of the daily challenges faced by people with disabilities. Delivered by real-life 'Game Changers' - people living with disabilities - these sessions give students a hands-on experience and an open space to ask questions.

### WIN BIG AND SUPPORT QUEENSLANDERS LIVING WITH DISABILITY

Fancy a shot at winning cash while supporting a great cause? Sporting Wheelies' monthly Art Union gives you the chance to win a share of \$30,000, with a \$20,000 first prize! By purchasing a ticket, you'll help fund sport and recreation opportunities for Queenslanders with disabilities. Sign up as a VIP supporter, and you could also win a monthly \$5,000 bonus, with five lucky VIP runners-up winning \$1,000 each!



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[www.ptfconstructions.com.au](http://www.ptfconstructions.com.au)

# Next generation of intermittent catheters released

Coloplast has launched an innovative new catheter after extensive research and development.



Almost half of people who use intermittent catheters consider UTIs to be their greatest challenge (Vaabengaard, R et al. 2023) and for generations, the standard of Intermittent Catheterisation (IC) has been two-eyelet catheters and no one has really challenged it.

The core function of an intermittent catheter is to empty the bladder, but are two eyelets really the optimal solution for emptying the bladder? At Coloplast, we have put years of development into carefully optimising the number of micro-holes, micro-hole size and zone length to optimise bladder emptying.

#### The New Luja catheters feature micro-hole technology.

Extensive research and development were undertaken to develop our new innovation. This innovation has been six years in the making, involving more than 270 healthcare professionals and 430 users in the development.

We have tested hundreds of different combinations of numbers of micro-holes, hole size and lengths before developing the current design of Micro-hole Zone Technology. The unique design ensures complete bladder emptying in a free flow without the need to reposition the catheter.\*

Luja will be addressing more UTI risk factors than ever (Kenelley, M et al. 2019) representing the next generation of intermittent catheters and will be setting a new standard of bladder emptying with Micro-hole Zone Technology:

- No repositioning of the catheter\*
- Suction of the bladder wall (mucosal suction) is reduced due to the size of the micro-holes as well as the pressure from the urine flow being evenly distributed across the zone length\*\*
- The micro-hole zone is designed to ensure you always have micro-holes at the bottom of the bladder, in order to drain the urine at the bladder neck.\*
- As mucosal suction is reduced, and the micro-holes are designed to drain at the bottom of the bladder, the need for repositioning is eliminated.

**Luja** is designed to empty the bladder completely in a free flow – at every catheterisation\*. With micro-hole Zone Technology, Luja is the first and only catheter for one free flow. The urine flow only stops when the bladder is completely emptied<sup>1</sup>.

With Luja there is no need for repositioning as mucosal suction is reduced<sup>2</sup>. Users will only need one position to completely empty the bladder.

And there less risk of UTIs as Luja is designed to reduce the risk of UTIs<sup>3</sup> by minimising residual urine and bladder microtrauma<sup>2</sup>.

#### IMPORTANT

Always read the label and follow the directions for use. Prior to use, be sure to read the Instructions for Use for Information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

## Introducing Luja™ A completely NEW kind of catheter

Setting a new standard for bladder emptying<sup>1</sup> with 50+ Micro-holes



Most traditional catheters have two small openings for urine drainage. Luja catheters are here to provide you with a hassle free and comfortable experience with 50+ Micro-holes.



#### One free flow

With Luja you can enjoy a single uninterrupted flow of urine that stops when your bladder is completely empty<sup>1</sup>



#### Simpler Emptying<sup>2,3</sup>

Say goodbye to multiple adjustments and repositioning of the catheter




#### Less risk of UTIs<sup>4</sup>

By reducing the amount of residual urine, Luja helps lower the chances of UTI's.<sup>2,4</sup>



Experience the freedom and peace of mind that comes with Luja catheters. Scan the QR code for free samples and personalised lifestyle advice, or contact us on 1800 653 317

 Always read the label and follow the directions for use. Prior to use, be sure to read the Instructions for Use for Information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

1. Coloplast Data-on-File, RCTs, NCT05841004, n=73, & NCT05814211, n=82. 01/2024 2. Luja female ensured zero flow stops in 87% of catheterisations & <10ml residual urine at first flow stop in 83% of catheterisations (RCT's, post-hoc, NCT05841004, n=73, & NCT05814211, n=82) 3. Product design, use and local waste management specifics may limit recyclability 4. UTI risk factors defined by Kenelley, M., Thiruchelvarn, N., Averbeck, M.A., Adult Neurogenic Lower Urinary Tract Dysfunction and Intermittent Catheterisation in a Community Setting: Risk Factors Model for Urinary Tract Infections, Adv Urol, 2019, 2:2019.2757862

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Luja™

Micro-hole Zone  
Technology

Coloplast



Haley Rickards with some of the colourful covers she makes for overnight catheter bags.

