

ROLLING INSPIRATION

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The thought leadership publication for people with mobility impairments

SA PARA ATHLETES
on the podium

RUNNING FOR SCI
Wings for Life World
Run highlights

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A THOUGHT FOR THE EMPLOYED SOUTH AFRICANS WITH DISABILITIES

EMPLOYMENT IS ONE WAY OF ENSURING ECONOMIC STABILITY FOR MOST PEOPLE AROUND THE WORLD. HOWEVER, IT IS NOT EASY TO FIND OR MAINTAIN MEANINGFUL EMPLOYMENT WHEN FACED WITH DIFFICULT CONDITIONS



T

he employment of persons with disabilities is usually characterised by untested expectations and perceptions, many of which are not true. People with disabilities across the world largely remain marginalised due to stereotypes, traditional beliefs and ignorance.

The World Health Organization (WHO) estimates that ten percent of the world's population consists of people with disabilities, most of whom live in developing countries, where a lack of proper health facilities, inadequate treatment and ignorance exacerbate the situation. According to Statistics South Africa (Stats SA), 7,5 percent of South Africans have a disability.

With a 26,7 percent unemployment rate, according to the Stats SA fourth-quarter Quarterly Employment Survey for 2017, people with a disability find it more difficult to secure employment or be accepted within society as work-capable.

Clearly a change in perspective is needed, as people with disabilities should be granted equal opportunities to access jobs and to be treated fairly. Yet, when fairness and equal opportunities are compounded by other factors over and above stereotypes and ignorance, things become even bleaker.

Additional influences that impact negatively include access to public transport – for example, the difficulties caused by the recent country-wide bus strike.

Not only was the safety of all passengers threatened, but the only available accessible public transport for people with disabilities, like Dial-a-ride in Cape Town, was affected by the strike. This made it impossible for a large portion of the employed population of persons with disabilities to get to their places of work.

This type of situation places a shadow over their capabilities and influences the chances of retention and promotion in the workplace. Factors such as the ever-increasing fuel price,

congested roads and road closures due to protest action make it very difficult for drivers with disabilities to travel to and from their workplace with private vehicles.

Drivers are also exposed to some of the everyday dangers on our roads, such as accidents, hijackings, poor road conditions, unlicensed drivers and non-roadworthy vehicles. These hazards can be more difficult to face when one is mobility or sensory impaired. Even other forms of public transport, like trains, are out of the question for most people with disabilities.

However, it should not be this way! There must be better prospects for employed persons with disabilities to continue improving their lives and contributing to the economy of the country. We have sufficient legislation in place to protect workers' rights and create ideal working conditions, yet we still experience challenges.

The 2016 Commission for Employment Equity report indicates that little progress in the employment of persons with disabilities has been made since the inception of the Employment Equity legislation in 1998 and the promulgation of chapter three of this Act in 1999.

In addition, many people with disabilities are mainly hired to do menial tasks at the lowest entry levels of the organisation. The recently announced proposed national minimum wage (NMW) of R20 per hour or R3 500 per month stirred many emotions and created arguments. Some believe that impoverished people will be uplifted, while others feel that it will lead to job losses as employers cut staff in order to afford the NMW. While politicians, unions and other labour experts fight it out, it's clear that it's only a matter of time before the NMW is passed into law. It will certainly affect everyone who is employed.

So, whether it is getting to and from work or how much they are paid, please spare a thought for employed people with disabilities. Employment is an essential part of everyone's economic wellbeing. ^R



Raven Benny is a member of QASA. He has been a C5, 6 and 7 quadriplegic since 2000. He is married with five children, is mad about wheelchair rugby and represented South Africa in 2003 and 2005. He also plays for Maties. email: rbenny@pgwc.gov.za

A PROMISING FUTURE FOR QASA INTERNS

The one-year QASA Work Experience Internship, funded by HWSETA, came to an end on April 30, 2018, for seven of the ten learners involved. Another two learners, who entered the internship at a later stage, will complete their internship on June 11, 2018. One of these learners has already started another learnership to gain further knowledge and experience.

The aim of the Work Experience Internship is to expose learners to the working environment and prepare them for permanent employment. The learners worked hard during their internship, and their commitment and dedication were outstanding – especially two learners who have obtained full-time employment at their existing host organisations.

Degratia Moraila is currently placed at Pick n Pay in Protea Glen, Soweto. She initially worked as a cashier and subsequently rotated to perform administrative duties in the office. She will be appointed in an administrative role once her internship ends.

Sifiso Dladla is presently working at Shave Paint & Décor in Pinetown, Durban, as a warehouse assistant and general worker. He is extremely diligent and works two Saturdays a month. Sifiso successfully completed a one-day basic computer training course in November 2017 and he was the proud recipient of a certificate for Outstanding Achievement.

Well done to all of you. May your future shine brighter than your past!

Should any organisations be interested in becoming involved by hosting learners with disabilities, please contact QASA on 031 767 0352 or at info@qasa.co.za.



ABOVE LEFT: Degratia Moraila will receive a full-time employment position with Pick n Pay following her internship.



ABOVE RIGHT: Sifiso Dladla will be employed full time by Shave Paint & Décor in Pinetown.

DRIVING AMBITIONS SHINES AT DISABILITY SUMMIT

Driving Ambitions driver trainer Des Harmse represented QASA at the 2018 SABC Disability Summit in April, and explained the programme to attendees. He reports that the Driving Ambitions vehicle was viewed by students, exhibitors and passers-by, who enquired about the programme on behalf of friends with mobility impairments. The event was a huge success and QASA looks forward to making an even bigger impact next year.

QASA AIMS FOR TOP THREE AT CASUAL DAY 2018

Every year QASA and its Regional Associations band together to sell Casual Day stickers. QASA won Best Performing NGO in KwaZulu-Natal and fifth Best Performing NGO nationally for 2017.

What an achievement! QASA would like to thank everyone who supported this campaign. For 2018, the organisation aims to sell even more Casual Day stickers.



