

# PBF NEWS

Paraplegic Benefit Fund - Founded by Sir George Bedbrook 1984



Autumn 2011

## Life beyond Bugger!

Whether it's an earthquake in my home town of Christchurch (NZ) or an accident/illness leading to a serious spinal cord injury, life doesn't always track according to our master plan and we find ourselves quietly muttering "bugger", didn't plan on this! Or have we?

In Australia the Workplace Relations Ministers' Council in August 2008, reported that in 06/07 Australian workers compensation schemes spent \$6.05 Billion (in one year!!). 53% of the \$6 billion went straight to the worker with 22% of that being spent on services for the worker such as medical treatment, rehab, legal costs, transportation and interpreter costs. Now in anyone's language this is mega moolah being invested into rehabilitation initiatives throughout Australia. How much of this investment delivers satisfying and sustainable employment outcomes, and promotes empowerment and independence?

For a long time now a return to gainful employment following a serious spinal cord injury has been internationally acknowledged as one of the gold standards of rehabilitation and has been viewed by many as the final frontier of one's rehab journey. Certainly throughout Australasia vocational rehabilitation has become a major focus through early intervention programmes. The great thing about this work is that 'Vocational Rehabilitation' is not simply seen as making a return to any old work, but, rather it is about independent living, quality of life, and creating your ideal future following a serious spinal cord injury.

In 2004 I became aware of PBF Australia and their commitment to reducing the impact of spinal cord injury in Australia and the \$100,000.00 payment they afford PBF members within days of acquiring a spinal cord injury.

This payment is a simple and straight forward lump sum contribution which eliminates the bureaucratic requirements, medical and rehabilitation filters as it is appropriated directly to the individual. This fund avails an immediate opportunity for person's with a spinal cord injury to be empowered, to act with some measure of financial independence and to take action on creating their preferred future in a meaningful way – right now!

Arron Perriam

Director - Kaleidoscope Consulting International  
KCI@Kaleidoscope.org.nz

References: Compensation: More painful than surgery? Dr Mary Wyatt , 01 January 1970.  
Australian workers' comp overview: Can money buy RTW? By: Gabrielle Lis , 23 February 2009.

## Special Offer

Existing members who refer a family member or friend to join PBF. Will receive a \$25.00 fuel voucher to you as a token of thanks. Just make sure they mention your name when joining.

### Terms & Conditions

1. Special fuel voucher offer is available to all current financial members of Paraplegic Benefit Fund who refer friends or family to purchase new PBF membership. 2. The offer is valid up to 30 June 2011. 3. Fuel vouchers cannot be exchanged for cash, discounts or refunds. 4. New referrals please call 1800 809 780 and quote name and/or membership number of referring member, when purchasing single, double or family PBF membership. 5. Fuel vouchers will be mailed to referring member after new referred membership is processed, and may take up to 10 days. 6. Fuel vouchers are Coles Express vouchers and subject to Coles Express Fuel gift-cards terms and conditions.

## Help us to achieve zero spinal cord accidents



Welcome to this special Easter Edition of our newsletter. Our team at the Paraplegic Benefit Fund are working hard to reduce the number of spinal cord injuries in the community as well as providing financial help to those that suffer from this expensive and debilitating injury.

One important way that we are trying to reduce accidents is by our presenters telling their own special stories to high school students who are either learning to drive or already driving on the road. Road crashes contribute to over 55% of spinal cord injuries and there are still too many accidents happening. Over the next twelve months our staff in wheelchairs will present to over 250 schools as part of our RAC partnership to prevent crashes on our roads.

**PBF Membership Prices**  
Single \$40 Double \$54  
Family \$70

One of the great programs PBF is involved in is helping people with spinal cord injuries to get back into employment and the community. Matt Naysmith who received \$100,000 from PBF after an accident at Karijini some 3 years ago is now presenting to school students. Matt is getting a fantastic response from students he is speaking to and hopefully they will remember his powerful story for the rest of their lives and make sensible choices in the future. If you get the chance to listen to Matt speak, I can really recommend it.