# Hiding in style

Shining a spotlight on Haley Rickards, whose brilliant business is, ironically, all about hiding things

Haley Rickards is a very busy young woman.

The 20-year-old, who lives with her parents, two sisters and her beloved dog, Chubba, has an ingenious small business, all based around sewing.

“My Mum taught me to sew when I was about 12 years old,” she says. “She was taught by *her* mum, so it’s a skill that’s been passed down the generations in my family. I’ve used it to make all sorts of clothes for myself, including my own semi-formal dress in grade 10.”

It was when she was about 14 years of age that Haley decided to make something a bit different.

“By that stage I’d started using an overnight catheter bag,” explains Haley, who lives with spina bifida. “I was very self-conscious about it when going on camps or sleeping over at a friend’s house, so my mum and I made a cover for the bag.”

That bag changed everything.

Not only did it let Haley sleep with confidence and style, no matter where she was, it ultimately led to her incredible sewing business that she set up after leaving high school.

“I was having some health challenges at the time and needed

a job that would allow me the flexibility to rest when I needed to,” she explains. “So I started making catheter bag covers for people facing similar challenges to me, to try and help them feel confident when out and about in their community.”

Things took off, and Haley was soon designing and sewing all sorts of things, including headrest and armrest covers to brighten up customers’ wheelchairs, jar openers to help make it easier for people with weakened grip strength to open a jar, and drawstring gift bags so anyone who finds it challenging to use scissors and tape can still independently wrap gifts.

“One of my most memorable custom orders was for a little boy who was starting kindergarten and needed a removable cover for his posture support chair,” says Haley. “He chose monster truck fabric and was very proud to show it off!”

But Haley’s favourite item remains the catheter bag cover. “There aren’t many places where you can buy personalised covers,” she says. “With this product, I believe I have filled a hole in the market when it comes to the disability community.”

She mostly makes to order, preferring to customise products to a person’s likes and interests, in order to make it unique to them. “I especially like it when I can hand deliver the final product: seeing their reaction is very fulfilling,” she says.

Oh, and the name of Haley’s brilliant business, that she runs in partnership with her mum? Haley’s Hidies.

Looking to the future, Haley’s focusing on getting the word out about Haley’s Hidies, and growing her unique business. She recently added soaps to her product range, and is making gifts for special occasions like Father’s Day and Christmas. Haley also has a dream to create beautiful – and accessible – formal dresses: supremely comfortable dresses that can be put on and taken off easily, and created from fabric that stays where you want it to.

How she has the time to do all of this we’ll never know, because as well as this fantastic side hustle, Haley continues to work as a casual at Big W (her first job, which she started while in year 12), and for the last year has also been working as a Peer Support Officer at Spinal Life.

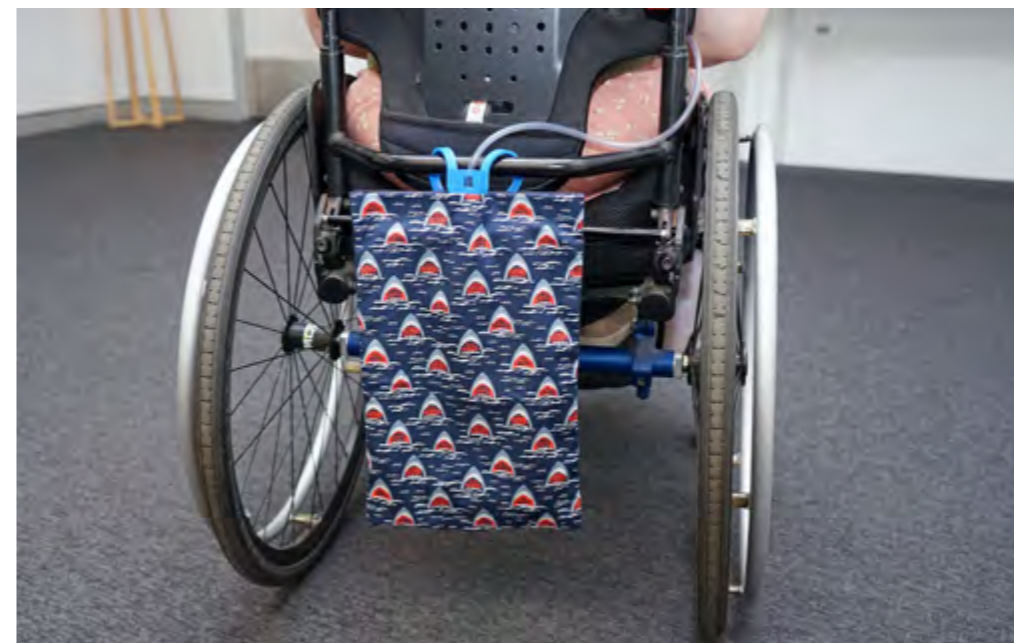
Haley heard about the position while at the gym at the Healthy Living Centre at Woolloongabba in Brisbane, where she’s been going since early 2022.