PRIMARY SCHOOL LEARNS MORE ABOUT BREADTAGS



Sue Martin, representative for the QASA Bread Tags for Wheelchairs project, was invited to give a talk on the project at the Kamalinee Primary School in Isipingo, KwaZulu-Natal. The reception she received from teachers and learners alike was incredible.

The project requires 200 kg of bread tags and 450 kg of beverage tops to buy a much-needed wheelchair for a QASA member.

If you would like to hear more, or invite Sue Martin to talk to your organisation, contact Ronelle Lyson at QASA via email at projectcoordinator@qasa.co.za or telephone her at 031 767 0348 or contact Sue Martin directly at suemartin@gmail.com or 083 261 2744.



Disability & Safe Aging Solutions For Independent Living

There are many simple Accessible Home Modifications and Independent Living Solutions that can increase the safety and convenience of any home. Those with disabilities are constantly challenged to function more independently in their homes. By implementing some of these creative Home & Business disability solutions, you or your loved ones can maintain independence with safety and confidence.

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READERS SAY

WHERE DO I FIND QUALITY GRAB RAILS?

I want to install good-quality grab rails into the showers of the apartments that I manage. Who in Cape Town supplies them, and where can I find out exactly how these rails should be placed? The showers are for elderly people with limited mobility. There would also be a stool in the shower.

Elizabeth Cook

As a Universal Access (UA) Specialist, we plan layouts to assist the entire spectrum of the population, from children and people of short stature to individuals with mobility, sensory and hearing impairments, pregnant mothers and able adults, as well as the elderly.

By implementing this measure, you'll be opening your facility to 30 percent more travellers. I've personally experienced how accessible the suite is at the B&B that you run, so I know that you understand the UA requirements.

Chairman Industries has a subsidiary company called Railman, which has branches in Cape Town. Chairman Industries will be able to give you the correct dimensions for placement of the grab rails, and Gertrude Sierra, one of the owners, will gladly advise you on what will be the best "fit" for your properties.

If they are wheelchair accessible, I'll check them out the next time I'm in Cape Town and feature them in a future issue.
- Mandy Latimore

For more tips on universal access, contact Mandy Latimore at mandy@universalsolutions.co.za.

HOW CAN I ADAPT MY MANUAL VEHICLE?

Can you please give me the names of businesses or persons who can convert a manual vehicle into an adapted vehicle for people with disabilities?

Adri Vorster

Adri, this depends on what your needs are. Are you just looking for hand controls, and do you want them on the left or the right?

In Johannesburg, Chairman Industries (011 624 1222) does right-hand radial control. VS Hydraulics (082 411 0889) sets up a right-hand push-pull. Easy Rider (082 788 0735) does portable hand controls.

If you want other conversions to help with transfers or to load the wheelchair, contact Shoprider at 012 653 1817 or EZ Drive at 071 362 9350. They also do hand controls. Shoprider fits left-hand controls, while EZ Drive does both! They can also help with driving from the wheelchair.

- Charleen Clarke, Editor

PARA ATHLETES SHOW THEIR PROWESS

SOUTH AFRICAN PARA ATHLETES FROM ACROSS THE COUNTRY GATHERED IN BLOEMFONTEIN IN MARCH TO SHOWCASE THEIR TALENT AT THE 2018 SASAPD NATIONAL CHAMPIONSHIPS

The South African Sports Association for Physically Disabled (SASAPD) and Visually Impaired hosted its National Championship from March 28 to April 3. About 790 para athletes, along with their caregivers, coaches, friends, family and volunteers converged upon Bloemfontein for the event.

Seven sporting codes were represented, including para cycling, boccia, para powerlifting, goalball and CP football. Athletes hailed from as far afield as Namibia, Botswana, Mauritius and Kenya. Also invited were athletes who had participated in the 2017 World Para Athletics World Championships, including Liezel Gouws, Tyrone Pillay, Dineo Mokhoso, Mpumelelo Mhlongo and Kerwin Noemdoe.

Boccia is played by individuals or teams of the same or mixed genders. The aim is to throw a red or blue leather ball as close to a white target ball – or jack – as possible. While the game was originally designed for people with cerebral palsy, it is now open to para athletes with various disabilities that affect their motor skills.

Eastern Cape won the BC1/2 teams, BC3 individuals and BC5 individuals classes. North West dominated the BC3 pairs and the BC5 pairs, while the Western Cape conquered the BC4 pairs and BC4 individuals. Gauteng won gold in the BC1 and BC3 individuals.

The para cycling event offered a few surprises, with Jeadan Gouws, Matthew Brooks, Vernon Treu, Marlie Blom and Neo Nkoane setting new record times for South Africa in their individual events. Gouws set two new records in the 800 m tricycle T2 race in 1:37.63, beating the former record

of 1:46.97, and dominating the 1 500 m tricycle T2 race for para athletes age 16 in 3:9.14.

The Free State champion beat the previous record of 3:17.33 set in 2009. In the T1 category of the same race, Nkoane set a new record of 5:24.1 after beating the previous record of 5:24.72. Gouws still holds the record time of 1:41.26 for the 800 m tricycle T2 race for 16-year old para athletes.



Brooks improved on his own 2017 record time in the 800 m tricycle T2 under 20s race with 1:44.20. He held the former South African record time of 1:49.68.

KwaZulu-Natal dominated the powerlifting, with Northern Cape in second and Eastern Cape in third. Northern Cape powerlifting champion Ricardo Fitzpatrick missed out on the SASAPD National Championships, as he was in Australia for the 2018 Commonwealth Games.

Congratulations to all the para athletes and teams who made their provinces and country proud. We hope to see even more of you at the 2020 Tokyo Paralympic Games! [\[7\]](#)



INNOVATORS AND FACILITATORS

WITH A TEAM OF SPECIALISTS TO PUT THE BODY BACK TOGETHER, WHEELCHAIR USERS CAN BE MOBILE AND HEALTHY. BUT IT'S THE HUMBLE OCCUPATIONAL THERAPIST WHO ASSISTS SPINAL CORD INJURY (SCI) PATIENTS TO LIVE A FULFILLING LIFE

An SCI is a catastrophic life-changing event that impacts on every facet of daily living. Doctors put us together again; physiotherapists and biokineticists strengthen our muscles and mobilise our joints; dieticians adjust and adapt our diets and fluid intake and, where needed, speech therapists teach us to swallow again.