Recently we have been very active on the gifting front supporting a significant research program in Queensland as well donating some specialist equipment for an elderly spinal cord injured patient in WA. There is more to do here and we need more funds to help those financially in need after suffering a spinal cord injury.

We sincerely hope that you and your family have a very safe Easter break and this is a gentle reminder to all our members to slow down and be patient when driving over the holiday period.

*Simon Bedbrook*

Director

P.S. **SPECIAL OFFER** to our existing members, who refer a family member or friend to join PBF. We will send a \$25.00 fuel voucher to you as a token of thanks. Just make sure they mention your name when joining. Thank you for your support.



Matt Naysmith presenting to school students



**Mike Rowney**

## Preventing Injuries in the Workplace

### Team Member Profile

Introducing Mike Rowney

Mike Rowney was born in Pietermaritzburg South Africa; in his early twenties Mike left his homeland to explore the world. After living in several countries Mike immigrated to Australia in 1996, and settled on the West coast.

Mike had worked in the yachting industry for over a decade prior to coming to Australia, as free lance skipper and boat builder, and had sailed a number of the world's oceans. However on settling in the West he found yachting work was limited, and did a transition into commercial fishing, working both in the long line tuna industry and pearling.

Mike took up commercial fishing, and after four years at sea he needed a break from fishing and returned to Rhodes Island in Greece, where he had lived and worked in prior years. He fulfilled a dream and bought a 33 ft yacht while in Rhodes, with the plan of working two summer seasons in Greece then sailing his own boat back to Australia.

Four days before his boat launch Mike fell from a friend's yacht in the dry dock and the resulting spinal injuries caused permanent paraplegia. After being medi-vacated back to Australia, after a long and painful rehabilitation, and in order to avoid depression Mike launched himself back into sailing, joining a local disabled sailing club. In 2003, just over two years after his fall, Mike began to readapt a 26 ft yacht, and after 18 months sailed the boat up the West coast and finally up to East Timor. He managed to raise funds for 680 wheelchairs most of which he distributed in Timor during his one and a half year stay there.

In 2008 Mike returned to his home in Perth, boat in tow, and now works part time as a PBF presenter doing workplace presentations on the importance of safety.

If you would like Mike to deliver a presentation at your workplace, call 1800 809 780 to make a booking.

## Out and about with PBF

### AFL Eagles game



**Andrew Pittaway, Kelly McKenzie and Richard Higgins**

Andrew Pittaway and Kelly McKenzie from CBH, together with Nick Munyard from Coventry Group Ltd, joined PBF's Richard Higgins and Paul Italiano, (PBF board member & Western Power) in the Barry Cable Room at Patterson's Stadium on Sunday 27th March to enjoy watching the Eagles play North Melbourne in the opening game of the AFL season in Perth.

The afternoon was a very enjoyable time with good food and wine, great company and a home win!



**Marcus McGuren receives his iPad from Richard Higgins**

## Financial Planners Association Golf Day

Marcus McGuren from Strategy Partners won an iPad in the PBF Raffle at the FPA Golf Day at The Vines on Friday 18th March. Richard Higgins (pictured) from PBF, together with Keith Conder and May Bowden, were in attendance at the 18th hole, to promote PBF membership and raffle to all players.

## PBF Youth

### P.A.R.T.Y.



**Mark Powdrill**

The Prevent Alcohol and Risk Related Trauma in Youth, (P.A.R.T.Y.) Program is a dynamic, interactive health promotion Program aimed at youth and promotes injury prevention through reality education. It enables youth to recognise and minimise risks, and make informed choices about risk-taking behaviour and activities (P.A.R.T.Y., 1998).

