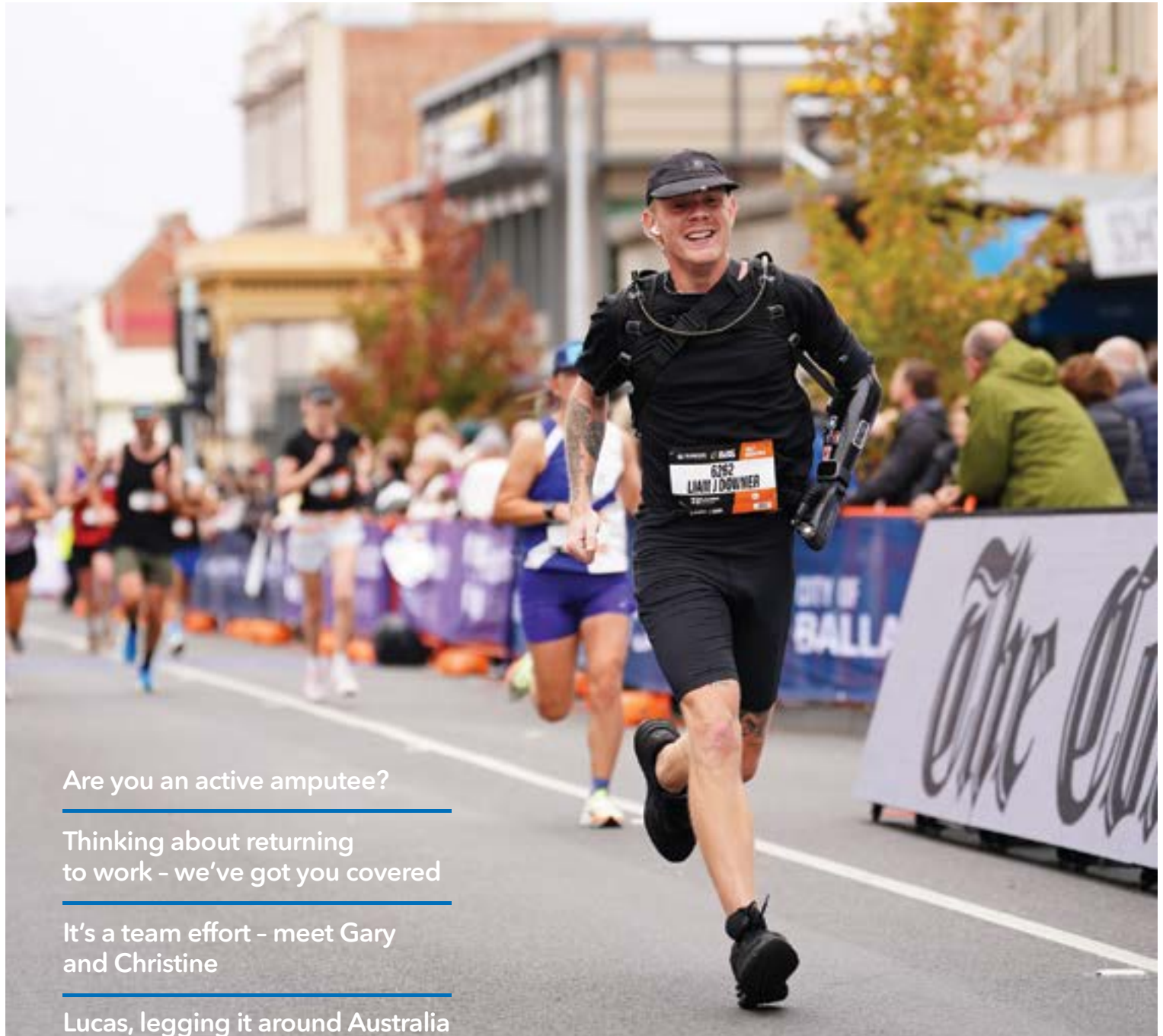


amplified

edition 2 | 2025



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Lucas, legging it around Australia



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and 40 surgeries

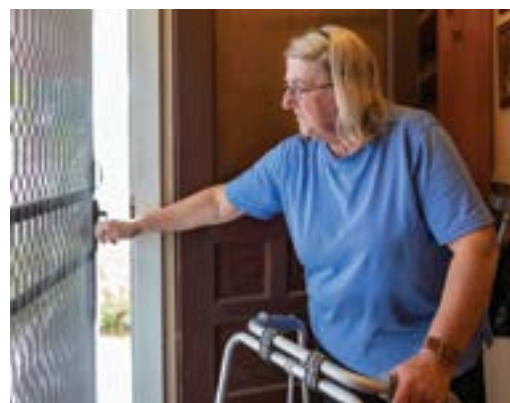
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changes to
My Aged Care

amplified
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Inside this edition

Change is in the air! There are changes being made to the National Disability Insurance Scheme (NDIS) and also to the My Aged Care home support scheme.