“They were looking for someone with spina bifida to join the Peer Support team. My family and friends thought I might be a good fit, so after finding out more about the role, I decided to apply,” she says.

“Spina bifida is a type of neural tube defect where a developing baby’s spine and spinal cord don’t form properly during the first month of pregnancy,” she explains. “It’s something you’re born with, and the symptoms can vary wildly from person to person. It’s often called a ‘snowflake condition’ because no two people with the condition are exactly the same. For example, I use a wheelchair, though not everyone with spina bifida does. I also have hydrocephalus, a common condition with spina bifida, and a shunt to help drain excess fluid from my brain.”

The role is a new one for Spinal Life, and Haley is enjoying the opportunity to offer information and advice about the condition, based on her lived experience. “We’re looking to create a safe and friendly network, where everyone feels heard and supported as they navigate life living with spina bifida,” she says. “I love being able to show that life with spina bifida is a life full of possibilities.” **A**

You can find Haley’s Hidies on Facebook ([Haley’s Hidies](#)) and Instagram ([haleys.hidies](#)). Haley’s also started to attend some local markets, so check out social media for dates and locations.



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## Q&A with Board Chair Gyl Stacey



As we approach the end of 2024, Board Chair Gyl Stacey reflects on just some of the key highlights for the year.

### Looking back, what were some achievements of 2024?

It was an exceptional year of growth to position us for future success. We took significant steps in creating new opportunities for our members, clients, and the broader community, making sure our key goals continue to align with our members' expectations. Our Board remained committed to our mission of enabling accessible, equitable, and empowered lives for those we serve. We also worked closely with the Executive Team to refine our Strategic Plan for 2024-25, looking at our key goals and ensuring our long-term financial sustainability.

### Were there any major organisational developments you'd like to share?

In January 2024, we achieved a significant milestone when members of Sporting Wheelies unanimously voted to merge with Spinal Life Australia. This decision followed careful negotiations and due diligence between our Boards, aimed at supporting people living with disability to stay healthy and active. Additionally, our partnership with Move Mobility continued to grow. Move Mobility expanded its presence by opening a new showroom in Bundaberg, further addressing our community's needs for equipment and better after-sales support.

### How did the Brisbane Precinct project progress over the year?

We made substantial progress with this initiative. In August 2023, we submitted a Development Application for our Woolloongabba site, which received approval in September 2024. This has increased the value of the Woolloongabba site by several times what it cost to gain the approval. This allows us to look at selling this site to relocate to another larger and better-positioned site that has enough room for our planned health, wellness, and rehabilitation hub with accessible accommodation and recreational facilities.

### What challenges did Spinal Life face, and how did you manage them?

Like many, we faced cost-of-living pressures, legislative changes, and workforce shortages. Despite these, we emerged stronger. Recruitment and retention of Personal Support Workers (PSWs) and Allied Health professionals remained challenging, yet we still increased Personal Support hours by almost 20,000 in the 2023-24 financial year, compared to the previous year.

### How did Spinal Life tackle recruitment and retention challenges in Personal Support?

In the 2023-24 financial year we grew our recruitment team, streamlined the hiring process, and provided enhanced career benefits for PSWs, including above-award pay and ongoing professional development. These efforts helped reduce our PSW turnover from 55% in 2021 to 40% in 2024. This is a positive outcome, especially given that many of our PSWs are students who often move on after graduating.