When our minds flip out, there are psychologists who hook us up again. Yet, all of this, however effective, still leaves us stranded. How do we return to productive lives? How do we rediscover our potential? How do we reintegrate into society? How do we cope with the routine tasks of ordinary daily life?

Occupational therapists (OTs) are the reintegration wizards who can guide, retrain and figure out solutions with us. According to the American Occupational Therapy

Association (AOTA), the tenet that every individual has the desire and right to engage in meaningful activities is fundamental to the practice of occupational therapy.

OTs have the education, training and skills that enable them to figure out the best solutions to meet our needs. Where they are not able to help us, they connect us with people who can.

WHAT EXACTLY IS OCCUPATIONAL THERAPY?

According to the Canadian Association of Occupational Therapists (CAOT), life is made up of meaningful everyday activities such as walking the dog, gardening, preparing a meal, doing the laundry and playing games. Occupations are a part of life. They describe who we are and how we feel about ourselves.

Occupations bring meaning to life. When we cannot participate in these daily activities any more, due to an



They introduce adaptations such as writing aids and adapted utensils for eating and drinking where needed. They expose us to equipment and techniques to help us in the bedroom, bathroom and kitchen. Where we are not able to get by on our own, they train our caregivers and family.

A wheelchair is not an off-the-shelf monstrosity that we buy at the local chemist. We spend our lives in them, so they must be designed to serve us optimally in all our seating, posture and mobility situations. Large wheelchair manufacturers and retailers have OT seating specialists who help us to select the chair that is best suited to our needs.


“OTs can be life changers if we make use of them

They specifically look at posture management and provide the required back and other supports to minimise the onset of postural deformities. OTs are key players in getting us mobile beyond our wheelchairs. They are critical role-players when we look into assistive devices for motor vehicles. They understand our abilities and how best to adapt the steering, brake and accelerator to ensure safe driving as well as transfers between car and chair.

At work they help with adaptive devices for the use of a computer keyboard and telephone or cellphone. They even advise employers on our needs and how to best accommodate us so we can be maximally productive. For those at school or university, OTs can also advise educators on how to support and accommodate us. In leisure, sport and hobbies they help with equipment and adaptations that help us to enjoy, compete or just have fun.

These are just a few facets of expertise of an OT. We get to know them during rehabilitation, but we must not forget them when we are discharged. They care for our wellbeing and they can be life changers if we make use of them. One reminder, though: as in all professions, there are specialities within the profession of OT.

So, shop around for the right OT for your specific need. In your search, start with your local rehab hospital. If they cannot help, they will point you in the right direction. We all dream of a fulfilled life that has meaning and contributes to society. OTs can help us to fulfil that dream, we just need to invite them to do so.

The Occupational Therapy Association of South Africa (OTASA) can guide people in finding the right therapist. The OTASA can be contacted via telephone at 012 362 5457, fax at 086 651 5438 or email at otoffice@uitweb.co.za. Visit the OTASA website for more information at www.otasa.org.za. 

SCI, we turn to OTs for help. Together with psychologists, they give us the methods and tools to sort out our emotions and minds.

Together with physiotherapists and biokineticists, they tease the maximum functionality out of our bodies. Physios first teach us to do a movement and then the OT teaches us to use the movement.

But OTs go far beyond this. They assess the limits of our abilities and the demands placed on us by the realities of our daily circumstances; then they bridge the gap between the two with innovative solutions. Where they are not able to innovate, they facilitate. They find experts who can explain the situation, describe the needs and meet the challenge to find solutions.

OTs also guide our caregivers and family on how best to support us, recommending special techniques, do's and don'ts and practical advice, including assistance with home training programmes. OTs “walk alongside” us during the period of picking up the pieces of a shattered life and help us put our lives back together again.

SO FAR, SO GOOD, BUT WHAT PRECISELY DO OTS DO?

OTs teach us techniques to perform basic activities such as washing and dressing, toilet routines, eating and drinking.



Ida's Corner is a regular column by George Louw, who qualified as a medical doctor, but, due to a progressing spastic paralysis, chose a career in health administration. The column is named after Ida Hlongwa, who worked as caregiver for Ari Seirlis for 20 years. Her charm, smile, commitment, quality care and sacrifice set the bar incredibly high for the caregiving fraternity. email: georgelou@medscheme.co.za

ACCESSIBLE PARKING: – THE DEBATE RAGES ON

FOR ALMOST 40 YEARS, THE ACCESSIBLE PARKING DISC SITUATION IN SOUTH AFRICA HAS BEEN UNCOORDINATED. WILL IT EVER GET BETTER?

In the 38 years that I have been a person with a disability, South Africa has experienced a disjointed and uncoordinated parking disc system. The process was cumbersome: we first had to appear before a panel of medical and paramedical experts to confirm that our disability was of a permanent nature and then our application was sent to the local municipality's traffic department, which issued the disc.

This disc was only valid for one year, which meant that people with permanent mobility impairments had to fork out money each year to make arrangements for a condition that was not going to change. In addition, because this disc was issued by a specific municipality, it was not legally recognised by any other.

As a result, on many occasions, people with disabilities who travelled to another city or area within their own province were fined for parking in areas that were not covered by their own municipal disc. For incoming tourists, there were absolutely no options available to make use of any concessions when it came to parking.

As this arrangement clearly did not work, the disability sector agreed to look into negotiating with the Department of Transport for the issuing of a National Parking Disc. Well, we are still not there yet, nearly 15 years later!

The National Council for Persons with Disabilities (NCPD) is, at present, spearheading this task on behalf of the South African Disability Alliance (SADA) and I have had assurances that the matter is with their lawyers and results should be imminent.

SO, WHAT IS AVAILABLE AT PRESENT?

Most provinces have some sort of system in place to organise a parking disc (which is issued to the person and not the vehicle) through either an NGO within the disability

sector or through a local municipal traffic department.