There are also, most likely, changes happening that we don't even know about yet, and have no control over. Some say change is good, however it often depends on what that change is and how it impacts each of us.

Amputees are people who live with change. You have the knowledge and skills. As we all head into the second half of the year, what changes will you embrace? Getting active, finding employment or returning to work, spending more time during a prosthetic fitting to get the best outcomes.

This edition covers those topics and more. But in the end, it's how you manage change which makes all the difference.

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A group of runners participating in a marathon. In the foreground, a man with a prosthetic right arm is running. He is wearing a black long-sleeved shirt, black shorts, and a black cap. His race bib number is 6262 and his name is LIAM JOONWINEER. He is holding a black prosthetic arm in his left hand. Other runners are visible in the background, some wearing colorful shorts and others in more traditional athletic wear.

Liam's life detour down under

Nearly seven years ago, I embarked from Margate, Kent, in the south-east of England on a journey to travel the world, with Australia as my first destination. But life, of course, had other plans. A brush with death in a devastating farming accident in Bundaberg QLD, followed by a very lengthy legal and rehab process - hindered by a global pandemic, you could say, certainly changed a few things! And for the moment at least, I still have the privilege of calling Australia home.

As an amputee myself now, I've been fortunate enough to have access to advanced prosthetic technology, which has undoubtedly transformed my life and brought me back to a new level of normality that I didn't think was possible. That's why I feel so passionate about supporting organisations like Limbs 4 Life, who champion a cause that's now very close to heart.

I recently took part in the Ballarat Half Marathon, raising funds for Limbs 4 Life. I wanted to help people on journeys of their own to get access to similar life-changing support and prosthetic care, a thought which certainly helped in keeping me focused and committed during training for the day of the event!

