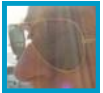


# WCAPD NEWS

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Affiliated to



The National Council for Persons  
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## Gerald takes the plunge



While able-bodied people find every reason why they cannot make their dreams come true, quadriplegic and double leg amputee Gerald Meyer did none of that when he took to the skies to fulfill his dream of doing tandem parachute jump.

Gerald jumped from an aeroplane at height of 11 000 feet in Robertson to celebrate his birthday last month. But then again, Gerald is a no - non-sense kind of guy. Life has been tough enough and where life can be lived; he is sure to live it.

Gerald, 53, is a resident at Robertson House for the disabled in Sanddrift and a member of the Blaauwberg Cuca Moth Shellhole. The jump was a surprise birthday gift to him from an anonymous sponsor at the Shellhole. He also works fulltime at the Western Cape Association for Persons with Disabilities in Milnerton. Gerald was a member of the 6th Infantry Battalion with the South African Defence Force based in Grahamstown. They were sent to the then Rhodesia during the 1980 elections. Their unit was moving out of Rhodesia following the elections when their troop carrier hit a landmine. The vehicle landed on him and he broke his neck. He was paralysed from his neck down. Bad blood circulation led to a leg being amputated 15 years ago. The other leg was amputated in November last year.

Gerald found it difficult to find words to describe the tandem jump he did with parachutist Eric Vliegenthart, other than to say it was "incredible". "It was always a dream. I had always spoken about it. I didn't want to bungee jump, I wanted to jump from an aeroplane. To free-fall for 35 seconds before the parachute opened was unbelievable. My friends were there and it was wonderful."

And no, he was not afraid. "Worse things have happened to me. I can't be paralysed, that's already happened. It was unreal. I have no words to describe it. The most that could happen is I die, but we are all going to die."

And he would do it again. "Tomorrow, even now if they fetched me."

But more than it being a personal dream come true it was also a "bit of a protest". "The government says we're not recognised as war veterans, but of course we are. And thousands of us came back maimed. We fought and we didn't even have a choice".

To the Cuca Moths, he had one thing to say, "A big thank you for true camaraderie".



# BUY WINE FOR CHARITY



Kobus Marais (Member of Parliament), Boetie Rietoff of Somerset Beverages, Erica du Toit (APD Marketing Manager) and Kobus Rossouw (Wine Maker)

Somerset Beverages have launched a new wine range which is not only aimed at serving the wine lover's industry but also the broader community.

Boetie Rietoff of Somerset Beverages came up with the initiative to create a new range of wines and then have a certain amount of the profits donated to a charity organisation.

Member of Parliament Kobus Marais, a good friend of Rietoff, suggested that the first donation be made to a physically disabled association in the Helderberg.

Marais described himself as a servant of the community with a passion for people with disabilities as he himself has a daughter who is physically disabled. Rietoff and wine maker Kobus Rossouw immediately got to work and started brainstorming the production process. After a year of hard work and commitment the new Lord Somerset wine range was born.

Rietoff explained that for each case sold, R3 of the profits would be donated to charity organisation. "We have developed a vehicle to make money for all local charities", he said.

Somerset Beverages launched their Lord Somerset wine range a month ago and have sold more than 1 000 cases.

They were able to give away their first cheque last week of R 5000 to an organisation of their choice, the Association of Persons with Disabilities (APD).

Erica du Toit, Marketing Manager for WCAPD said that the relationship they build with the sponsor is far more important than the money, but that they are very grateful for the donation. "We add value to people's lives and I appeal to the public to give of their time and skills and come and assist us," said Du Toit.

According to Rietoff the support they received has been unbelievable. "We have had no negative response so far."

He said they will be donating a cheque to a different charity organisation each month. "We need to play a part in the uplifting and helping in order to put something back in the community," said Rietoff. "We went out of our way to make this a quality wine and have chosen the best wine for the Lord Somerset range," said Rossouw.

The range consists of six different wines, namely 2008 Shiraz, 2010 Cabernet Sauvignon, 2010 Soft smooth red, 2011 Sauvignon Blanc and 2011 Chenin Blanc.