The Gauteng Association for People with Disabilities (APD) offers a service similar to the original one for the East Rand. The Pretoria traffic department allows a representative to apply on behalf of the person with a disability, as they do not have accessible parking available!

Johannesburg Traffic insists that the person has to apply in person. The QuadPara Association of South Africa (QASA) issues a parking permit that can be hung on the mirror, which looks quite official. Some people just use the official international sign of a white wheelchair on a blue background...

All of these options do not offer a legal solution to establish a nationally recognised parking disc – although QASA's option is the closest. What happens to our international visitors who visit this country and need to make use of the parking bays? Sadly, enforcement is usually sporadic and applied against persons who have a valid disability, while others get away with it. See the photographs of the South African police parking in accessible bays!

An accessible parking bay is larger than the standard bay for a reason. It allows space for a person with a mobility impairment to place a mobility device next to the vehicle to transfer into or out of the vehicle. This being said, these bays should not be for elderly people who do not use a mobility device.

There is another point of contention about the bays being only used by drivers with mobility impairments. The thought is that if a person has an able-bodied driver, they can offload their passenger with a disability and park in a standard-sized bay and then bring the vehicle to the pick-up zone and load the passenger when leaving.

Therefore, there should be accessible bays close to the entrance of a building for persons using mobility aids as well as standard bays for the elderly (not using mobility aids). Owners of a car park need to have clear rules and



“An accessible parking bay is larger than the standard bay for a reason. It allows space for a person with a mobility impairment to place a mobility device next to the vehicle to transfer into or out of the vehicle.



regulations in place, as well as sensitised staff to ensure that the drivers use the correct bays.


If there were national regulations, the public could be properly informed and hopefully attitudes would change. It's time we had a nationally recognised parking disc issued by one body that has access to a national database of persons with mobility impairments. We also need national regulations governing enforcement that will empower parking agencies and owners of parking areas to ensure that the authorised people park within these bays.

In the meantime, we carry on as best we can with whichever option we find available to us and keep on fighting those inconsiderate drivers who "are just going to be

five minutes" or blatantly park within our limited accessible bays.

QASA has various ways available to "name and shame" these drivers. There are stickers to place on the windshield in front of the driver's eyeline and a WhatsApp number (073 853 9675) to which you can send pictures of perpetrators.

For information on applications for QASA parking permits, contact Louise Pretorius via telephone at 031 767 0352 or email at secretary@qasa.co.za. For information on local parking disc applications, contact Fanie Swanepoel at NCPD via telephone at 011 452 2774 or email at FanieS@ncpd.org.za.

Happy travels. 



Mandy Latimore is a consultant in the disability sector in the fields of travel and access. email: mandy@noveltravel.co.za



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A WINNER NOT A VICTIM

CLIVE MCDONALD IS A FORMER PATIENT OF HG PROSTHETICS WHO NOW MOTIVATES OTHER PATIENTS STRUGGLING TO ACCEPT THEIR DISABILITY. CLIVE SHARES HIS STORY



Who knows what Fate has in store for us with the dawning of each new day? In my case, the day started off fairly normal, with a trip to the supermarket and then a call at the post office in our local shopping centre to collect the mail. I walked into the post office, but left a few minutes later in a supermarket trolley as a kind security guard pushed me to my car.

The pain in my right calf was so intense that I could not walk. After suffering for many years from acute vascular disease in my right leg, I knew immediately that I was in big trouble. My vascular surgeon gave me the news that night. The only recourse was to amputate my right leg above the knee.

When one is confronted with a trauma of this nature, the immediate and understandable reaction is "why me?", but to pursue this line of questioning is fruitless – there is no answer. One has only two options: to drown in despair and despondency or to face the situation head on and say "I'm going to overcome it".

I was determined not to become a victim of my disability and, from my first waking moments after anaesthesia, my goal was to return to as normal a life as was possible in my changed circumstances.

The rehabilitation process after amputation was not an easy one, but my philosophy from the first day was to strive a little harder and to achieve more than was required of me. For instance, if the physiotherapist told me to do 10 push-ups, I would do 20. I was constantly setting myself goals and targets and, once achieved, would push myself to attain an even more difficult goal.

I recall the first time that I made supper for my wife after the amputation. I can attest that it's not the easiest of things to balance oneself on a walker, take a firm grip on a plate of scrambled eggs and walk without a serious mishap. However, I succeeded, which was motivation for me to try even harder next time.

One of my strongest desires was to be able to drive again and be independent. I have managed to do this by changing to an automatic vehicle and having the pedals rearranged to allow for operation with the left leg. I have also passed


my driver's test as a driver with a disability, which gives me great satisfaction.

I was fortunate to be referred to a wonderful team of prosthetists who have not only done a great job on my prosthesis, but who have also given me every encouragement and assistance in my rehabilitation.



ABOVE: With the news of his amputation, Clive decided not to be a victim, but to return to as normal a life as he could in his new circumstances.

My confidence and self-esteem have been greatly enhanced as a result of my prosthetist allowing me the opportunity to motivate and encourage some of the other patients who were having difficulty in coming to terms with their disability.

Let me end by saying that, traumatic though it may be, amputation is not the end of the world. With determination and courage, one can learn to cope with one's disabilities; in other words, one can be a winner and not a victim. 



Clive McDonald is a former patient of HG Prosthetics run by ROLLING INSPIRATION contributor Heinrich Grimsehl. He aims to inspire and help other amputees to come to accept their new circumstances as a person with a disability. To get in contact with Clive, send an email to info@hgprosthetics.co.za.



AN UNFORGETTABLE, ACCESSIBLE COMMONWEALTH GAMES

AS TEAM SOUTH AFRICA RETURNS FROM THE COMMONWEALTH GAMES, IT IS THE IDEAL TIME TO REFLECT ON THE MOST ACCESSIBLE GAMES YET AND THE IMPRESSIVE PERFORMANCE FROM OUR PARA ATHLETES



We are back from a very successful Gold Coast Commonwealth Games. It was the biggest inclusive Games ever, boasting the most para sporting events. All para athletes were extremely happy, because all the para events were part of the sporting programme. Hats off to our athletes without disabilities who accepted the para athletes as an integral part of the SA team.

