

WCAPD NEWS

Inside this issue:



Right to Education
Pg 1



Community
Visibility
Pg 3



Caring Women
Project
Pg 4



Branch activities
Pg 5



Disability news
Pg 8



Disabled
Employees
boost benefits
Pg 9



Pressure Care
Pg 10

Affiliated to



The National Council for Persons
with Physical Disabilities in SA

Right to education of children with severe intellectual disability

It has been 13 years since WCFID (Western Cape Forum for Intellectual Disability) began their lobby in 1997 for the right of children with severe or profound intellectual disability to education.

Our Constitution states:

Section 29; Education, 29 (1) *Everyone has the right to a basic education*

Papers were finally lodged on 14th December 2007, in the High Court of South Africa against the National Government as a whole (Departments of Education, Health, Public Works and Transport) as first respondent with provincial government as second respondent. The WCFID were the applicants. The government responded with extensive answering affidavits. The case was finally heard in the High Court on June 14th, 2010.

On 11 November judgment was delivered in the High Court of South Africa (Western Cape High Court, Cape Town) Case no: 18678/2007. The judgment stated that:

"..... every child in the Western Cape who is severely and profoundly intellectually disabled has affordable access to a basic education of an adequate quality...."

Wow, what a victory! We look forward to a change for the better, in the lives of all children in the Western Cape with severe or profound intellectual disabilities, and more realistic and sustainable government support for the centres concerned.

National Government lodged an appeal against the judgment on 2 December 2010. The Forum has filed for a ruling under section 49.11, which will ensure that progress is not suspended while the appeal is being heard. It is doubtful that the judgment will be overturned.

Here is an extract from page 31 and 32 of the judgment Case no: 18678/2007:

1) It is declared that the respondents have failed to take reasonable measures to make provision for the educational needs of severely and profoundly intellectually disabled children in the Western Cape, in breach of the rights of those children to:

- 1.1 a basic education
- 1.2 protection from neglect or degradation
- 1.3 equality
- 1.4 human dignity

2) The respondents are directed forthwith to take reasonable measures (including interim steps) in order to give effect to the said rights of severely and profoundly intellectually disabled children in the Western Cape, including (but not limited to):

- 2.1 ensuring that every child in the Western Cape who is severely and profoundly intellectually disabled has affordable access to a basic education of an adequate quality;
- 2.2 providing adequate funds to organizations which provide education for severely and profoundly intellectually disabled children in the Western Cape at special care centres, such as to enable them to:
 - 2.2.1 have the use of adequate facilities for this purpose;
 - 2.2.2 hire adequate staff for this purpose;
- 2.3 providing appropriate transport for the children to and from such special care centres;
- 2.4 enabling the staff of such special care centres to receive proper accreditation, training and remuneration; and
- 2.5 making provision for the training of persons to provide education for children who are severely and profoundly intellectually disabled.

3) The respondents are directed, within twelve months of the date of this order, to deliver to the applicant and to file at this court a report, under oath, as to their imple-

Contd from previous page

mentation of paragraph 2 of this order. The said report may deal with any relevant matter that the respondents wish to raise or report. In addition, the respondents are required to set out the detail of:

- 3.1 what steps they have taken to give effect to paragraph 2 of this order;
- 3.2 what further steps they will take to give effect to paragraph 2 of this order;
- 3.3 when they will take each further step to give effect to paragraph 2 of this order.

4. The applicant may, within one month after service upon it of the said report, to deliver its commentary under oath on the said report.

5. The respondents may, within a further period of two weeks after service upon them of the applicant's commentary, deliver their reply under oath to the said commentary.

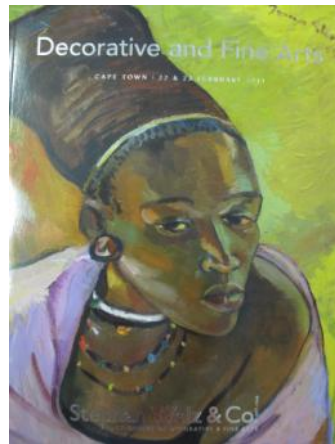
6. The applicant shall be entitled, if so advised, to enrol the matter for hearing there- after for determination of whether there

has been compliance with paragraph 2 above and for such other relief as the applicant may seek in the light of the exchange of information referred to in paragraphs 3, 4 and 5 above.