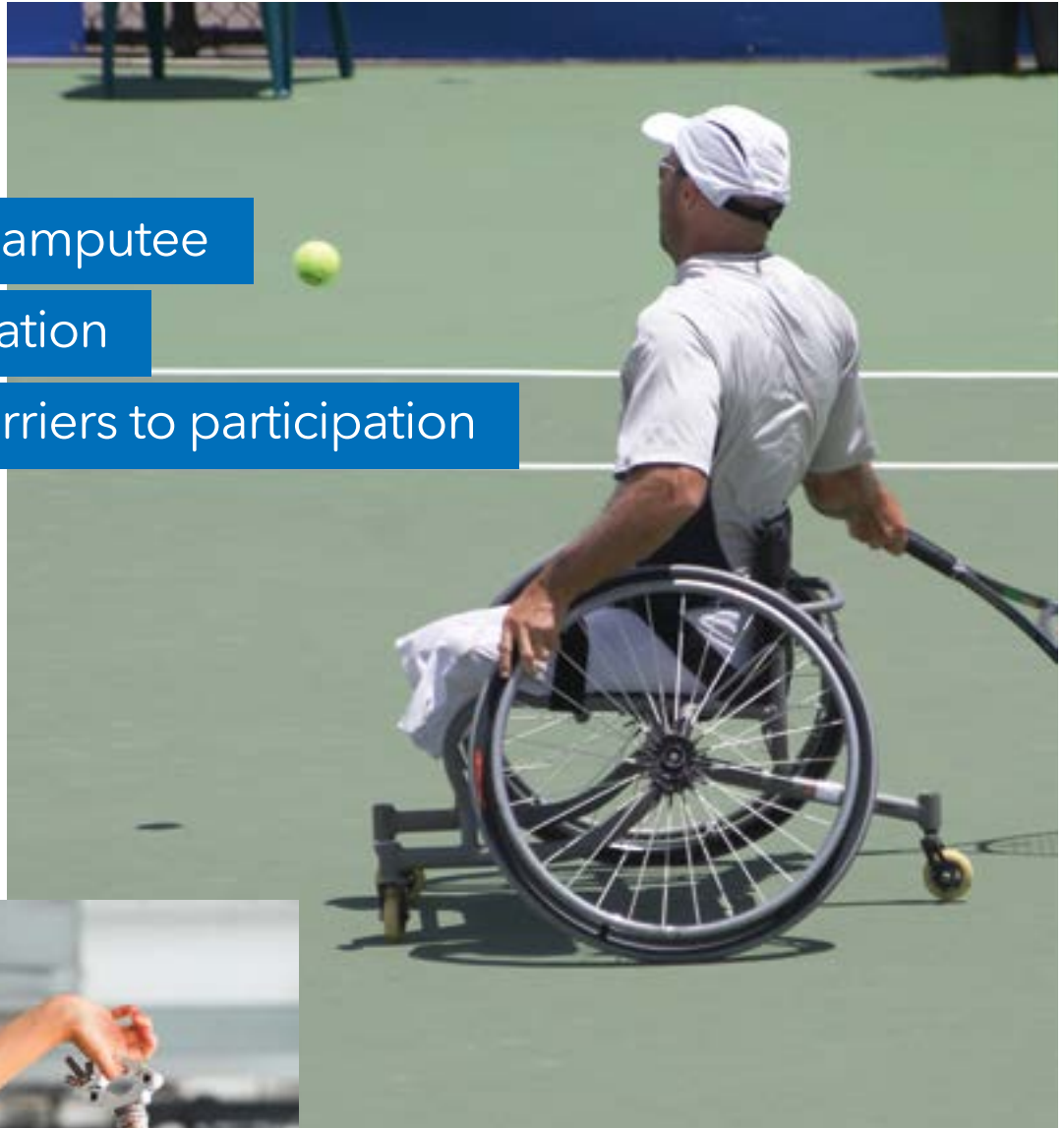


It's been an honour to contribute in some way to a worthy organisation, and I'm committed to continuing to support Limbs 4 Life in any way I can. In life's typical fashion, this hasn't been the journey I intended, but it has been a journey all the same, one that has led me to a new purpose and hopefully a new career which utilises my lived experience to aid others in regaining their mobility and independence. That, I strongly believe, is a right that everyone deserves.

Being an active amputee

Sport and recreation

Overcoming barriers to participation



Regardless of age, being an active amputee is an important part of staying healthy. Sport and recreation can play a vital role in physical and mental well-being, and this is no different for people with limb loss. Despite physical challenges, many amputees find strength, resilience, and joy through adaptive sport and recreational activities. With advancements in prosthetic technology and increased awareness about inclusive fitness, participation in sport is more accessible than ever.

While some amputees engage in a wide variety of sports such as wheelchair basketball, adaptive surfing, running with blade prosthetics and rock climbing using modified gear, others are looking for accessible forms of recreation like golf, walking, swimming, lawn bowls and yoga. There are so many activities that you can explore like hand-cycling or even sailing. The options are endless!

These activities can offer physical benefits including improved cardiovascular health and muscle strength, a boost to your mental health, greater self-esteem, and stronger community connections.

Adaptive sporting and recreational organisations, such as the Paralympics and national amputee sports associations, provide both recreational and competitive opportunities, along with 'come and try' days so that you can give something a go! For those recovering from a recent amputation, recreational activities can also serve as part of rehabilitation, helping to rebuild confidence, balance and mobility.

Barriers still exist—access to equipment, funding, and inclusive environments can limit participation. However, continued advocacy and representation are helping to break down these obstacles. Local gyms, sports clubs, and rehabilitation centres are increasingly offering inclusive programs.

Ultimately, sport and recreation can help amputees not just to adapt, but to thrive. You are only limited by your imagination. What are you waiting for? Go and try something new today!



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Improving workplace inclusion: understanding JobAccess and the employment assistance fund

For Australians with disability, entering or staying in the workforce can come with unique challenges. Whether it's navigating physical barriers, accessing support technologies, or finding an inclusive employer, the path to sustainable employment often requires more than just determination. That's where JobAccess and the Employment Assistance Fund (EAF) come in—two powerful initiatives that help break down these barriers and make meaningful employment more accessible.

What is JobAccess?

JobAccess is the Australian Government's national hub for workplace and employment support for people with disability. It provides expert advice, practical information, and direct assistance to individuals, employers, service providers, and allied professionals. Key features of JobAccess include:

- A free advice service staffed by professionals who understand disability and employment
- Support for workplace modifications
- Guidance on recruitment, retention, and legal obligations

- Connections to Disability Employment Services (DES)

JobAccess empowers both job seekers and employers to work together to build inclusive workplaces.

What is the Employment Assistance Fund (EAF)?

The Employment Assistance Fund is a major component of JobAccess. It provides financial assistance to cover the costs of workplace modifications and support services for people with disability. This funding is available to eligible employees, job seekers, and employers to help remove practical barriers to employment.

What can the EAF pay for?

The fund covers a wide range of supports, including:

- Modifications to work premises, such as ramps, accessible toilets, or height-adjustable desks



- Specialised equipment, like screen readers, communication devices, or ergonomic chairs
- Auslan interpreting services for interviews, training, or meetings
- Workplace assessments conducted by allied health professionals
- Disability awareness training for coworkers or management

The goal is to create a work environment where a person with disability can perform their job effectively and comfortably.

Who is eligible?

To be eligible for support under the EAF:

- The individual must have a disability that impacts their ability to work
- They must be employed, about to start work, or in a job interview or training situation
- The employer can be in the public, private, or not-for-profit sector

- The request must relate directly to the person's job requirements
- Both the person with disability and their employer can apply, with assistance from JobAccess if needed.

How to apply

Applying for EAF is straightforward and can be done through the JobAccess website. The process generally involves:

1. Submitting an **online application**
2. Participating in a **workplace assessment** if required
3. Receiving **approval and funding** for the recommended supports
4. Purchasing and implementing the equipment or services

JobAccess also supports applicants throughout the process to ensure a smooth experience.