The Department of Health staff and P.A.R.T.Y program facilitators have developed a close working relationship with the Paraplegic Benefit Fund who provides presenters with spinal injury for the final talk of the day. The speaker focuses on choices they have made in life and the impact of those choices.

The program has not only enabled students to gain an insight into the lives of those with spinal injury, but it has also had added benefit for the presenters themselves to talk about their injury in the hope that others will not go through the same ordeal.

Angela McDowell from P.A.R.T.Y says that 3708 students (83%) who participated in Western Australia said they would reduce risk-taking behaviour because of this program.

#### Testimonial

"I feel as if the P.A.R.T.Y. Program was really effective. I took it seriously and it made me open my eyes to just how quickly things can turn bad and how, what may seem like a bit of fun can have horrible consequences. Marks story (from PBF) really hit home with me. His decision to dive into the water without knowing its depth changed his life forever and there's nothing he can do about it now. It made me think, what if I took a risk, and it all turned pear shape, meaning, what if I decided to put the foot down a bit and something major happened and I received a life changing injury. It made me think of all the things I would lose, my friends, my girlfriend, my job, all thing the things that I value."

(Juvenile Justice) (2010)



**Tegan Crick, PBF Youth Presenter with staff from Trilby Misso**

## Trilby Misso Has a Heart for Caring

Trilby Misso is one of the largest personal injury and workplace compensation lawyers in Queensland with a high level focus on caring for their employees, their clients and our community.

Through their Community Spirit Program they form partnerships with not for profit organisations that have synergy with their philosophy of supporting the disadvantaged in our community.

They have been a Paraplegic Benefit Fund Corporate Member since 2008 and provide eligibility for their 154 employees and their families to claim our \$100,000 Spinal Injury Benefit, if needed.

In 2010 they also sponsored Tegan Crick and Dennis Greensill, our two young PBF Youth presenters, to enable PBF to deliver their safety messages to the youth community in Queensland.

With Trilby Misso caring is not just a slogan but an action.

## PBF Sporting Dreams Awards Night



Sixteen Queensland athletes with a disability are now one step closer to realising their sporting dreams after PBF partnered with Paralympic swimmer Marayke Jonkers to present the 2010 PBF Sporting Dreams Awards in December 2010.

At a ceremony on the Sunshine Coast that coincided with the International Day for People with a Disability, athletes from across several sports including swimming, athletics, shooting and lawn bowls were awarded grants to help them better focus on their sporting careers.



Marayke Jonkers and  
Darron Shields

Jonkers, who won a silver medal in Beijing and two bronze medals in Athens, set up the Sporting Dreams foundation with the prize-money she received after winning the Cosmopolitan Fun, Fearless Female Award in 2007.

Wanting to give something back to sport, her Foundation aims to help athletes with a disability achieve fun, fitness and personal development through sport and to support future Paralympic champions.

Since its establishment in 2008, the foundation has awarded grants to 47 athletes.

After donating to Sporting Dreams in 2009, PBF became the naming rights Sponsor in 2010 and PBF staff member

Darron Shields was on hand to present a grant named after PBF to handcycling world championships competitor Jarrod Moncur.

Marayke says she is delighted to welcome PBF as a supporter as there is a great synergy between the two organisations.

My own swimming career began after I became paraplegic as a child. When the doctor told my mum I would never walk again, she decided to teach me to swim instead. So I fully support the work PBF does in injury prevention and also in assisting people living with spinal cord injury and hope to continue working with PBF to assist athletes in the future she says.

For more information please visit [www.sportingdreams.org](http://www.sportingdreams.org).

## Sponsorship Fremantle Ports

PBF WA is pleased to have the support of Fremantle Ports who sponsors the Aqua prevention program which aims to reduce serious injury in the aquatic environment.

Fremantle Ports recognizes the need and importance of water safety education and the role of PBF's presenters in telling their own stories of traumatic injury.