7. The first and second respondents are to pay the applicant's costs of this application, which costs include the costs of employing two counsel, the one paying the other to be absolved.

Conclusion

William Kerfoot, our lawyer at the Legal Resources Centre, Cape Town, who had worked on the case from the beginning (more than 12 years), explained that the government had the option to appeal, which would slow the whole process down, but that, essentially, the provincial government is now compelled to make some definite progress within the next 12 months, and that it was essential that we **all continue to work together** to establish exactly what we need from government.



Decorative & Fine Art Auction **Stephan Welz & Co.**
AUCTIONEERS OF DECORATIVE & FINE ARTS EST. 1948

Recently our organisation was fortunate enough to be the beneficiaries of an Auction of Decorative and Fine Art hosted by Stephan Welz and Co in Constantia. The event was held on 22 February 2011 and it raised a little over R47 700. Generous donors gave art and gift vouchers which were auctioned off during an evening of eager

bidding in the beautiful cellars of the Alphen Hotel in Constantia. The delicate porcelain plate by artist Jan Vermeiren was enthusiastically received as was the wonderful weekend away at the stunning Simbavati River Lodge near the Kruger National Park. Other items which caught the discerning eye of bidders in-

cluded a weekend away at the Table Bay Hotel, art by well known Cape based artists, collectors bottles of wine and hand blown glass items. A heartfelt thank you to all who participated that contributed to our very first Art auction ever! We trust that this will become an annual event that will grow from strength to strength.



SA Navy Holistic Festival & Wellness Day



Emma helps clients at the Disability Awareness Day in Ceres

Visibility in the community

There have recently been a spate of exhibitions in which we have participated.

First up was a display at British American Tobacco, in conjunction with Nthuse Diversity Management Solutions, on International Day for Disabled Persons 3 December.

The following week saw us at the SA Navy Holistic Festival and Wellness Day on 8 December. This was a first for the SA Navy who are planning to make this an annual event.

This was followed by a display of assistive devices in Ceres at the Witzenberg Municipality Disability Awareness Day. Many persons with disabilities were given the opportunity of seeing the kinds of assistive devices available.

As this newsletter is being compiled, we have a display stand at the Community Chest Carnival.

A really busy time for us!



Chaperone Outings

We are delighted to report that two very successful outings were organized during the year by our Cape Town and Tygerberg APD branches.

On 16 September 2010 our Tygerberg branch took a group of learners with disabilities from Filia School on an outing where they enjoyed a wonderful day at Tygerberg Zoo. Each child received a goodie bag consisting of two fruit juices, sweets, yogurt, lunch box with sandwiches and a cap. They explored the zoo after breakfast and ended the outing with a lunch of a burger and chips.

On 8 December 2010 our Cape Town branch took



29 children with disabilities and children of parents with disabilities living in poorer communities on the Cape Flats, on an outing. They had a whale of a time on Fish Hoek Beach and at Fish Hoek Life Saving Club. A scrumptious breakfast and lunch were provided as well as sweets, fruit and party packs. The children thoroughly enjoyed the face painting, games, swimming and music and dancing. And to top it all Father Christmas gave a gift to each child!

We would also once again like to say a very special "Thank You!" to Madelein Hagen, for her tremendous help with the two outings!

*Lara Office
Occupational Therapist*



Caring Women project expands to APD

We are excited to announce the expansion of the Caring Women project amongst Western Cape APD branches! The project began through the involvement of the National Institute for the Deaf within the community, and is based on the premise that a woman plays a vital role within the community; she is the centre point of the family. She knows her community and would be aware of persons with hearing loss in her community who can benefit from the services provided by the NID.