### Could you share some of the advocacy efforts Spinal Life focused on?

Advocacy is always a priority for us. Over the year, we addressed a range of critical issues, including improved access to personal care services in hospitals and advocating for accessible event ticketing systems. We also pushed for reforms to counter age discrimination for Australians over 65 with disabilities, and advocated for more accessible tourism options. We even launched a campaign for the Australian Government to declare 2025 as the National Year of Accessible Tourism, following Queensland's successful initiative.

### How did Spinal Life gather feedback to guide service improvements?

We greatly expanded our feedback channels, shifting from one annual survey to multiple formats like exit surveys, guest experience surveys for our Healthy Living Centre in Cairns, and others specific to services such as advocacy and peer support. This approach allowed us to adapt our offerings based on more detailed input from our members and customers.

### Finally, any closing thoughts on the team's achievements over the year?

Absolutely. Our team's everyday dedication created many impactful moments, from reaching rehabilitation milestones to delivering life-changing equipment and essential nursing support. Our staff, particularly Personal Support Workers, and the behind-the-scenes team, have empowered individuals, myself included, to engage with their communities and lead fulfilling lives. I extend my deepest thanks to our staff, members, and supporters. We're looking forward to the opportunities the next year will bring. [A](#)

For a detailed summary on Spinal Life's activities, you can read our 2023-24 Annual Report at [spinal.com.au/publications](https://spinal.com.au/publications).

## Renovating with functionality and style in mind

For Paul and Tobi Farthing, creating a bathroom for her clients is about more than just functionality – it's about making the space beautiful.



Paul is the builder and Tobi is one of the Interior Designers for All Bathroom Gear, their family owned and operated business; with a 200-square-metre showroom featuring more than 60 suppliers, located in Woolloongabba in the heart of Brisbane.

With 20 years' experience in the home renovation industry, Tobi and her husband Paul – an expert tradesman, carpenter and builder – made the decision to move into the disability space, after completing several jobs as a sub-contractor for another business.

It was there they realised they had a passion for helping people with disability to live more independently, through tailored home renovations suited to their individual needs.

"We met an 11-year-old with paraplegia who needed her entire home modified for her and her parents who care for her," Tobi says.

"She was just a ray of sunshine and her response to her new home was like nothing else we have ever experienced, and from that point we wanted to make that difference in other people's lives."

To achieve this goal, they spent more than 12 months gaining Global Compliance Certification (GCC) to deliver NDIS services, being audited to ensure they meet the NDIS Practice Standards, and went through the process of registering for Provider Digital Access (PRODA) through Services Australia.

Tobi and Paul first took over All Bathroom Gear in 2018 when the previous owners retired, and offer services across Brisbane and surrounding suburbs. With a team of skilled tradesman, and a sales team with more than 40 years' experience combined, they are dedicated to finding the right solutions for their clients.

In addition to All Bathroom Gear, they also run PTF Constructions, offering a full range of home renovation services.

"We cover any and all aspects of disability products and installations including ceiling hoists, chair lifts, elevators, emergency systems, mobility access, wheelchair bathrooms, kitchens and living spaces," Tobi says.

"Functionality is so important – many accessible bathrooms and kitchens are designed to fit a wheelchair or mobility aids, but what is often not taken into consideration is there will often be a carer in the space as well.

"For example, when installing a toilet there must be room for a carer to get behind their client to assist them to get up in an emergency, or there must be enough room in a shower for both the client and carer if this is something they need help with."

Tobi says while a space needs to be functional, it should also reflect the client's style and personality.

"There are lots of beautiful products and designs in this sector. Disability spaces do not need to look like disability spaces," she says.

"I just love working with people to create something they love that suits their own style and taste – colour, pattern, quirks – whatever their heart desires."

You can visit All Bathroom Gear and PTF Constructions at 46 Ipswich Road, Woolloongabba or go to [allbathroomgear.com.au](https://allbathroomgear.com.au) or [ptfconstructions.com.au](https://ptfconstructions.com.au) to find out more.

# The latest

Information, inspiration and inclusivity



## Navigating the latest NDIS changes: we're here to help

With the recent NDIS changes, we're working closely with our members and customers to understand what this means moving forward. Our dedicated Support Coordinators are on hand to help participants navigate their plans, and our Advocacy team is here to support anyone facing challenges with the NDIS.