Why these supports matter

Inclusive employment isn't just the right thing to do—it also benefits workplaces. Research shows that diverse teams perform better, have higher morale, and demonstrate stronger innovation. Yet, many people with disability are still underrepresented in the workforce due to outdated assumptions or a lack of accommodations.

JobAccess and the EAF help change this by:

- Empowering people with disability to thrive at work
- Reducing the financial burden on employers who want to be inclusive
- Creating more equitable workplaces where everyone has a fair chance to succeed

Final thoughts

Employment is about more than just income - it's a key part of identity, independence, and community participation. Thanks to JobAccess and the Employment Assistance Fund, thousands of Australians with disability are supported to find, maintain, and succeed in meaningful work.

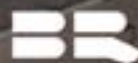
For more information or to start an application, visit **jobaccess.gov.au** or call the **JobAccess advice line** at **1800 464 800**.



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Christine and Gary's journey as a team

I had a right, below knee amputation in December 2021 as a result of sepsis infection. Up until that time, I'd never even met an amputee or thought about what life would be like after amputation. In Victoria, the timing couldn't have been worse to have a major medical issue, as hospitals had a no-visitor policy due to Covid. I was lucky that a nurse at Epworth Hospital asked me, prior to my amputation, if I would like to be put in touch with Limbs 4 Life so that I could get some information and answers to the questions I had regarding my future life as an amputee. I was put in touch with Danny, a Peer Support Volunteer and fellow below knee amputee, who gave me a call after my amputation surgery. Danny and I discussed his life after amputation and most importantly, how he was able to do most of the activities he could prior to amputation, once he'd adapted to using his prosthetic leg. This was a fantastic, positive lift to me! After leaving hospital and still in a wheelchair, my wife and carer, Christine, and

I attended a Limbs 4 Life information session in Doncaster, Melbourne. It was inspirational to see so many positive amputees walking, to meet them and hear their stories of how great life was as they adjusted to living as an amputee. Christine and I both got so much out of that night, that we decided that we'd attend Limbs 4 Life events and Support Group get-togethers whenever they were on. Mixing with fellow amputees gave us so much real-life education that would undoubtedly help me on my new journey.

It took over a year after the amputation before I started to use a prosthetic leg due to a reinfection in my stump, which required another couple of operations. Thanks to Peer Support from Danny whom I stayed in contact with, and our attendance at Limbs 4 Life events, I was able to stay positive throughout that time. I knew that I would be fine in the long run and that I'd have a good life as an amputee, if I followed medical and rehabilitation advice.

The amazing help I received by having access to Peer Support while in my early amputation journey, made me want to become a Limbs 4 Life volunteer. I wanted to help new amputees and share my experiences with them. In August 2023, I attended Peer Support volunteer training and I've been an active volunteer with Limbs 4 Life ever since. I find providing Peer Support to be mutually beneficial, as I get a lot out of sharing with people and can recount my own experiences. If I'm asked something that I can't answer, I now have a network of amputees who I can call to get some help. I always try to be as positive as possible and if the person I'm supporting is feeling a bit down, I tell them that we all have bad days, it's part of life.

My wife, Christine, has been an amazing support on this journey and she's accompanied me to Limbs 4 Life amputee support groups, which are social get-togethers for amputees and their partners. We've been attending the Blackburn group since 2022 and have found it to be a fantastic way to socialise with positive people.

We have a daughter living in Brisbane and we split our time between Melbourne and Southeast Queensland. Last year, I volunteered to lead the Brisbane and Gold Coast amputee support groups. I'm passionate about providing people with the opportunity to meet others and to chat about all issues that we, as amputees, experience. Partners and carers also get a lot out of experience sharing with each other and having their questions answered. The camaraderie is fantastic, positive and full of social banter. We even had one lunch in Brisbane, where people were taking off their prosthetics to show off!

Christine

My role as a carer started when Gary left amputee rehabilitation, with a handover from a nurse on the curb at the hospital. It was during Covid, so I felt like I was left to cope as best I could. In the early days, managing transfers to and from wheelchairs, navigating areas where wheelchair access wasn't easy and sometimes having to find another way due to obstacles etc., was challenging. Some days I wondered

whether I was up to it, but I got through it! Looking back it's been quite a journey and our 'new normal' isn't something that I could envisage in those early days. We have been able to do far more than I ever thought was possible at the beginning.

My first encounter with Limbs 4 Life was an event held locally on the evening that Gary was first out of hospital. I really don't remember much of the content that was presented, more the positivity and the role models in the room, thriving and getting on with life. There was range of attendees at various stages in their journey, but all were achieving things that opened our minds to a range of possibilities. It has been a challenge at times keep focussed on the positives and it can be tough when you see a loved one having bad days, but they seem a distant memory now. Still knowing that Gary has a network to call on to bounce ideas around, or to see how other amputees have handled an issue, have been great aspects of our Limbs 4 Life connection.