NID then approached WCAPD with a proposal to expand the project to include all persons with disabilities, not only those who are Deaf or have hearing loss. The 2 organisations already have a Memorandum of Understanding around awareness raising projects, so it was decided to include the Caring Women project in our range of activities.

Women will be invited to attend tea parties where the 2 organisations have the opportunity of informing the women about all aspects regarding disability, especially awareness raising. Women are encouraged to join the project and are then motivated to identify persons with disabilities within the community who do not as yet receive adequate services and who can benefit from the services deliv-



ered by the NID and/or WCAPD. All Caring Women will receive relevant training and not only learn to treat persons with disabilities with empathy and understanding, but inspire others to do the same. Benefits of the project are -

- A committed group of volunteers who are eager to raise awareness on disability;
- Assistance with identification of persons with disabilities within communities;
- Assistance with identification of business and other organisations who require sensitisation;
- Support to the organisation in providing services to persons with disabilities.

The project will be officially launched on 22 March in Worcester, and then rolled out to branches.

"...learn to treat persons with disabilities with empathy and understanding..."

Branch activities



The 3rd **Senecio** Fun run will take place on 5 March 2011 on the Lourensford Wine Estate, in Somerset West. The first part of the route is wheelchair friendly, which wheelchair users will repeat in order to complete 5 or 8km. The walkers and runners will start on the same route as the wheelchair users, but the second half of their route will be on the farm amongst the vineyards, alongside the Lourens Rivier with a breathtaking view of the Helderberg

Mountains on the one side, and the ocean on the other side.

After the fun run we will have a wheelchair relay for non-wheelchair users. It is not only fun, but elicits a healthy respect for persons with disabilities! The winners will compete against a team of wheelchair users. All participants will receive a medal on completion. Food drinks and T-shirts will be for sale. Exciting prizes can be won in a lucky draw.

Contact Annatjie on (021) 852-0845 for further information.



Departement Korrektiewe Dienste in **Oudtshoorn** gee skenking J.B.Arends Werkswinkel vir Gestremdes. Een van die Projekte binne die Vereniging vir Persone met Gestremdhede is Beskermende Werkswinkels waar persone met gestremde hede verskillende vaardighede aangeleer word tot selfsorg, ope arbeidsmark, positiewe besluitneming asook inskakel by verskillende aktiwiteite vir gestremdes in die gemeenskap. Departement Korrektiewe Dienste het 'n donasie oorhandig in die

vorm van toerusting wat gebruik kan word vir die eierdop projek. Hiermee vergesel die opregte dank vanaf die werkers, Bestuurskomitee asook die personeel aan die Korrektiewe Dienste.

The main focus of **Senecio APD**, our Helderberg branch, is to give therapy and other support at 8 different special care centres in and around Somerset West. One of their initiatives to get financial support is to invite companies, individuals and organisations to "adopt" their care centres. The money donated will be sufficient to enable Senecio to give support to that specific care centre for a year.

One of the recent adoptions that took place was done by Somerset Round Table, who adopted Little Angels Care Centre in Somerset West by donating the wonderful amount of R52 000. The cheque was handed over during the annual Noddy Christmas party at Vergelegen Estate. Twenty children from three of the Care centres supported by Senecio, attended the Christmas party as special guests. It was a great opportunity for creating awareness and acceptance of children with disabilities, as well as for the work that Round table and Senecio are doing. And the children had great fun!



Contd

Beaufort West APD

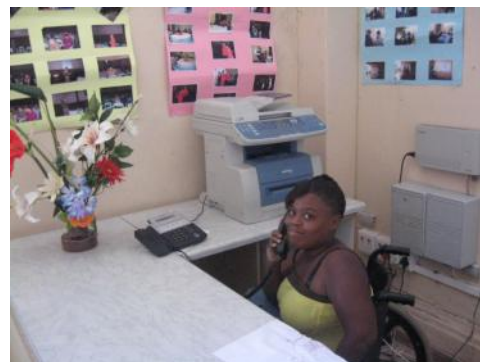
Western Cape APD received an anonymous donation via the Community Chest, which was used to purchase 450 bottles of water for persons with disabilities in the Beaufort West area. Pictured right is Lourentia Jordaan, the social worker, with some of the happy clients.