Caring Women began its activities through the involvement of the National Institute for the Deaf (NID) within the community. It 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 disabilities in her community who can benefit from the services provided by the NID and Western Cape Association for Persons with Disabilities (WCAPD)

#### Objectives

The chief objectives of Caring Women is for members to –

- (a) be vigilant in their communities and refer anyone requiring services re deafness (profound loss: pre- and post lingual) & hearing impaired or physical disability to NID and WCAPD respectively; and
- (b) raise awareness in their communities on general aspects of disability.

#### Membership

Participating Branches of WCAPD will invite women from their community to a tea party where they will be informed of the purpose and function of the Association, as well as the aims and objectives of the Caring Women / Omgee Vroue project. They will be invited to become a Caring Woman / Omgee Vroue and will receive a membership certificate and a lapel brooch. Once a core group of women has joined, they will be trained on all aspects of disability (sensitisation). These women are then encouraged to invite their own family, friends, colleagues and contacts to a tea party where the process begins again.

Caring Women are encouraged to spread the positive word about disability as well as identify persons in their community who require the services of either APD or NID, and link them the local branch of these organisations.

#### The benefits are far-reaching and include

- A greater understanding of persons with disabilities and related issues;
- Making a valuable contribution to the community; and
- Participation in a support structure of like-minded women.

Interested women are welcome to enquire at WCAPD on  
**(021) 555-2881** or [marketing@apd-wc.org.za](mailto:marketing@apd-wc.org.za)  
 for the closest group of Caring Women to you.

## WOMEN WITH DISABILITIES

This statement was issued on behalf of the International Disability Alliance and the International Network of Women with Disabilities.

We thank the Special Rapporteur on violence against women for increasing her attention to the rights of persons with disabilities in her report. Women with disabilities face multiple and specific forms of violence and abuse, in particular women with sensory, intellectual and psychosocial disabilities, as well as, girls, indigenous and older women with disabilities.

Violence against women with disabilities includes, among other things, forced isolation and confinement in institutions, involuntary treatment, verbal and physical abuse, violations of privacy, forced sterilization and abortion, and rape. Many factors affect the risk of violence against women with disabilities such lack of education, lack of enjoyment of equal socio-economic status, lack of job opportunities, communication barriers, the exclusion from society, lack of access to information, services and programs of protection, lack of protection of the right to physical mobility, and inaccessible transportation and buildings. Some forms of violence and abuse against women and girls with disabilities remain invisible. Some of them are permitted by law. In many countries legislation authorizing institutionalization and adult guardianship increase the vulnerability of women with disabilities to violence as well as impunity.

Deaf girls in developing countries rarely have access to education in their first language sign language as often only boys are admitted to deaf schools. In addition, in those rare occasions when girls have the possibility to attend school, the education is hardly ever in sign language. As a result of having no education, deaf girls have no language for communication and interaction or to receive information on human rights or what is happening in the society around them. Having no language or education, they cannot protest or complain if they are ill-treated or if their rights are violated.

Taking into account an October 2010 document of the International Network of Women with Disabilities on violence against women, IDA recommends to States, UN agencies, in particular UN WOMEN and UNFPA, and all relevant stakeholders to provide information

in accessible formats and ensure the adequacy and accessibility of protection programs and shelters, to collect information on all forms of violence experienced by women with disabilities and data on the number of women with disabilities who access these kind of services, to develop more inclusive initiatives, provide women with disabilities with education and information on their rights, train communities to eliminate discriminatory attitudes towards persons with disabilities to avoid isolation of women and girls with disabilities, take the necessary legislative and other measures to protect women with disabilities from violence and abuse and ensure that all forms of violence against women with disabilities are identified and adequately investigated and where appropriate prosecuted.

Finally, to consult women with disabilities and their representative organizations from different disability constituencies in national efforts to address violence against women.

We also thank the Special Rapporteur on freedom of expression for including some important references to persons with disabilities in his report. One of the most relevant phenomena related to internet in recent years has been the emergence of social networking. These networks are used in very diverse areas such as work activities, communications, friendships.

The reality is that today, many of these social networks show low levels of accessibility for persons with disabilities, with respect to both the services themselves as well as the information they generate. Efforts are lacking to improve the accessibility of social networks, which could be ensured if the managers of these services would take into account the Website Accessibility Initiative (WAI) standards.