The days of rehabilitation were worth it, as Gary progressed to meet his goals of getting fitted for a prosthetic leg, walking over all sorts of different surfaces and going up and down stairs. In the early days when he was walking, I would always do a brief look-ahead to see what surface or obstacles existed and to find the best way to navigate, especially when we were in a new environment. As Gary has become more comfortable in adjusting to new situations, I often forget to even think about assessing possible difficulties!

We've travelled together now and encountered many new circumstances, such as walking over cobblestones in the rain without falling (something which would have seemed impossible at one point) and surprised ourselves by the number of steps in a day we've done together.

I have been to quite a few events held by Limbs 4 Life and feel a positive energy with this group, and I know that I can connect with other carers who attend to compare ideas and strategies.

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Foot care is essential for people with diabetes and peripheral vascular disease (PVD) because these conditions can cause nerve damage and poor blood flow, increasing the risk of unnoticed injuries and slow healing. Without proper care, minor foot problems can quickly lead to serious complications like ulcers, infections, or amputations. Regular inspection, good hygiene, and professional foot checks help prevent these issues and protect mobility and quality of life.

Why are people with diabetes or PVD at risk?

- Nerve damage (loss of sensation, risk of unnoticed injuries)
- Poor blood flow (delayed healing, higher infection risk)

Daily foot care routine: what you can do

- Inspect your feet daily for cuts, blisters, redness, swelling, or changes in skin/nail condition
- Wash feet daily with warm (not hot) water; dry thoroughly, especially between toes

- Moisturise dry skin (not between toes) to prevent cracks
- Trim toenails straight across and file edges; seek help if you can't do this safely
- Do not attempt home treatments such as trimming hard skin or applying corn-removing pads or solutions
- Wear well-fitting, closed-toe shoes and clean, seamless socks
- Never walk barefoot, even at home
- Avoid soaking feet and using harsh soaps or detergents
- Keep active to promote circulation, but avoid exercise if you have open sores

Common foot complications to watch for

- Ulcers: Open sores that don't heal
- Infections: Redness, swelling, pus, or foul odour, sometimes with pain
- Gangrene: Blackened tissue due to lack of blood flow, usually starting at the ends of the toes
- Deformities: Claw toes, hammer toes, bunions, and Charcot foot (swelling and deformity in the mid-foot area)
- Fungal infections and Athlete's foot: Itching, cracking, thickened nails

- Calluses and corns: Thickened skin, potential for underlying ulcers
- Signs of poor circulation: Cold feet, shiny or thin skin, hair loss, weak pulses, colour changes

When to seek help: referral pathways

See your GP or podiatrist promptly if you notice:

- Cuts, blisters, or sores that don't heal within a few days
- Signs of infection (redness, swelling, warmth, pus)
- Changes in foot shape, colour, or sensation
- New pain, numbness, or tingling

Annual foot checks: All people with diabetes should have their feet checked at least once a year by a doctor or podiatrist and people with previous ulcers/ amputations should have these checks more regularly

Urgent referral: Rapidly worsening ulcers, suspected infection, or signs of gangrene require immediate medical attention. Remember, you may not feel pain.

Medicare Australia provisions for podiatry and wound care

Podiatry under Medicare

- People with chronic conditions (including diabetes and PVD) may be eligible for up to five Medicare-subsidised podiatry visits per year through the Chronic Disease Management (CDM) plan, arranged by their GP



- Referral from a GP is required for Medicare rebate

Chronic Wound Consumables Scheme

- As of 2025, eligible patients (people with diabetes aged 65+ and First Nations people aged 50+) can access subsidised wound consumables through the government's Chronic Wound Consumables Scheme.
- This scheme aims to reduce out-of-pocket costs and improve access to essential wound care products.

National guidelines and support programs

- The 2021 Australian guidelines for diabetes-related foot disease recommend regular risk screening, early intervention, and multidisciplinary care
- The Foot Forward program and Integrated Diabetes Foot Care Pathway provide resources and structured referral pathways for both patients and clinicians

Practical tips and resources

- Use a mirror or ask for help to inspect the soles of your feet if you have trouble seeing them.
- Keep emergency contact details for your GP and podiatrist handy.

Remember!

- Early detection and prompt management of foot problems can prevent serious complications.
- Take charge of your foot health—regular care, vigilance, and knowing when to seek help are key.

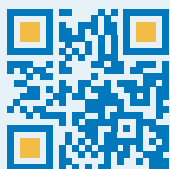
For more information

- Diabetes Feet Australia Guidelines
- Wounds Australia Chronic Wound Consumables Scheme
- Medicare CDM and podiatry eligibility
- NDSS and Foot Forward program



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One bloke, one leg, 40 surgeries and a motorcycle ride around Australia

Lucas Campbell is a passionate motorcyclist, adventurer, and Limbs 4 Life Peer Support Volunteer. After enduring 17 years of chronic pain and nearly 40 operations, he made the life-changing decision to have a below-knee amputation in 2024. Now living pain-free, he shares his journey to inspire others facing similar challenges.