Beaufort West APD also held an extremely popular Mr and Ms Beaufort West APD, seen middle right.



They also celebrated International Day for Disabled Persons on 3 December by hosting a Fun Day, which included a fun run / walk / wheel, a wheelchair relay and board games.

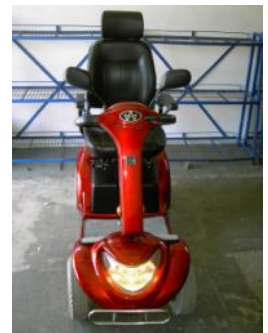


Oudtshoorn APD

n Hoogtepunt by Oudtshoorn APD is die aanstelling van 'n persoon met gestremdheid op ons ontvangs. Sy is een van die kliente wat 'n roetine kry om elke 2de week by die telefoon te kan sit as deel van ons "lifeskills" initiatief

FOR SALE

Red scooter -swinging chair, 90 degrees left or right for easy access, seat belt, inflatable tyres front and rear, shocks at the rear for soft riding experience, Lights at the front and rear, Controllable speed via turn nob, slow/fast, indicator lights, Reverse buzzer, 2 rear view mirrors. Price R9 500 incl battery, R7 500 excl.



Black motorised wheelchair, adjustable seat, seat belt. inflatable tyres rear, shocks at the rear for soft riding experience, Controllable speed via slow/fast buttons, the chair is controlled by controller stick, easy access for charger, the controller can be connected to left or right arm rest. Charger included.

Price R9 250 incl battery, R7 000 excl
Contact Stephan on sdkmunro@gmail.com



FOR SALE a second-hand set of 3 pedal extensions, ideal for people of short stature. Easy to install and uninstall, and makes a vehicle instantly adaptable. PRICE : R1 000 o.n.c.o.

Contact Erica du Toit at WCAPD offices

Staff News



Lara Strong , OT at WCAPD, was married in January and is now Lara Office.

Leigh-Ann Richards, OT at WCAPD, gave birth to baby Mia on 9 February!

Roeline Phillips (WCAPD) and **Ma-ret van Dyk** (Witzenberg APD) both recently got engaged. Congratulations both of you!

Jacolize Bloementhal was married on 11 December 2010, and is now Jacolize Kotzee.

Yolanda Kriel and **Carla Moos** have left Olifantsrivier APD on 31 December 2010, after 3 years of service as interns.

The Association's Honorary President, Mr **Michael Bagraim**, was recently elected President of the Cape Chamber of Commerce.



Welcome to **Bianca Henn** who started employment at WCAPD on 1 March in the HR office.



DIS DIE EEN

Leefwêreld van die Gestremde
Sundays 14H15

Datum	Onderwerp	Gas
13 Mrt	Hospitaal vir persone met gehoorverlies	Alta Dorse, Vincent Palotti Hospitaal
20 Mrt	Ma & seun : Hul lewe na Handre se ongeluk	Hester & Handre Visagie
27 Mrt	Nominasie : Gestremde Sektor	Dorothy-Anne Howitson
3 Apr	Fibromialgie	Alida Potgieter
10 Apr	Nuwe foon tegnologie	Karen Smit
17 Apr	Ma van gestremde	Sharon Slabbert
24 Apr	Perdry vir gestremde kinders	Etienne Kassimatis

DATES TO DIARISE

10 & 11 March

Puppet training : Cape Town

22 March

Launch of Caring Women project

8 April

Group supervision

11–14 April

Orientation Week

7 May

Hermanus Wheels & Runners

(Entry forms available from Asanda at WCAPD)

24 June 2011

Lollipop Day

Disability news

Spina Bifida resource List

A dedicated List has been created for people with Spina Bifida and related conditions. Adults and parents of children with Spina Bifida, health professionals, social workers, educators, and others with an interest in Spina Bifida are invited to join the List.