The Gold Coast Local Organising Committee ensured that the accessibility of the athletes' village was world class. As a wheelchair user myself, I have to say that this was the nicest and most accessible village I have ever seen – and I have been to many games.

From the accommodation and the dining hall to the wheelchair and prosthetic repair centre – it was all amazing. The transport was impeccable with all the buses fully accessible. The Games were accessible to all athletes as well as a number of the volunteers who also have a disability.

The wheelchair seating areas at the stadiums were also impressive. They allowed wheelchair users to attend with a guest. The public transport was also upgraded for the Games and, as a wheelchair user, there was no difficulty in using it. Well done, Gold Coast!

Now, for the important bit, the performances! Team South Africa as a whole did exceptionally well and our para athletes did not disappoint either, with a

total of eight medals across three sporting events, with para athletes again proving to be a powerhouse on the World Para Athletics circuit. Below are the medallists per event:

PARA ATHLETICS

Ndodomzi Jonathan Ntutu (Gold) T12 100 m
Hilton Langenhoven (Silver) T12 100 m
Dyan Buis (Silver) T37/38 100 m
Charl du Toit (Bronze with a world record for T37) T37/38 100 m
Reinhardt Hamman (Bronze) T38 SHOT PUT

PARA LAWN BOWLS

Nozipho Schroeder and Philippus Walker (Silver) Mixed B2/B3 Pairs for the visually impaired
Tobias Botha, Christopher Patton and Willem Viljoen (Bronze) Open B6/B7/B8 Triples

PARA SWIMMING

Christian Sadie (Silver) Men's S7 50 m Freestyle

Well done to all! You made us so proud, showcasing your talent for the world to see. Enjoy your prize money. Let's get behind those athletes who are preparing for Tokyo 2020 and hope they go all the way at the world's biggest sporting spectacle for athletes with disabilities! [Z](#)



Leon Fleiser has been involved with sport in the disability sector since 1992, when he started playing wheelchair basketball. He captained the national team to the Sydney Paralympic Games and the 2002 World Championships. He started working for Disability Sport South Africa in 2001 as a Coordinator for High Performance. It merged into SASCOC in 2005 and he is now the Manager for Team Preparation and Academy Systems. He has delivered Team South Africa to numerous Olympic, Paralympic, Commonwealth and African Games.

DISABILITY SUMMIT

TO KNOCK YOUR SOCKS OFF

THE ANNUAL HOPE-MANDEVILLE DISABILITY CAREER EXPO PARTNERED WITH THE SOUTH AFRICAN BROADCASTING CORPORATION (SABC) TO HOST THE 2018 SABC DISABILITY SUMMIT, WITH VARIOUS REPRESENTATIVES FROM THE DISABILITY SECTOR IN ATTENDANCE INCLUDING THE SAB FOUNDATION. MARISKA MORRIS REPORTS

Entrepreneurs with disabilities, organisations for people with disabilities and students with disabilities gathered at the SABC head offices in Auckland Park, Johannesburg, on April 18 for the SABC Disability Summit. The event gave students the chance to learn more about the career and learnership opportunities available to them, while entrepreneurs with disabilities were able to network.

What is now an annual event began when the Hope School for children with disabilities in Westcliff teamed up with the Mandeville Disability Swimming club. Proceeds

from the event now go to the club, which trains swimmers with disabilities up to Paralympian level.

The rebranded one-day 2018 Disability Summit was attended by organisations such as eDEAF, Wheelchair Tennis South Africa (WTSA) and the QuadPara Association of South Africa (QASA), which demonstrated its Driving



ABOVE: (from top) Students with disabilities listen as Michael Stevens from Jumping Kids tells them more about the organisation. Sarah Ramkumar holds up a pamphlet from the organisation at the GreenABLE stand sponsored by the SAB Foundation.

LEFT: Nick Smit from Smergus (above) and Lubabalo Mbeki from Access smile proudly at their individual stands sponsored by the SAB Foundation.

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Ambitions programme. The driver trainer from the programme, Des Harmse, noted that students, delegates and exhibitors enquired about the programme for friends with mobility impairments.

The SAB Foundation gave its Disability Empowerment Award winners the opportunity to attend the summit free of charge. Co-winner of the 2017 awards, GreenABLE, a non-profit company that trains people with disabilities to dismantle empty printer cartridges into their recyclable components, attended.

The organisation reported that, with the assistance of the SAB Foundation, it was able to get a new plant, where it can train more people with disabilities. Sarah Ramkumar from GreenABLE said: "The more people with disabilities we employ, the more cartridges we can dismantle, which boosts our finances."

"We can't believe we are at the SABC Disability Summit. There are so many opportunities we didn't know we had access to. We would like to thank the SAB Foundation, which has done a great job in mentoring and supporting us," she added.

Co-runner up Smergus was also present. Nick Smit, co-founder of Smergus, said: "The SAB Foundation has made it possible for us to be present at this summit. It is a very important event and the exposure has been good."


With the help of the Foundation, Smergus plans to offer 26 products by the end of 2018, which will include a wheelchair rain poncho, wheelchair cup holders and a larger selection of bags.

"With the help of the Foundation, we are able to focus on both marketing and product development, which has made it possible for us to grow faster," Nick explained.

The 2016 Disability Empowerment Awards winner, Access, a disability and inclusion solutions company, also benefited greatly from the support of the Foundation. CEO Lubabalo Mbeki commented: "The Foundation has offered basic support such as business mentors and online software to do the accounting of the business. SAB, in a nutshell, has helped the business to be stable."

The Deaf Empowerment Firm (DEF), another recipient of the SAB Foundation's awards, also expressed its gratitude to the Foundation. MD Sikelelwa Alex Msitshana said: "With the help of SAB Foundation, we were able to bring in an interpreter. We are very thankful and hope to finish the programme and continue the relationship with SAB."

Entries for the 2018 SAB Foundation Disability Empowerment Awards are now closed, but you can learn more about the awards by visiting the SAB Foundation website at www.sabfoundation.co.za/disability-empowerment.