Equal access to the internet and social networks should be ensured so that persons with disabilities can enjoy their right to freedom of expression and opinion and access to information in the same way as others, as stated in article 21 of the CRPD.

## US report finds mammography inequities threaten health and lives of women with disabilities



Women with physical disabilities have fewer clinical breast exams and mammograms than non-disabled women, with all the attendant risks, from later diagnosis to more serious illness to a greater risk of death. The reasons are multiple, according to a recently released report from US disability organisation, Independence Care System (ICS).

They include inadequate equipment, inaccessible waiting, dressing and examination rooms, inability to position wheelchair users, inexperience handling patients with paralysis, tremors and spasms, discomfort around people with physical disabilities, impatience, insensitivity and an unwelcoming environment.

“No one knows how many women with disabilities could have been saved if more mammography facilities were accessible to them.” Said Marilyn Saviola, long-time leader of the disability rights movement and director of CIS’s Breast Cancer Screening Project for Women with Physical Disabilities. “Early detection is key to survival with this disease.”

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## HRC – Accelerating efforts to protect women with disabilities

The Human Rights Council (HRC) recently adopted a resolution on “Accelerating efforts to eliminate all forms of violence against women: Ensuring due diligence in protection”. The resolution focuses on a range of issues, particularly relevant to the rights of persons with disabilities. The resolution calls on States to encourage greater international cooperation in research, data collection and analysis including data disaggregated by disability. The Council also requested OHCHR to prepare a thematic study on the issue of violence against women and girls with disabilities. The study will be prepared through a consultative process, including consultation with the Special Rapporteurs on Violence against Women and on Disability, and will be published in May 2012. More information: <http://www.ohchr.org/EN/Issues/Disability/Pages/DisabilityIndex.aspx>



**Awesome mobility device!**

### [FIA parking permit website](#)

An FIA Foundation funded project on disability parking permits around the world has recently been completed. The output is the FIA Guide for the disabled traveler. The Guide explains the parking rules for disability parking permit holders in about 130 countries and federal states, and highlights whether or not the parking permit of a disabled visitor can be used in another country. The FIA Guide is a new resource and is freely available on-line at: [www.fiadisabledtravellers.com](http://www.fiadisabledtravellers.com)

**NB: South Africa is not on the list.**

## Staff News

**Miné Norval** has resigned as occupational therapist at Cape Town APD.

**Marilyn September** has resigned as social worker from Oudtshoorn APD.

**Phumza Kondile** has resigned from Paarl Stimulation Centre.

**Santie Pienaar** has resigned from Beaufort West APD.

## DATES TO DIARISE

**27 August 2011**  
WCAPD Race Day

**2 September 2011**  
Submission TPA quarterly report

**13 September 2011**  
WCAPD Branches Workshop

**14 September 2011**  
AGM & Car Competition Draw

**19 November 2011**  
Wheels 4 Wheels delivery rally

### UPDATE: NATIONAL RIGHT TO EDUCATION CAMPAIGN

In December 2010 a number of NGOs (including WCAPD) together with the UWC Community Law Centre launched the national "Right to Education of Children with Disabilities" campaign. On 9th June 2011 we got together again for a campaign strategy development workshop. This workshop was aimed at building shared ownership of the campaign through a shared understanding of the purpose, approach and values. Objectives for the short / medium term were identified and task teams were organised to draw up action plans for each objectives.

The following broad areas have been prioritised: teacher training and capacity-building, transport, public awareness, early identification and intervention, and a number of issues around Education White Paper 6 and policy (e.g. policy review, oversight/monitoring structures, budget and resource allocation). A campaign steering committee was elected. Watch this space for updates on the activities of this critically important campaign - our hope is that it will be a catalyst for the transformation needed in order for every child with a disability to fully realise their right to education!