To Subscribe send a blank email to spinabifidasouthafrica-subscribe@yahoogroups.com

You will then receive an automatic e-mail to confirm your address.

There is also a Facebook group called SPINA BIFIDA SOUTH AFRICA



Sign Language cards

DeafSA would like to inform you that the selling of South African Sign Language Alphabet cards within all areas is illegal.

SASL is a Deaf person's language and should be respected. SASL Alphabet cards are not produced by DeafSA—we give these cards for free as one may find on our website or at our office.

Could all individuals and companies please be on the lookout for people selling these cards and report them to the police.



Amendment to Road Traffic Act

Sub-regulation 7 of the Regulation 305 of the Road traffic Act previously stated that "No person other than the disabled person shall park a motor vehicle on a parking bay reserved for disabled persons." QASA lodged a complaint with the Human Rights Commission and followed a process to have the Regulation amended, which now reads as follows -

STAATSKOERANT, 25 NOVEMBER 2010

"(7) No person other than a disabled person or a driver of a motor vehicle conveying disabled persons, which motor vehicle was issued with a sticker for conveying disabled persons shall park on a parking bay reserved for disabled persons."



Driving with Disabilities

Caroline Rule [Occupational Therapist, Disability Driving Consultant, Rolling Inspiration

Journalist] will be in Cape Town in April 2011 to present her Driving with Disabilities course. It will be a one and a half day course. Dates are Friday 15 April 2011 (full day) and Saturday 16 April 2011 (half day). Program and application to follow shortly.



Biztown offers an excellent, annuity based **income opportunity** for 10 people around South Africa. It is home-based so is ideal for paraplegics and quadriplegics.

Biztown is an internet-based advertising platform aimed primarily at small and one man businesses in South Africa. It provides unique and effective advertising which even the smallest business can afford. Biztown is not offering a get-rich-quick scheme. We are looking for people in Johannesburg (2) Pretoria (1) Durban (2) Cape Town (2) Port Elizabeth (1) East London (1) and Zululand (1) who have the ability to build their own customer base and who possess the following:

- A functioning home office with land line and an internet-linked computer
- Proven sales ability and excellent telephone manner
- Fluent in English

Excellent, ongoing commission means that you increase your monthly income with every new customer you get. Expect to start earning between R3500 – R5000 in month one, rising by about R1000 per month thereafter.

If you would like to know more please visit our website at www.biztown.co.za to see what we offer, then contact Tooky Johnson on (031) 539 1321 or 083 6258438.



Support the Western Cape Rehabilitation Centre (WCRC) at **Jazz in the Park** on Sunday 20 March from 2.30 – 5.30 pm. The objective is to raise money for the WCRC Health and Wellness Centre which focuses on various projects such as wheelchair ballroom dancing, wheelchair basketball and tennis, darts for persons with disabilities, a Learn to Swim and water safety programme, a Gym and much more. Tickets available from Computicket are a low R80 with discounted prices of R65 for pensioners, scholars and students. Group bookings qualify for 10% discount. Children under 7 free. Take a picnic basket and enjoy!

Keeping disabled employees at work boosts group benefit schemes

People with disabilities experience high unemployment and often remain in low status jobs. Yet there is a lot that companies can do to accommodate disabled employees, benefit from their skills and abilities and meet legislative targets. What is not so widely known, however, is how much money organisations can save on their group benefit schemes by retraining or redeploying disabled staff instead of boarding them. The numbers speak for themselves.

Boarding a 43 year old male with a monthly salary of R8494 costs the company's group benefit scheme R1.3 million. So, "successfully retraining the same employee, and others like him, into a suitable alternative occupation will save the company scheme approximately R1.3 million per case" says Anton Engelbrecht, Business Development and Strategic Consultant, Alexander Forbes Health.

Yet, instead of effectively managing the disability process, employers rush to settle cases within the legislated period, handing disabled employees over to their insurers for income replacement benefits or the payment of a lump sum.