How losing a leg gave me my life back

Before 2007, I was a fit, active guy living life at full throttle. I worked physical jobs from hospital theatre technician to security, and stayed on my feet most of the day, usually dodging trouble or pushing gurneys (sometimes both). Life was busy, but I loved it. Then, in February 2007, the wheels quite literally came off. I had a motorcycle accident that smashed both my arms, broke some ribs, and shattered various other bones. But the true overachiever of the day was my left leg, which decided to fall apart like a dodgy IKEA shelf.

I spent two months in hospital and then four months in a wheelchair. That was just the beginning. The next 17 years turned into a full-time game of 'how many surgeries can one leg have before it taps out?' Spoiler: around 40 operations including fusions, grafts, and enough metal to set off every airport scanner in the country. Pain was constant. Walking was agony. Life? Exhausting.

Then, in 2021, I went to an event that should've been a good time... but wasn't. By the end of the day, I couldn't walk. I was clinging to furniture like a drunk uncle at a wedding. It took me three days to recover, just from standing and existing. That was the moment. I knew something had to change. I spoke to my orthopaedic surgeon and said, "What if we just... took it off?" He referred me to a plastic surgeon, and suddenly I was collecting specialists like Pokémon cards - rehab doctors, prosthetists, psychologists, and even other amputees. Thankfully, everyone agreed. Amputation would give me my life back.



So, in August 2023, I said "goodbye" to my leg. And honestly? Best decision I've ever made. After surgery, I spent a week in hospital. The staff didn't have to teach me how to use crutches or a wheelchair - I was already a veteran. Seven weeks later, I headed to rehab. I went in on a Thursday, got handed my prosthetic leg Friday (like a party favour you don't expect), and the following Thursday they told me I could head home. One week. That's all it took.

From there, I followed my rehab team's instructions like they were gospel. I wasn't about to mess things up by rushing it - I'd fought too hard for this chance. My biggest fear wasn't pain anymore; it was losing my freedom by damaging my stump. And the reward? A brand new life.

I'm happier, more mobile, and living pain-free for the first time in years. I don't need three days to recover from a simple outing anymore. I can actually do things again. Setting goals helped keep me motivated, and my biggest

one? To ride a motorcycle around Australia. After thinking that dream had died long ago, I got back on a bike in November 2023, just a few months post-op. Then, in June 2024, I hit the road for real - completing half a lap of Australia via the west coast and back through the centre. It was a bucket list adventure I never imagined possible...until I lost the leg.

After the ride, I had a quick stump revision surgery to clean up the skin graft and remove excess tissue from where my leg had shrunk. My stump is so small that it looks like it belongs on someone else's body.

My next adventure? Mexico and Colombia where I swam in cenotes, went quad biking around volcanoes, and lived like the old me - only better, because this version of me didn't have constant pain holding him back. In March this year, I road-tripped to Adelaide for Limbs 4 Life's AMPed Up event. It was incredible. I learned new tricks, met amazing people, and left feeling more inspired than ever. Massive thanks to Melissa and the team for putting on such a great event! I'll be back.

So, here I am with one leg down, and a whole life gained. No more constant pain. No more waiting three days to recover from a simple outing. Just freedom, adventure, and the open road. Thanks for reading my story. I hope to read yours soon.





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The benefits of prosthetic trials

For people who have undergone upper or lower limb amputations, regaining mobility and functionality is a significant step toward reclaiming independence and quality of life. One of the most impactful stages in this journey is becoming a prosthetic user.

What many prosthetic users don't realise, is that they have the option to participate in prosthetic trials. These trials offer a safe, guided opportunity to explore prosthetic options and help to ensure that the final device is tailored to meet the user's physical, psychological, and lifestyle needs. It can also empower you to make educated and informed decisions. ***After all, no one buys a car without test driving it first!***

Understanding prosthetic trials

Trials are available for both upper and lower limb prosthetics and may include several types of prostheses to find the best match for you.

A prosthetic trial is a temporary, testing phase where you can be fitted with different prosthetic componentry like feet, knees and arms, to assess functionality and suitability. The purpose of the trial is that you experience the device and 'feel' how it works and find out if it is 'fit for purpose.'

Ask your prosthetist to help you to think about what you should consider during the trial. Write a list if you need to, that way you can check things off during the trial.

Key benefits of prosthetic trials

Personalised fit and comfort

We know that every amputation is different, just like every amputee is individual. Factors such as residual limb length, skin condition, muscle strength, and daily activity level can greatly influence the performance of a prosthesis.