## New NDIS rules: understanding approved and unapproved supports

As of 3 October 2024, the NDIS has introduced new rules under the recently passed National Disability Insurance Scheme Amendment Bill. A key update is that NDIS funding can only be used for supports specifically approved by the NDIS, with guidelines on what is covered and what isn't. Some substitutions may be allowed in specific cases.

The updated 'Support Lists' clarify which items are NDIS-approved (the 'In' list) and which are not (the 'Out' list). Reviewing these lists can help you understand what your funding covers. If you're unsure about any impacts on your supports, speak to your Providers, Plan Manager, Local Area Coordinator, or Support Coordinator.

To ease the transition, the NDIS has implemented a one-year adjustment period. During this time, if you mistakenly use your funds on non-NDIS supports, you won't need to repay it, as long as it's your first or second mistake and under \$1,500. However, after this period, both participants and providers may be required to repay funding used for unapproved items.

The Australian Government has confirmed that you can still access previously approved supports in your current plan, even if they're now on the excluded list under new guidelines. This includes any supports deemed reasonable and necessary by the Administrative Appeals Tribunal (AAT) for the duration of your existing plan.



In certain cases, participants can request a replacement support for items that are not typically covered by the NDIS if they directly address an impairment-related need. There are two types of supports where this applies, which are: standard commercially available household items that increase whole task independence and reduce or eliminate the need for a support worker or disability specific assistive technology; as well as smart devices like tablets or smartphones for essential accessibility or communication purposes.

Additional changes to the NDIS rules include an updated plan structure that includes four key details: the total funding amount, the funding component amount, and the funding period; plus, for now, all new plans will be 12 months in duration.

The NDIA may also adjust your plan management type if more assistance is needed with managing funds.

To see the full lists of approved and unapproved supports, visit the NDIS website at [ourguidelines.ndis.gov.au/would-we-fund-it/what-does-ndis-fund](https://ourguidelines.ndis.gov.au/would-we-fund-it/what-does-ndis-fund).

We encourage you to stay informed by signing up for the fortnightly NDIS newsletter and consider joining the 'Participant First' newsletter for feedback opportunities at [ndis.gov.au/news/enewsletters](https://ndis.gov.au/news/enewsletters).

## Changes ahead: disability-related health supports and NDIS funding

From 30 June 2025, Therapeutic Disability-Related Health Supports (DRHS) that could also be accessed with Core funding will only be available with Capacity Building (Improved Daily Living) funding. However, Nursing care for DRHS needs will remain accessible under Core. It's important to understand these changes to ensure your funding is managed according to the new NDIS rules, and to inform future plan reviews.

### What are disability-related health supports?

DRHS are NDIS-funded supports to help manage health conditions directly related to your disability. These include:

- Continence
- Diabetes Management
- Dysphagia
- Epilepsy
- Nutrition
- Podiatry and foot care

- Wound and pressure care
  - Respiratory supports
- Operational guidelines, which may add other items, are yet to be released.

### Therapists accessed with Capacity Building funding

From 30 June 2025, the following therapists can only be accessed under Capacity Building (Improved Daily Living) funding:

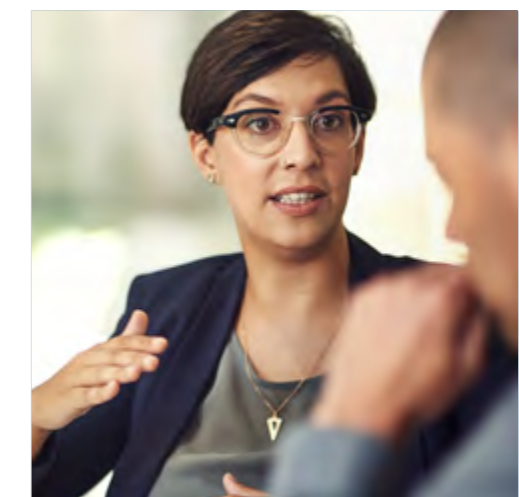
- Dietitian
- Occupational Therapist
- Physiotherapist
- Podiatrist
- Psychologist
- Speech Pathologist
- Other Professionals

### What are not disability-related health supports?

DRHS doesn't cover diagnosis of health conditions, acute/emergency health services, medication for health issues, or general hearing/vision services not related to disability. These should be accessed through mainstream health services.