While this reduces red tape and simplifies the processes for employers, in the long run it costs more. It is also, in many cases, a violation of Schedule 8 of the Labour Relations Act (LRA) which requires an employer to investigate an employees' medical incapacity prior to termination of employment - with the express intention of "retaining the employee in his or her occupation, or even a different occupation, as far as reasonably possible" says Engelbrecht.

In fact the Code of Best Practice of Key Aspects of Disability in the Workplace issued by the Department of Labour provides a guideline for employers, employees and their representatives to develop, implement and refine disability equity policies and pro-

grammes to suit the needs of their respective workplaces.

While the intention of the legislation is that such practice becomes internalised within organisations, "the truth is that human resources skill, practice and capacity in many South African organisations is insufficient to manage this process within the tight deadlines imposed by legislation" says Engelbrecht.

An alternative is to outsource the design of an organisation's disability management strategy. This will not only enable the strategy to meet legislative requirements while assisting employers become an employer of choice, it will also retain skills while saving the group benefit scheme millions.

At minimum, such a strategy should:

- Ensure that all human resources policies comply with relevant legislation, i.e. the Employment Equity Act. The Labour Relations Act and the Code of Best Practice.
- Provide a disabled-friendly environment that is both physically accessible and socially and professionally accommodative.
- Drive to recruit and select suitable disabled candidates for all vacancies while rehabilitating and re-training employees who become disabled while in the employ of an organization.
- Ensure the provision of further training and career advancement opportunities for persons with disabilities.

Apart from being the right thing to do, getting this process right "sees a reduction in the costs of disability claims on group benefit schemes and ensures legislative compliance while retaining skills within the business" concludes Engelbrecht.

*Anton Engelbrecht
member of QASA Board*

CLOSURE OF SPINA BIFIDA

It is with regret that the Association advises that the local Association for Spina Bifida and Hydrocephalus has dissolved. This is indeed unfortunate as the organisation was a mine of information around Spina Bifida and related issues. Mr Kammies, the erstwhile founder, remains available as a consultant and can be reached on (084) 580-6393.



apd

WESTERN CAPE
ASSOCIATION FOR
PERSONS WITH
DISABILITIES
TM. WCAPD

PO Box 1544
Millerton
7435

Phone : (021) 555-2881
Fax : (021) 555-2888
E-mail : director@apd-wc.org.za
Website : www.apd-wc.org.za
Facebook : Western Cape APD

ShareCall : 0861 APD INFO
0861 273 4636

Sources

Spinal Injury Network
www.spinal-injury.net

SCI Info Pages
www.sci-info-pages.com

How To Care
- your elder care guide
www.howtocare.com

Views and opinions
expressed in
this newsletter are
those of the writer,
and do
not necessarily
reflect the
views of the
Association,
it's staff,
volunteers, donors
or members.

Focus on...

Pressure Care

What is a pressure sore?

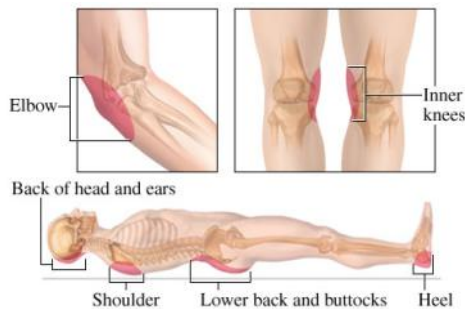
Pressure sores (also known as bed sores) result from prolonged pressure that cuts off the blood supply to the skin, causing the skin and other tissue to die. The damage may occur in as little time as 12 hours of pressure but it may not be noticed until days later when the skin begins to break down. The skin is especially likely to develop pressure sores if it is exposed to rubbing (friction) or moving the skin in one direction and the body in another (shear), as in sliding down when the bed head is raised. Dampness (as in perspiration or incontinence) makes the skin even more liable to develop pressure sores.

Who's at risk?