Improved functionality and mobility

Trials give amputees a chance to test various features - like grip patterns in upper limb devices or microprocessor knees in lower limb prostheses - before committing. It allows you and your team to:

- Assess gait and balance
- Test your skills and range of motion

Trials can help you to make sure that the device you chose is 'fit for purpose' and also helps you to achieve your goals.

Cost-effectiveness and informed decision-making

Prosthetic devices represent a significant financial investment. Let's face it, they are expensive! A trial reduces the risk of selecting a prosthesis which doesn't meet your needs and ends up gathering dust in a wardrobe.

Enhanced long-term outcomes

Amputees who make the most out of prosthetic trials are more likely to experience successful long-term use. Benefits include:

- Reduced risk of other issues like, back or hip pain; neck or shoulder pain
- Greater participation in work, recreational activities, and social/community life

This leads to improved health outcomes and a more fulfilled life.

Who should consider a prosthetic trial?

Prosthetic trials are beneficial for:

Everyone!

- First-time amputees learning to use a prosthesis
- Individuals who are uncomfortable or not happy with their current device
- People exploring new technologies or upgrading their prosthetic system

Trying out prosthetics can help people take control of their own movement and comfort. It allows them to find what works best for them and feel more comfortable using the device. As prosthetic technology improves, these trials are very important for giving people the best possible care and improving their lives in the long run.

Who's eligible to do prosthetic trial?

Everyone!

It doesn't matter if you're seeing your usual prosthetist or how long you've been a prosthetic user. If there's something that you'd like to try, tell your clinician that you'd like to undertake a trial of that prosthetic device. You can see how the device performs at home or work, doing your everyday tasks, which may be very different to how it feels and performs in a clinical setting. There aren't too many things out there that we can try before we buy, so take advantage of this often unknown benefit!





'Support at Home' and what you need to know

The Australian government is making changes to the My Aged Care - Home Care package for people over 65 years of age. The name of the program will change to Support at Home program and changes will come into effect in November 2025.

This new system aims to improve in-home care by reducing wait times into the program and will increase access to services to ensure that funding is based on individual need. If you are currently receiving a My Aged Care Home Care package there are a number of things that you should be aware of:

- There will now be eight levels of tailored support (current there are four levels)
- Wait times into the program will be reduced (current wait times can take up to 12 months or longer)
- A new assessment system will be introduced (this should streamline the process with priority ratings)
- There will be three funding categories - clinical care, independent support and everyday living

- Assistive technology and modifications - this will attract separate funding of up to \$15,000. Note: prosthetic limbs are NOT included in this funding.

What happens to existing home care package recipients?

If you already have a Home Care package you will automatically transition to Support at Home when the date is announced. Your current budget will match your existing level, and you will not require a reassessment unless your needs have changed.

Home Care funding and contribution changes
The government will continue funding in-home care, but some cost-sharing will still apply. Instead of set fees, contributions will be based on the type of services you receive and your financial means.

Funded supports are vastly different and, in some cases, much lower than what the National Disability Insurance Scheme (NDIS) provides for people who are ineligible for support.

TYPE OF SERVICE	GOVERNMENT FUNDING	CLIENT CONTRIBUTION
Clinical care Services under this category include clinical nursing care, physiotherapy and other allied health services. Care management also falls under this category.	Fully funded	No cost to client
Independent support Services under this category include personal care, social support, respite and transport	Partial funding	Moderate contribution
Everyday living These services include domestic assistance like cleaning, meal preparation, gardening and home maintenance	Partial funding	Higher contribution

If you would like more information about these changes, speak to your Home Care Package provider.





Getting ready for emergencies

The Tasmanian State Emergency Services in collaboration with the Tasmanian Fire Service are running a project that focuses on people with a disability.

People with disability can be at increased risk during disasters. People with disability often have specific needs in the face of emergency events, which need to be considered alongside their other care needs and personal circumstances. The lessons learnt from recent major bushfire and flood disasters, drive the need for emergency planning for people at increased risk in emergencies, due to disability.

This project is to support the preparedness of people with disability and their support networks for emergencies such as severe storm, floods and bushfires. Being prepared is

one of the best ways to reduce the impacts of these, and other emergency events.

If people get ready for emergencies well before they happen, they are:

- Generally safer and more comfortable
- Less likely to lose what they value

We work with different community groups, service providers and individuals to help people get ready for emergencies. This project is aimed at individual households and uses a person-centred approach to emergency planning. This approach recognises that everyone is an expert in their life, and therefore need an emergency plan that fits their individual circumstances.

The Person Centred Emergency

Preparedness (P-CEP) model was developed by the University of Sydney, headed by Associate Professor Michelle Villeneuve (collaborating4inclusion.org) in collaboration with people with disability. People in Tasmania can join a P-CEP session online or in person around the state visit: ses.tas.gov.au/pcep/

The model is currently used in many areas of Australia; however Tasmania is the first state in Australia to implement the model.