### What to do next

Participants should discuss these changes with providers and therapists to ensure their Therapeutic supports are accessed from the right funding category. You can speak with your Nursing service about where your funding can be claimed from. If additional Capacity Building funds are needed, consider requesting this in your next NDIS plan review, supported by therapist reports. [A](#)



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## Ground-breaking spinal cord injury research to begin soon

Queensland researchers are on the brink of launching a human clinical trial which has the potential to transform spinal cord injury treatment.

The Spinal Injury Project team at Griffith University's Clem Jones Centre for Neurobiology and Stem Cell Research is preparing to test a pioneering therapy that transplants cells from a patient's nose into their spinal cord to support nerve repair.

The therapy leverages the remarkable capabilities of Olfactory Ensheathing Cells (OECs), found at the top of the nasal cavity. These cells naturally assist with nerve regeneration and are known for their unique potential to repair nerve damage in other parts of the nervous system, including the spinal cord.

Head of Griffith's Clem Jones Centre for Neurobiology and Stem Cell Research, Professor James St John (*pictured*), says the trial will be a blinded and randomised control study which will test the olfactory nerve bridge transplantation combined with long-term intensive rehabilitation.

"With more than 20,000 Australians living with spinal cord injury, and another 300 or more people having spinal cord injury each year, now is the time to translate this therapy into the clinic," says Professor St John.

"We have designed the trial in close consultation with the spinal injury community, clinicians and industry partners to ensure the trial meets the needs and expectations of the trial participants, and has the best chance of success."

Participants are being recruited from South East Queensland, northern New South Wales, Sydney and Melbourne, and will undergo the rehab program at a rehabilitation partner in those areas.

Professor St John says expressions of interest will open soon, with hundreds of enquiries already received.

The trial is seeking volunteers who are living with chronic acquired spinal cord injury and have had their injury for at least four months, although the trial will start with people whose injuries are at least 12 months.

"At the moment we're seeking people with a C5 injury or below, as we are still looking at the potential risk of complications with respiratory function for higher-level injuries," he says.

"That said, we're interested in hearing from anyone who would like to be involved as it helps us plan for future trials."

Professor St John says trial participants will also undertake a 12-month intensive rehabilitation program that is tailored to their needs.

"We know that movement is so important to get the nervous system to make sense of those new connections that are created," he says.

"That's why we have already successfully tested the intensive rehab in two separate clinical trials funded by the Perry Cross Spinal Research Foundation, which showed people with spinal cord injury enjoyed the program."

The clinical trials will be staggered, with a new participant beginning every six to eight weeks. With 30 participants set to take part in the randomised trial, it's expected to take almost three years.

"It's going to be quite a journey and we appreciate all those people who volunteer – effectively they'll be research partners with us," says Professor St John.

The groundbreaking approach builds on decades of research into OECs, including an earlier clinical trial in Queensland in 2002 led by the late Professor Emeritus Alan Mackay-Sim AM, which established the safety of using these cells in spinal cord treatments. Since then, scientists worldwide have been working to improve the consistency of results with OECs, and Griffith University's team has made substantial progress.

The trial is funded by the Medical Research Future Fund, Perry Cross Spinal Research Foundation, The Clem Jones Foundation, the Queensland Government, Nicola and Andrew Forrest, Brazil Family Foundation, Terry and Rhonda White, and Griffith University. [A](#)

For more information on the trial, and to register your email address when expressions of interest open, visit [griffith.edu.au/research/institute-biomedicine-glycomics/clem-jones-centre/themes/spinal-cord-injury-nerve-bridge-transplantation-trial](http://griffith.edu.au/research/institute-biomedicine-glycomics/clem-jones-centre/themes/spinal-cord-injury-nerve-bridge-transplantation-trial) or email [scitrial@griffith.edu.au](mailto:scitrial@griffith.edu.au)



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# HOME AWAY FROM HOME

- TAKE RESPIRE WITH US!

At the Healthy Living Centre Cairns, we provide short and medium-term accessible accommodation for people looking to transition from the hospital to home, or just wanting to take a temporary break from routine and try new therapies and services.

**One and two bedroom apartments available.**

## AVAILABLE SERVICES



Physiotherapy



Exercise Physiology



Allied Health Assistants



Occupational Therapy



Hydrotherapy



Personal Support Workers



Plan Management



Support Coordination



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Spinal Life  
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