- People who cannot move themselves are at the greatest risk of developing pressure sores—
 - Spinal cord injury
 - Paralysis
 - Stroke
- the elderly whose skin is thinner and may heal more slowly.
- People with poor nutrition, incontinence problems, diabetes or blood flow (circulation) have increased risk.

Causes

- **Pressure**, or the compression of tissues. In most cases, this compression is caused by the force of bone against a surface, as when a patient remains in a single position for a lengthy period.



- **Shear force**, or a force created when the skin of a patient stays in one place as the muscles slide down with gravity. This can also cause the pinching off of blood vessels.
- **Friction**, or a force resisting the shearing of skin. This may cause excess shedding through layers of the epidermis.

Signs & Symptoms

- discoloured, torn or swollen skin, especially over bony areas
- signs of infection — skin warmth, swelling, odour, pus

4 Stages of severity

- reddened or darkened skin that will not turn white when firmly pressed
- partial skin loss that may appear as an abrasion, blister or shallow crater
- full skin loss extending to underlying tissue
- full skin loss extending beyond the underlying tissue to muscle and bone

Prevention

Prevention is always better than cure and that is very true for lessening the chances of getting a pressure sore. Look for any reddened areas, rashes, cuts, bruises, scrapes, or indentations from seams or elastic binding. Check also for blisters, bumps, insect bites, dry flaky skin or pimples. Check toenails for any redness or pus formation around the end of the nail. Whenever you notice a problem, try to figure out its cause and make any changes necessary to prevent further problems.

Pressure Relief: Are you changing your position often enough to relieve pressure over bony prominences? ➤

In both bed and wheelchair, change your position according to your skin tolerance. Pressure releases in a wheelchair can be done by pushing straight up, leaning side to side, bending forward over your knees, reclining the seat of your electric wheelchair or having someone tilt you back in your manual chair. Always use your wheelchair cushion. In bed, body parts can be padded with pillows to keep bony prominences free of pressure. Get into the habit of checking your body position for correct alignment and pressure-free positioning of bony prominences.

Equipment: Are you using the best equipment? Does it fit you properly? Here are some concerns:

- Does your wheelchair support your back? Are your footrests the right height? Are you using the best wheelchair cushion?
- Are you using a good mattress?
- Is the correct size catheter being used? Is it being changed frequently enough?
- Are leg bag straps too tight?
- Do braces fit properly? Do you do skin checks after wearing them?

Temperature: Extremes of temperature call for extra caution in protecting your skin:

- **Heat** - Avoid sunburn by covering up or using sun block. Don't put plates of hot food on your lap without protecting your skin. Any exposed pipes in your kitchen or bathroom sink should be wrapped to protect your legs from burns. When you go camping, protect your feet by sitting a safe distance from the campfire.
- **Cold** - Be sure to dress warmly to prevent frostbite if you are out in cold weather for long periods of time.
- **Fever** - Your skin tolerances can change due to the increased body temperature that occurs with a fever. You may find that you cannot lie in one position as long.

Body Weight: A correct or average body weight for your height is desirable. Being overweight can cause increased pressure on bony prominences, while excess pressure over bony prominences may occur because there is less padding (muscle and fat) over these surfaces.

Clothing / Shoes: Proper fit is important. Avoid sitting on seams and back pockets, and always check your skin carefully after wearing new shoes or clothing. Loose clothing can form wrinkles that put pressure on your skin, while overly tight clothing can hinder circulation.

Treatment

1. Keep pressure off the sore!
2. Maintain good hygiene. Wash with mild soap and water, rinse well, pat dry carefully (but gently). Do not rub vigorously directly over the wound.
3. Evaluate your diet -- are you getting enough protein, calories, vitamins A and C, zinc and iron? All of these are necessary for healthy skin.
4. Review your mattress, wheelchair cushion, transfers, pressure releases, and turning techniques for possible cause of the problem.
5. If the sore seems to be caused by friction, sometimes a protective transparent dressing such as Op-Site or Tegaderm may help protect the area by



allowing the skin to slide easily.
6. If the sore does not heal in a few days or recurs, consult your health care provider.