Be sure not to miss out on the next SABC Disability Summit! 



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PICKING THE PERFECT MOTORISED WHEELCHAIR

MOTORISED OR POWER WHEELCHAIRS COME IN DIFFERENT FORMS AND SIZES, AND WITH A PLETHORA OF OPTIONS. IT IS IMPORTANT FOR WHEELCHAIR USERS TO DO THEIR RESEARCH AND TO CONSULT AN OCCUPATIONAL THERAPIST BEFORE MAKING THIS BIG PURCHASE. THESE ARE SOME OF THE FUNDAMENTALS TO CONSIDER

Powered or motorised wheelchairs, as they are commonly known, come in various styles and sizes, with numerous features, control options, varying speed and battery capacity; and they can either be folded or rigid.

Simon Haifer, managing director of Medop, says that it is important for the user to identify some environmental and functionality specifications in order to make the correct decision when buying a power wheelchair.

He notes: "Powered chairs can be quite costly. It is therefore important to ask the suppliers all the correct questions and get information on the availability, back-up and servicing, as well as spares availability.

"Also, speak to some therapists and community members, because – just like when you buy an unreliable car – breakdowns of your product may lead to many headaches that could have been avoided with a little research."

The most commonly used wheelchairs are the traditional-style chair and the platform-model power wheelchair. The other important classification is the type of drive wheel equipped with the chair, namely: rear-wheel drive (RWD), front (FWD) or mid-wheel drive (MWD).

Haifer says the factors to be considered include:

- Disability of the user
- Weight, sex and age of the user (these factors may limit the range of products available to the specific user)

- Funding, as this plays a large role and will determine whether the user travels in the "most clinically appropriate product within the budget constraints"
- The environment in which the power wheelchair is to be used.

Candice Brunsden, sales manager at CE Mobility, explains: "The RWD are better outdoors and at speed, but have the largest turning circle. The FWD and MWD have the smallest turning circle and offer some advantages outdoors when climbing obstacles."

Since power wheelchairs are equipped with batteries, the battery power is essential. Brunsden notes that the wheelchair user should check amperage of the batteries. "This gives an indication of their potential range - in other words, how far the user can get on one charge."

"The amperage of the control unit and the motor watts are both important to determine the power capacity of the wheelchair," she adds.

Lastly, the user needs to look at the seating options, controller variations and other customisation possibilities. "This is not a purchase you will be making again in the near future, so be sure you choose correctly the first time," says Brunsden.

Caroline Rule, an occupational therapist who specialises in driver rehabilitation, stresses that each feature of a motorised wheelchair comes with benefits but, at the same

time, it compromises the functionality in another area. "So the buyer needs to carefully weigh up the pros and cons and choose the most suitable option according to their needs," she advises.

The buyer also needs to consider how the wheelchair is going to be transported. "A folding-frame power chair with removable batteries can usually fit into the boot of a car. A

"Breakdowns of your product may lead to many headaches that could have been avoided with a little research."

rigid-frame power chair is a lot heavier and will need assistive transport devices such as a wheelchair hoist, ramp or platform lift along with a vehicle large enough to accommodate the chair. The compromise is that the rigid-frame chair provides better postural support and better performance than the folding-frame chair but with reduced versatility for transporting and storage," she concludes. ^[2]

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MOTORING ON WITH A POWER WHEELCHAIR










SOUTH AFRICANS ARE SPOILT FOR CHOICE WHEN IT COMES TO POWER WHEELCHAIRS! HERE ARE SOME OF THE VARIOUS WHEELCHAIRS AVAILABLE. PLEASE CONTACT THE MANUFACTURER FOR A COMPREHENSIVE LIST OF THEIR OFFERINGS, WHEELCHAIR SPECIFICATIONS AND PRICES. THE PRICE AND WEIGHT OF A WHEELCHAIR MAY VARY. (DOUBLE CHECK WITH THE MANUFACTURER BEFORE PURCHASING!) NOTE THAT P&G REFERS TO THE PENNY & GILES CONTROLLERS.

COMPANY	MAKE	DURABILITY STANDARDS	WEIGHT	MOTOR POWER	BATTERY SIZE	MAX SPEED	DISTANCE ON ONE CHARGE	
<div>Medop CC</div> <div>(011) 827 5893/4/5</div> <div>enquiries@medop.co.za</div> <div>www.medop.co.za</div>	Merits Mercury Power		CE ISO7176	68 - 70 kg (with batteries)	24V/180 W (Rating) 630 W (Max)	12V/35Ah	6,4 km/h	20 km (ideal conditions)
	Invacare Stream Power		ISO 7176-4:2008	105 kg (with batteries)	180 W x 2	50 Ah	6 - 9 km/h	25 km
	Invacare Dragon Junior Power		ISO 7176-4:2008	100 kg (with batteries)	180 W x 2	60 Ah x 2	6 km/h	30 km
	Invacare TDX SP2NB Power		ISO 7176-4:2008	138 kg (with batteries)	340 W x 2	50 Ah	6 - 10 km/h	26 km
	Merits Neptune Power		ISO 7176-4:2008	91 - 95 kg (with batteries)	24V/180 W	12V x 2	7,2 km/h	40 km
	Rehab Power HS-7200T		ISO 7176-4:2008	117 kg (with batteries)	420 W	12V/75 Ah	8 km/h	48 km
	Omega Delta A7 Power		ISO 7176-4:2008	85 kg (with batteries)	250 W	12V/36 Ah x 2	6 km/h	20 km
	Mid-Wheel Drive Power HS2850		ISO 7176-4:2008	80 kg (with batteries)	420 W	12V/36 Ah x 2	6,7 km/h	20 km
	D05 Tian Folding Lightweight Power		Not supplied	23 kg (with one battery)	180 W x 2	10 Ah (Lithium battery)	6 km/h	20 km