PBF acknowledges and thanks Fremantle Ports, for the funding of a DVD resource pack - What are you Diving Into?, which is used as part of the Injury Prevention program, and is available to all primary schools in the Fremantle catchment area. The DVD provides insights into the lives of five young Australians who have sustained serious spinal injuries through aquatic related incidents. There are key lessons to be learned from each individual and hopefully will prevent another young person from being injured.

### Already a Corporate Member?

Why not upgrade your membership to include your family?

Partner \$20 / Family \$30 per year. Call 1800 809 780 or Visit [www.pbf.asn.au](http://www.pbf.asn.au)

## The high cost of Spinal Cord Injury (SCI)

As a PBF ambassador I often get asked how much a spinal cord injury costs, in terms of modifying a home and car, and the extent of the ongoing medical expenses. Over the next few newsletters I'll give you information about the basic immediate costs to individuals who are unfortunate enough to sustain a spinal cord injury.

Every spinal cord injury is different, which means different levels of modifications are required, depending on the level of injury. A quadriplegic will generally need more modifications than a paraplegic, who has more function, movement and sensation.

Regaining independence and the freedom to drive your own motor vehicle is important following injury and rehabilitation. Relying on others to drive, storing the wheelchair and even providing assistance with transferring into a vehicle is a huge loss of freedom to the person with the injury.

The range of modifications and the related costs are vast. The average cost of modifying a station wagon which is good for wheelchair storage, for a paraplegic starts at around \$4,000. This would include specially fitted hand controls, a spinner knob and appropriate mats and protection for the car. The vehicle must be automatic. Driving lessons and driver assessment are additional.



Tony South in his  
"wheel-in and drive"  
vehicle

Paraplegic drivers will require a method of getting the wheelchair into or onto the car. The choices here also vary with chair lifts costing from \$3,000. The more intervention required the greater the cost.

Sufferers of quadriplegia may not have the movement or strength to transfer into the vehicle and so may require a "wheel-in" van, whereby driving is performed while still seated in the wheelchair.

The modification of a van is generally extensive and usually will only be performed on a new vehicle due to warranty issues. This type of modification allows rear entry via a ramp for the wheelchair user and allows them to easily lock into the driver's position. At time of writing this article, the

cost of modifying a basic Transporter alone is over \$45,000. Add that to the initial cost of purchase, and you could be up for \$95,000! Not a cheap exercise regardless of your level of spinal cord injury.

It's easy to see how the benefit payment of \$100,000 to members who sustain this injury provides relief from financial stress following an injury. Stayed tuned, in the next edition we'll discuss the costs of home modification.

Written by Symon Still, Injury Prevention Manager WA

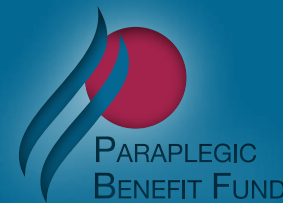
## Welcome to our new Corporate Members

Our new corporate members are Celtic Scaffolding (WA), MSC Safe Co (WA), Diamond Lock & Key (WA), Perth Financial Services (WA); Herron Todd White (Queensland); and Centennial Coal Airly Mine.

Congratulations to Roofing 2000 for extending membership to 25 more employees and their families and to Toll Energy who included a further 134 staff members in their PBF membership.

# PBF NEWS

Paraplegic Benefit Fund - Founded by Sir George Bedbrook 1984



Dennis Greensill at RYDA

## Partnerships

### RYDA

The RYDA program, an initiative of Rotary clubs, provides quality road safety information to youth to help ensure that when they commence driving, they have received the best road safety education possible.

The Relationship between the Paraplegic Benefit Fund (PBF) and the RYDA Program has entered its second year. With both companies being not-for-profit and having the same vision to develop a road safety education program delivered to the youth of our community. The RYDA Program is directed towards our young people about road safety as they approach the period in their life when they start driving a car and ride as a passenger in a car driven by one of their peers.