## DIS DIE EEN

Leefwêreld van die Gestremde  
Sundays 14H15

Datum	Onderwerp	Gas
<b>31 Jul</b>	VN Konvesie	Helen Zille
<b>7 Aug</b>	Vaardigheids opleiding van persone met gestremdhede	Masonette Du Toit
<b>14 Aug</b>	Makulere degenerasie AGV ouderdom- Rol van Retina SA	Annemarie Hicks
<b>21 Aug</b>	Voordele van terapeutiese perdry vir mense met gestremdhede	Dr Engela Young
<b>28 Aug</b>	Gee onderwys vir kinders met spesiale behoeftes	Dr Rose Botha
<b>4 Sep</b>	Ondersteunende hulpmiddels	Hanlie Visser
<b>11 Sep</b>	Aanvullende en alternatiewe kommunikasie, spesifiek tegnologiese hulpmiddels	Kerstin Tonsing
<b>18 Sep</b>	Bewusmaking- Epilepsie	Karen Robinson
<b>25 Sep</b>	Maatskaplike terapeut as ge-hoorgestremde	Laani Malan

Sound clips of programmes from **TransWorld Radio** are available from this office. Please advise Asanda at [asanda@apd-wc.org.za](mailto:asanda@apd-wc.org.za) whether you would like a list of the topics for these clips as soon as they become available.



## Vodacom Blue Bulls pave the way for supporters with disabilities

With the loyalty and support of their fans always at the forefront of new endeavours, the Blue Bulls Company (Pty) Ltd, together with partners Vodacom, the Chris Burger and Petro Jackson players' fund and The Blue Bulls Wheelchair Association, have launched facilities for people with disabilities at Loftus Versfeld.

Rugby is a sport that unites a nation. No matter your nationality, race, gender or age, it is a game that is loved by millions in South Africa. The thrill of live rugby is something that everyone should experience. Few such experiences can match that of Loftus Versfeld which is why the Blue Bulls Company have launched a host of facilities for persons with disabilities, opening the gates for those fans that have previously not been able to attend matches.

CEO, Barend Van Graan comments, "Playing rugby wouldn't be much fun if it weren't for the passion and cheer of each and every supporter which is why appreciating our fans tops our priority list. With this in mind, we are proud to launch our new prime parking spaces for people with disabilities and reserve prime position and easy to access seating for each game. This is one of the many steps in ensuring that the thrill of a live match is not limited to a special few."

Included in the new facilities are twenty wheelchair designated parking bays in the North East corner of the Northern parking area, which provide easy access to the stadium via Gate 2 and the North Pavilion via the lift. In addition there are twenty three tickets in Blocks T and U in the lower lever of the North Stand. The tickets for the above seats range between R50 and R80 per seat with one complimentary companion ticket per purchase.

Should you be looking for a superior experience, suite N219 is now available for utilisation by supporters with disabilities for R150 which once again includes complimentary access for a companion of the persons with a disability. Speaking on behalf of the QuadPara Association of South Africa (QASA), National Director Ari

Seirlis confirms his delight at the Union's forward thinking; "We are very proud to be associated with THE BLUE BULLS and LOFTUS, in the provision of this suite facility, for people with mobility impairments. This will give opportunities to people who would not normally venture into an unknown environment to participate in spectating sport, attending conferences, concerts and activities at Loftus. This facility will provide an affordable, safe and comfortable environment for people to enjoy the activities at Loftus.

The forward thinking and commitment of the Blue Bulls Company (Pty) Ltd, the Chris Burger Petro Jackson Player's Fund and QASA, is going to benefit many people with mobility impairments, who will enjoy a day or an afternoon at Loftus".

This great initiative was formed in conjunction with the Chris Burger and Petro Jackson players' fund, The Blue Bulls Wheelchair Association, Vodacom and a host of other sponsors. Morne Du Plessis, Chairman of the Players Fund, explains his delight at The Chris Burger Petro Jackson Players' Fund being part of this joint venture with the Blue Bulls Company, QASA and Vodacom;"By providing people with disabilities who are also rugby enthusiasts, the opportunity to support their local and national teams on match day at Loftus Versfeld, in the comfort of a wheelchair friendly and accessible rugby suite is a small contribution that the Fund is pleased to make toward the integration of disabled South African's into society."

Vodacom spokesperson concludes; "For most of us watching a rugby match is as easy as walking to our seats, but for people with disabilities contending with the crowds can be a harrowing experience.

The new disability suite will not only give rugby fans with disabilities easy access to all necessary amenities but also ensure that they can watch the game in comfort. Together with the Blue Bulls we are proud to have helped connect more people through the power of sport," said Portia Maurice, Vodacom's Chief Officer: Corporate Affairs.