OTHER MOTORISED OPTIONS	STEERING CONTROLS	FRONT, MID OR REAR- WHEEL DRIVE	MAXI USER WEIGHT	ADDITIONAL FEATURES	WARRANTY	PRICED FROM
Not supplied	P&G VSI 50	Rear	130 kg	Foldable with programmable controller with various choices of different performance to fit various needs; optional pneumatic casters, drive wheels and elevating legrests	One year on controls, six months on battery	From R28 175 incl. VAT
Bright headlights with indicators	Dynamic Shark	Rear	130 kg	Swing out leg rests for easy transfer and transportation	One year on frame and electronics, six months on battery	From R60 375 incl. VAT
Height and depth adjustable headrests, power tilt-in-space and power recline	DX2 REM24SD Remote	Rear	90 kg	Angle, length and width adjustable leg rests	One year on frame, electronics and battery	From R167 900 incl. VAT
Power tilt-in-space, power recline and power elevating legrest	Simply Smart LiNX controls (G-Trac optional)	Mid	150 kg	Powered fixed pivot tilt	One year on frame, electronics and battery	From R149 500 incl. VAT and power tilt and recline
Power seat functions	P&G VR2 60A	Rear	136 kg	Electric back recline	One year on frame and electronics, six months on battery	From R59 800 incl. VAT and seat function
Power tilt and power recline, power elevating legrest and power seat elevate	Dynamic Shark hand control	Rear	162 kg	Full coil over suspension, strong and responsive front and rear casters, breathable, padded nylon back rest	One year on frame and electronics, six months on battery	From R80 212 incl. VAT and power seat tilt
Seat raiser	Dynamic Shark REMD11; Power Module PMB11	Rear	120 kg	Height and width adjustable T arm	One year on frame and electronics, six months on battery	From R83 375 incl. VAT
Rehab seat option or car seat option	Shark	Mid	136 kg	Electro-mechanical brakes, optional manual/power actuate elevating.	One year on frame and electronics, six months on battery	From R54 625 incl. VAT
Not supplied	Not supplied	Rear	150 kg	Foldable	Not supplied	From R48 300 incl. VAT

COMPANY	MAKE	DURABILITY STANDARDS	WEIGHT	MOTOR POWER	BATTERY SIZE	MAX SPEED	DISTANCE ON ONE CHARGE	
Shoprider	Smartie		ISO 9001, FDA, CE, TNO, JIS, TGA, ADP	45 kg	330 W x 2	24Ah LiFe PO4	6 km/h	12 km
	PHFW		ISO 9001 FDA, CE, TNO, JIS, TGA, ADP	65 kg	588 W x 2	36 Ah x 2	7 km/h	25 km
	TE-UL7		ISO 9001 FDA, CE, TNO, JIS, TGA, ADP	49 kg	330 W x 2	22 Ah x 2	6 km/h	20 km
	G424L		ISO 9001 FDA, CE, TNO, JIS, TGA, ADP	123 kg	1 103 W x 2	75 Ah x 2	10 km/h	35 km
	P424M		ISO 9001 FDA, CE, TNO, JIS, TGA, ADP	97 kg	1 103 W x 2	50 Ah x 2	9 km/h	30 km
	TE-888WNLL		ISO 9001 FDA, CE, TNO, JIS, TGA, ADP	99 kg	1 103 W x 2	50 Ah x 2	10 km/h	30 km
Sheer Mobility	Rhino Power		CE	70 kg (with batteries)	320 W	32 Ah	9 km/h	15 km
Mobility Solutions	B-Active Electric Standard		CE	60 kg (with batteries)	300 W	12V/36 Ah x 2	9 km/h	Not supplied
CE Mobility	Local Power		ISO 7176-8:1998	Not supplied	360 W	36 Ah	6,5 - 7,2 km/h	20 km
	Velocity		ISO 7176-8:1998	Not supplied	450 W	50 Ah	7,2 km/h	25 km
	Quickie/Permobil		ISO 7176-1998	Not supplied	350 - 500 W	73 Ah	12 km/h	35 km

OTHER MOTORISED OPTIONS	STEERING CONTROLS	FRONT, MID OR REAR- WHEEL DRIVE	MAXI USER WEIGHT	ADDITIONAL FEATURES	WARRANTY	PRICED FROM
Not supplied	Joystick	Rear	95 kg	Most transportable, foldable	One year	R32 500
Not supplied	Joystick	Rear	125 kg	Foldable and dismantles	One year	R26 500
Not supplied	Joystick	Rear	115 kg	Foldable	One year	R 28 500
Not supplied	Joystick	Mid	145 kg	Independent suspension	One year	R 42 500
Not supplied	Joystick	Mid	135 kg	Independent suspension	One year	R 39 500
Not supplied	Joystick	Mid	145 kg	Not supplied	One year	R 43 500
None	P&G Controller	Rear	100 kg	Foldable with flip back armrests, height adjustable armrests, tension adjustable backrest, footrests swing in as well as out	One year	R32 500 incl. VAT
None	P&G VSI controller	Rear	110 kg	P&G controller mounted on left or right, easy fold, stabiliser bar behind the backrest, option of tension adjustable back	One year	R23 500 incl. VAT
None	P&G Controller	Rear	100 - 120 kg	Foldable with adjustable seat tilt and back height on some models	One year	R28 695
Tilt, lift	P&G VR2	Rear	140 kg	Rigid with rear wheel suspension	One year	R66 832
Tilt, lift, recline, stand, elevating footrests	JCM R-Net LCD	Mid, rear or front	160 - 195 kg	Rigid with intelligent suspension, anti- sheer positioning, specialised controls and much more	Two years	R166 000