PBF Safety Presenters (Dennis Greensill & Tegan Crick) supports the RYDA program through telling their story of how their life's changed in a heartbeat, Dennis & Tegan hope to:-

- Promote behaviour change, assisting teens in identifying risks, and helping them to make better and safer choices. This is a primary strategy in preventing trauma in this age group.
- Raise awareness of disability within the community and break down any barriers that may exist.
- Help young people to understand that regardless of where an injury happens, it will have some impact on your family and friends.

## Partner Profile - TIC

Corporate partnerships are a vitally important part of the work we do at The Paraplegic Benefit Fund. They sustain our work and provide a window into the world of opportunities.



From left, Kevin Young, Founder of TIC, Tony South, PBF Community Partnerships Manager, Kathy Young, Co-Founder of TIC

One of those partners is The Investors Club. The mission of TIC is to help maximise the number of people who achieve financial freedom in the shortest possible time with minimal cash outlay. TIC provides a comprehensive range of support services enabling members to understand how to safely build a property portfolio to achieve financial independence. The Club regularly conducts Property Investment Workshops throughout Australia, New Zealand and the United

Kingdom. These meetings present an ideal opportunity for people to learn how the Club operates and how it can benefit them

Membership to TIC is free on [www.tic.com.au](http://www.tic.com.au)

With great support from TIC, the PBF team can continue its work, and increase its reach into the community to ease the impact of spinal injury.

### Contact Us:

PBF Australia  
By phone: 1800 809 780  
By email: [info@pbf.asn.au](mailto:info@pbf.asn.au)  
Online: [www.pbf.asn.au](http://www.pbf.asn.au)  
By post: PO Box 723  
Osborne Park  
WA 6916



Like us on  
Facebook

## Conquer Today's Challenges

Unleashing the Power Within is about not waiting any longer. It's about seizing the power that is already within you and challenging you to lead a life of your own design, rather than one scripted by your environment, society or anyone else.

I was given the opportunity to attend the 4 day training seminar in Sydney through a training grant awarded to PBF from the Jupiter's Casino Community Benefit Fund.

If unleashing the power within means walking through fire on your feet, well how about completing a fire-walk on your HANDS. Darron stated that once the options were discussed on how he would like to complete the fire-walk, so when it was suggested to him that he could do it on his hands, he was in!

"The fire-walk was conducted at 11.30pm and it did not hit me till about 2am just what I had completed. The next day was truly amazing. Upon entering the place for the second day of the seminar a support crew member came up to me and asked who I was? Thinking he needed to see my arm band that allowed me to enter the seminar, I raised my wrist. This was not the case. He had seen me complete the fire-walk the night before and stated he was totally inspired by watching me complete the fire-walk on my hands. I thought nothing of this and moved into the room. Within 5 min 15 crew members said the same thing.. "it was truly inspiring what you did last night"

The key messages over the 4 day training seminar were to gain skills to Conquer Today's Challenges & take control and how to change your state of mind by:

- Breaking through any fears that may be holding you back;
- Applying specific and proven strategies for creating momentum in your life;
- Developing the physical vitality and energy you need to passionately follow through

Attending this seminar has allowed me to identify areas in business and my personal life that have stopped me achieving my goals. The good news is that it's also given me the skills to make my move in the following areas:-

- Increasing the community awareness of the Paraplegic Benefit Fund and what we do.
- Obtain a position on the Para-Triathlon Performance program for Rio in 2016.
- Changing my state mind from a WILL DO! To HAVE DONE!

"A mind once stretched by a new idea, never goes back to its original dimensions."  
— Oliver Wendell Holmes

Written by Darron Shields, Injury Prevention Manager (Eastern Region).

### Are your details up to date?

Let us know if your details have changed; have you moved, changed phone number or credit card details lately?

### To update your details

Call 1800 809 780 or Visit [www.pbf.asn.au](http://www.pbf.asn.au)