## Landmark UN report finds more than one billion people face some sort of disability

The landmark World Report on Disability produced jointly by the World Health Organization and the World Bank was launched at UN Headquarters on 9 June. The launch event included the Director-General of the WHO, Dr. Margaret Chan and other high-level dignitaries and officials, as well as Stephen Hawking, the famed British theoretical physicist, who addressed the event via video. The report stated that over 1 billion people or 15 per cent of the global population experience some form of disability. The report reviews evidence about the global situation of persons with disabilities and offers directions for policy and practice to address exclusion.

".....More than one billion people in the world live with some form of disability, of whom nearly 200 million experience considerable difficulties in functioning. In the years ahead, disability will be an even greater concern because its prevalence is on the rise. This is due to ageing populations and the higher risk of disability in older people as well as the global increase in chronic health conditions such as diabetes, cardiovascular disease, cancer and mental health disorders.

Across the world, people with disabilities have poorer health outcomes, lower education achievements, less economic participation and higher rates of poverty than people without disabilities. This is partly because people with disabilities experience barriers in accessing services that many of us have long taken for granted, including health, education, employment, and transport as well as information. These difficulties are exacerbated in less advantaged communities.

To achieve the long-lasting, vastly better development prospects that lie at the heart of the 2015 Millennium Development Goals and be-

yond, we must empower people living with disabilities and remove the barriers which prevent them participating in their communities; getting a quality education, finding decent work, and having their voices heard.

To achieve the long-lasting, vastly better development prospects that lie at the heart of the 2015 Millennium Development Goals and beyond, we must empower people living with disabilities and remove the barriers which prevent them participating in their communities; getting a quality education, finding decent work, and having their voices heard.

The World Report on Disability suggests steps for all stakeholders – including governments, civil society organizations and disabled people's organizations – to create enabling environments, develop rehabilitation and support services, ensure adequate social protection, create inclusive policies and programmes, and enforce new and existing standards and legislation, to the benefit of people with disabilities and the wider community. People with disabilities should be central to these endeavours.

Our driving vision is of an inclusive world in which we are all able to live a life of health, comfort, and dignity. We invite you to use the evidence in this report to help this vision become a reality....." Dr Margaret Chan, Director-General, World Health Organization - Mr Robert B Zoellick, President, World Bank Group.

This pioneering *World report on disability* will make a significant contribution to implementation of the Convention on the Rights of Persons with Disabilities. At the intersection of public health, human rights and development, the report is set to become a "must have" resource for policy-makers, service providers, professionals, and advocates for people with disabilities and their families.

## Gestremde tafeltennis speler

**O**udtshoorn Serebraal gestremde tafeltennis speler bring twee goue medaljes vanaf Spesiale Spele in Griekeland.

Die 28 jarige, Denver John, serebraal gestremde tafeltennis speler, bring twee goue medaljes vanaf die Spesiale Spele wat plaasgevind het in Athene, Griekeland, vanaf 25 Junie tot 4 Julie 2011. 'n Trotse Denver John het in Suid-Afrika geland op 11 Julie 2011. Die Vereniging vir Persone met Gestremdhede wens Denver John baie geluk met hierdie prestasie. Indien daar gestremde per-

sone is wat graag betrokke wil word by sport, kontak ons gerus kantoor by Oudtshoorn APD (044) 2720683.



*Denver John : Gestremde tafeltennis speler*

## Knysna Oesterfees reuse sukses



Dertig persone vanuit Oudtshoorn en Dysselsdorp kon deel wees van die Knysna Oesterfees wat plaasgevind het op 4 Julie 2011. Boccia Games is aangebied. Een van die hoogte punte was toe die Bokke, die persone en kinders vermaak het. Die dag was 'n reuse sukses en 'n heerlike ete was geniet, geborg deur Pick-A-Pay Knysna.

## Phelophepa trein besoek Oudtshoorn Vereniging vir Persone met Gestremdes

Die Phelophepa Gesondheidstrein het besoek afgelê by die Vereniging vir Persone met Gestremdhede. Die Sielkundige en studente van die trein het sessies aangebied aan persone met gestremdhede, ouers van kinders met spesiale behoeftes, pleegouers asook vrouens van die landelike gebied, nl: De Hoop. Die sessie nl: Stress, Geweld, Ouerleiding en Mis-handeling is deur bogenoemde persone aangebied. Graag wil die Vereniging vir Persone met Gestremdhede die Phelophepa Gesondheidstrein bedank vir die sessies wat deur hulle aangebied is.