The model is a four-step process and includes issues that are relevant to everyone, plus the extra things that some people may need to think about. Issues discussed are:

- Communication;
- Transport;
- Health management;
- Living situation;
- Assistance animals; and,
- Assistive technology to name just a few.

Issues such as assistive technology is one area that many people including amputees know a lot about. Have you considered that if the power is out for a considerable period of time that your prosthetic limbs may need to be recharged? What do you do if you are unable to charge your prostheses? What are the alternatives? In my case I have had a discussion with my prosthetist who has enquired with the

manufacturer regarding back-up chargers. In case you need to evacuate, where would you go and how would you get there? These are some of the issues that are part of the discussion. Lastly, if you decide to leave, what would you take, do you have some of the items you need already packed? It's a bit like preparing for a holiday, if you plan well you will be at less of a risk.

Richard grew up in Hobart, Tasmania where he graduated from the University of Tasmania with a Bachelor of Arts. He lived in Melbourne for a number of years working as an Urban Planner, prior to becoming a disability advocate, focussing on accessible tourism and transport. He returned to Hobart just before the Covid pandemic and is currently working with the Tasmanian State Emergency Services as an Emergency Preparedness Facilitator, where he has been employed for just over a year.

Richard has used prosthetic limbs all his life. He was born with a congenital limb deformity. He has recently, started using microprocessor prosthetics which aid in balance and mobility.



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Amputee support groups

If you would like to connect with your local amputee community, why not come along to a get-together in your area? Hosted by Peer Support Group Leaders, support groups are a great way to meet others, connect with people in a similar situation, ask questions, share stories and learn a tip or two. Partners, carers and family members are welcome and encouraged to participate in support groups.

If you would like some more information visit the website or call us today.

Local area support groups can be found in:

- Adelaide
- Bendigo
- Blackburn
- Brighton
- Brisbane
- Geelong
- Gold Coast
- Launceston
- Petersham
- Mildura
- Mornington Peninsula
- Penrith
- Perth
- Preston
- Wodonga

Partners and carers

Limbs 4 Life recognises that amputation affects the families and loved ones of people who experience amputation too.

Using community feedback, Limbs 4 Life have created 5 information sheets tailored for the needs of people who are the partner or carer of an amputee. Often partners want to know how they can best provide support, what information they need and where to access that information. These sheets can be downloaded from our website or posted out to you.

To further support the community and connect partners and carers a closed Facebook group has been set up where you can connect with others in a similar situation - Amputee Partners | Caregivers - Limbs 4 Life Australia.

Partners, family members and carers are welcome at Limbs 4 Life's Support Group events, so if there's an event near you, RSVP today.





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For more information on our services and clinical locations, call us on **1300 866 275** or visit www.oapl.com.au

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Caring for your skin

How can I look after my skin?

Taking care of your skin is important. The skin around your stump will always be fragile and it needs to be looked after. Make sure you report any skin-related changes to your doctor or prosthetist immediately.

You should check your residual limb everyday for any changes. Any red marks or changes to your skin should be attended to if they do not fade after 15 minutes from the time you remove your prostheses.

There are a number of things that you should think about:

- **Skin hygiene** is very important; you should wash, clean and dry your residual limb (stump) daily, as part of your regular personal hygiene routine.
- **Stump socks** and prosthetic liners should be washed and changed daily with a gentle fragrant-free anti-bacterial soap, and rinsed well. You may need to change stump socks or liners more often if you sweat heavily during the warmer months. Always dry your socks and liners properly. Never wear a wet or damp liner or sock
- **Stop** wearing your prosthesis if you have any pain or discomfort.
- **Wear** safe and comfortable shoes.

What is the best way to care for my residual limb?

Taking care of your residual limb (stump) is extremely important. You need to get into a regular routine and check your limb on a daily basis, including when you experience any pain or changes in the way your prosthesis fits.

- Use a hand mirror to check the back of your stump for changes before you put your prosthesis on.
- Check your stump for markings or changes when you take your prosthesis off.
- Check for skin breaks, ulcers, dryness or cracking. Any noticeable signs of change should be immediately seen to by your doctor.
- Remember: your prosthesis should not cause you pain. If you are experiencing pain make an appointment with your prosthetist immediately.



TIP

Your prosthesis should not cause you pain. If you are experiencing pain, make an appointment with your prosthetic provider immediately.



AT INNOVO, YOUR GOALS ARE OUR GOALS

- Do you have to wait to see your prosthetist?
- Are you being heard?
- Is your prosthetic provider truly independent?
- Are you where you need to be?



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A man with a prosthetic leg is surfing on a blue surfboard. He is wearing a black wetsuit and is captured in a dynamic pose, leaning forward as he rides a wave. The background features a dramatic sunset sky with dark clouds and a bright sun on the horizon. The water is dark blue with white foam from the wave.

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