# Breede Valley APD turns 60

Drs. Dommissie en Wilson realized the need of after-care for persons with disabilities in our area. Both of them being Rotarians, they encouraged and guided the Rotary Annes to establish a **Social Relief Committee on 10 April 1951**. Because of the expansion of their work the name changed to **Worcester Cripple Care Committee in 1953**.

Monthly clinics were held at the Municipal clinic, Municipal Health Department's building, Waterloo Street. The first visiting orthopaedic surgeon, Dr. Comferal, was paid by the Association. Funds were a constant problem, and fundraising always on the agenda. Aftercare work in connection with the clinic was being done by the Orthopaedic Sister and she went out as far as Touws River, Ceres and

Tulbagh to visit clients in their homes. She put on plasters, did manipulations, adjusted callipers, gave exercises and injections where necessary and did dressings. Since April – December 1951 she had done about 50 visits per month.

The Orthopaedic sister working in Worcester also worked at **George Cripple Care clinic which was established 28 July 1949**

The first fulltime social worker, miss A. Möller, started in January 1975 at Worcester Cripple Care. The appointment of a social worker demanded an office, which the municipality provided at the old municipal office for R10 per month.

Breede Valley APD turned 60 on 10 April, and celebrations will be held at their AGM on 13 September.

## "Wees 'n Vriend" in die Suid-Kaap



LnR : Michelle Le Roux, Eshida May en Jan Greyling

Dinsdagaande is dit radio-aand vir persone met gestremdhede in die Suid-Kaap. Net na die 8 uur nuus word die ateljee van Suid-Kaap Stereo in Oudtshoorn of Mosselbaai die tuiste en die wêreld van persone met gestremdhede. Tot 9 uur kry die verskillende APD-takke in die Suid-Kaap die geleentheid om deel te wees van hulle program, "Wees 'n Vriend", op Suid-Kaap Stereo. Hierdie program, spesiaal vir persone met gestremdhede, versorgers, APD-takke en ander toepaslike instansies stel

graag persone met gestremdhede en hul versorgers aan luisteraars regoor die Tuinroete en die Klein-Karoo bekend. Daar is ook weekliks inligting aan die gemeenskap oor verskillende gestremdhede, werkseleentheid, sportprestasies, fondsinsamelingsprojekte en werkloosheid onder gestremde persone.

Van ons persone met gestremdhede kom vertel, dikwels met hul hulpmiddel, meer omtrent hul gestremdheid, hul drome, hul wedervaring in die wêreld van gestremdes, hulpmiddele en struikelblokke wat hulle nog in gemeenskappe ervaar. Die gemeenskap word ingelig en opgevoed ten opsigte van gestremdhede en word bewus gemaak van alles wat in die land gebeur deur middel van nuus artikels voorsien deur WCAPD. Hierdie 'n lekker leersame gesels en kuierprogram met heerlike musiek en geestelike pitkos vir persone met gestremdhede. Dit word in die Tuinroete op 90.1 FM uitgesaai en kan op die 104.1 FM in die Klein Karoo gehoor word. Die aanbieder is Jan Greyling.

Onlangs was Michelle Le Roux, wat reeds van 4 maande af vir die afgelope 24 jaar aan kroniese longinfeksie ly en elke oomblik van haar suurstofoestel afhanklik is, Jan se gas in "Wees 'n Vriend" wat elke Dinsdagaand van 20h10-21h00 op Suid-Kaap Stereo uitgesaai word. Sy is vergesel van die gemeenskapswerker en bemarker van Oudtshoorn APD, Eshida May.



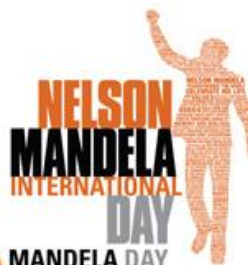
George APD was **MAKE EVERY DAY A MANDELA DAY**

invited by ACSA (Airport's Company South Africa) and the George Airport to identify 15 persons with disabilities to volunteer as workers on 18 July 2011 on the George Airport. This day gave them the opportunity to experience what it is like to work on the airport, but was also used as an awareness-raising campaign for the general public.

Four persons with disabilities already received training on the previous Friday to work as marshals on the airfield, where they had to navigate aircrafts!

Other areas where persons with disabilities were placed, were the departure terminal, security, information

station and arrival hall. Mr Stenton Meiring who is completely blind, entertained the public in the arrival hall with music on his keyboard. The 15 persons were also introduced to the George Mayor and entertained with a lovely meal afterwards.



From August this year, George Airport will also be participating in George APD's Job Shadowing Programme. Every

second month they will give 2 persons with disabilities the opportunity to job shadow at the airport and by the end of the year they are planning to employ the most suitable candidates.

Another highlight that came from this event, was the George Mayor, asking for a database to be drawn up on all the persons with disabilities in George who experience issues with accessibility at their houses.

He will personally do some home-visits at these houses and will look into the issue.

### OLIFANTSRIVIER APD



*Olifantsrivier VLG het Madiba Dag gevier deur bome te plant en die dagsorgsentrum te verfraai*



**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

Motivation UK

Seating Clinic  
at  
Western Cape  
Rehabilitation Centre  
(WCRC),  
Mitchell's Plain  
Mrs M. Cloete  
(021) 370-2433

**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... Correct seating

### What is correct wheelchair seating?

When an individual is unable to walk as a result of an illness, an injury or a congenital condition, a wheelchair may be the means to a productive and meaningful life.

A chair that allows the best seating and positioning gives the client a base of support and a sense of stability. It frees up the arms and/or hands and permits the person to perform daily tasks independently.

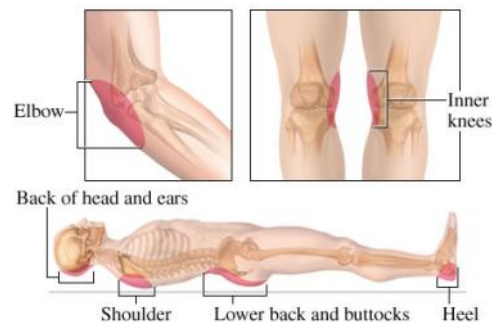
### Why is correct wheelchair seating important?

When a wheelchair is provided without measurement and fitting by a trained professional, the person may lean or slide, may end up having to use hands or arms to keep upright, and may have difficulty with breathing or with digesting food. They may also develop very serious secondary injuries. Most of these injuries can be easily prevented but are very difficult to treat and in many cases can threaten the life of a wheelchair user. Therefore it is crucial that wheelchair providers are aware of these injuries and take measures to ensure that the wheelchair provided to each user is appropriate and safe.



### What are these secondary complications?

**Pressure sores**— A pressure sore is a very serious deep wound that usually occurs in bony areas such as the hips, seat bones and ankles. It is one of the leading causes of death of people with spinal injuries in low income countries. It occurs when an area of skin does not receive any pressure relief, causing the tissue to die because of lack of blood flow to that area. They can take



up to a year to heal, and if left untreated the sore will become infected and cause death. A simple pressure relief cushion can save a wheelchair user's life.

**Contractures**— Contractures occur when a joint is kept in a bad position for a long period of time. The joint gets stiff and then the soft tissues tighten, making it impossible to straighten or bend the limb. Contractures usually occur at hips, knees and ankles and can be caused by a wheelchair which fits poorly or does not provide the user with adequate support of the trunk, legs and feet.

**Scoliosis**—Spinal curvature (or scoliosis) is very common in people with spinal cord injuries and post-polio. A lack of trunk and back muscles can gradually cause the spine to curve, leading to a permanent deformity and often chronic back pain. A wheelchair which lacks appropriate postural support or fits poorly (i.e. children being given a d u l t - s i z e d wheelchairs) can contribute to spinal curvature. A well fitting, appropriate wheelchair can help to prevent it.



### Where can I contact a seating clinic?

The Seating Clinic at WCRC is held twice per month at the Centre, with off-site clinics held several times per month at schools, care centres, NGOs and rural hospitals and clinics. Services are provided by physio- and occupational therapists, with a doctor in attendance on an ad hoc basis.