COMPANY	MAKE	DURABILITY STANDARDS	WEIGHT	MOTOR POWER	BATTERY SIZE	MAX SPEED	DISTANCE ON ONE CHARGE
Sitwell	Netti Mobile 	ISO 13485; ISO 9001	94 kg	320 W	40 Ah x 2	10 km/h	25 km
	Foldable wheelchair PW 999UL 	ISO 7176	21 kg	Not specified	Lithium Ion	10 km/h	25 km
	Q6 Edge2 	ISO 7176; AS 3695.2; EN12184	63 kg	Not specified	NF-22	10 km/h	25 km
Well-Care Medical	Medi-Right Electric 	EN12184:2014; ISO certificate	69 kg	24V/200 W	36 Ah x 2	6 - 8 km/h	35 km (flat road and 100 kg capacity)
	Comfort Traveller Electric 	EN12184:2014; ISO 7176-8:2014	68 kg	24V/450 W	36 Ah x 2	8 km/h	30 km (flat road and 100 kg capacity)
	Comfort Stand Up: Full Electric "Angel" 	EN12184:2014; ISO 7176-8:2014	125 kg	24V/450 W	50 Ah x 2	9,15 km/h	25 km (flat road and 100 kg capacity)
Chairman Industries	Swish Galaxy 	EN ISO 13485:2012	34 kg (with batteries)	200 W	Standard	12 km/h	40 km
	Swish Rhino 	EN ISO 13485:2012	95 kg (with batteries)	250 W	Standard	12 km/h	40 km
	Swish Gladiator and Gladiator T 	EN ISO 12100:2010	110 kg (without batteries)	320 W	Standard	15 km/h	40 km

OTHER MOTORISED OPTIONS	STEERING CONTROLS	FRONT, MID OR REAR- WHEEL DRIVE	MAXI USER WEIGHT	ADDITIONAL FEATURES	WARRANTY	PRICED FROM
Tilt, recline, leg elevation	Shark DX2	Rear	140 kg	Foldable (50 percent)	Two years	R90 000 - R135 000
Standard	Shark	Rear	100 kg	Foldable	Two years	R40 000 - R50 000
Tilt, recline, leg elevation.	Q-Logic 3 NE+ controllers	Mid	140 kg	Rigid with i-level seat elevation	Two years	R180 000 - R330 000
None	P&G Controller	Rear	100 kg	Foldable wheelchair with stabiliser bar behind backrest	One year on frame Six months on battery	On request
None	Dynamic controller	Rear	120 kg	Foldable and compact wheelchair with foldable backrest (half back) and a stabiliser bar behind backrest	One year on frame Six months on battery	
Standing up	P&G controller	Rear	100 kg	Rigid wheelchair with compact, adjustable headrest; detachable backrest; height adjustable footplate; LED indicator light (hazard, signal and head light); driving function while standing-up, flip- back armrests	One year on frame Six months on battery	
Not supplied	Dynamic	Rear	120 kg	Foldable wheelchair with foldable, removable armrest, tension adjustable backrest, lap tray, anti-tips (all standard)	Three years on frame One year on other parts	
Not supplied	P&G	Rear	120 kg	Rigid with removable armrest, tension adjustable backrest, lap tray, anti-tips (all standard)	Three years on frame One year on other parts	
Tilt-in-space (on T model)	Dynamic	Rear	150 kg	Rigid wheelchair with foldable, removable armrest; tension adjustable backrest; lap tray; anti-tips (all standard)	Three years on frame One year on other parts	R65 000



HYPERTENSION

– THE SILENT KILLER

HIGH BLOOD PRESSURE OFTEN GOES UNDETECTED BECAUSE OF A LACK OF SYMPTOMS, BUT IT IS RESPONSIBLE FOR 50 PERCENT OF STROKES. PREVENTION IS BETTER THAN CURE AND WITH THESE TIPS IT CAN BE AVOIDED



High blood pressure or hypertension is a disease that's common around the world and especially so among South Africans. The country currently has the highest rate of high blood pressure ever reported among people aged 50 and older, with almost eight out of ten people in this age group diagnosed with it.

More than 6,2 million South Africans have blood pressure higher than 140/90 mm Hg. More than 3,2 million have blood pressure readings higher than 160/95 mm Hg – a level that is unacceptably high. A normal blood pressure reading should be between 90/60 mm Hg and 120/80 mm Hg.

An estimated 53 men and 78 women die in South Africa each day from the impact of hypertension. A major problem is that, more often than not, it has no symptoms, meaning that many people suffer from it without realising it; hence the name "the silent killer".

Although, undiagnosed and therefore untreated high blood pressure does not initially cause problems, the long-term effects affect almost all the organs of the body – from cardiovascular disease and strokes to kidney problems, heart failure and visual difficulties.

Hypertension is one of the leading risk factors for cardiovascular disease and stroke in South Africa. Hypertension is responsible for 50 percent of strokes and 42 percent of heart attacks. Because it develops slowly, causes no symptoms and can remain undetected, everyone should be screened regularly.

It's not a disease of old age; it can develop at any age. Although it can occur in isolation, it's often associated with other diseases such as diabetes.

There is no cure. The condition needs to be managed with lifestyle changes. If a patient fails to normalise their blood pressure, then medication and long-term treatment should be considered so as to keep blood pressure steady and reduce the risk of complications.

If you are diagnosed with hypertension, depending on how elevated the readings are, initial treatment should start with lifestyle changes, including weight loss, exercise, reducing or completely quitting smoking, avoiding excessive alcohol intake, and reducing salt intake.

This regimen also means avoiding processed and fast foods, as they contain excessively high amounts of salt, which aggravates hypertension. Should these measures fail to reduce blood pressure, medication should be commenced and continued – for life. ^[1]



Dr Ed Baalbergen is the medical officer at the Vincent Pallotti Rehabilitation Centre (Cape Town) and is a member of the International Spinal Cord Society and the Southern African Neurological Rehabilitation Association.
email: ed.baalbergen@lifehealthcare.co.za

WRIST PAIN: SORTED!

HOW CAN WHEELCHAIR USERS MANAGE WRIST PAIN?
WILLIAM GEORGE RECOMMENDS SOLUTIONS, FROM
MEDICATION TO LIFESTYLE CHANGES



any wheelchair users rely on their arms to carry out daily activities, which include moving around and weight-bearing activities. However, these can take their toll and result in severe wrist pain.

There are both simple and advanced solutions that will help wheelchair users relieve wrist pain or discomfort. These steps will also aid in preventing wrist injury and reduce the chances of developing carpal tunnel syndrome (CTS) – a common side effect of strained wrists. This occurs when the median nerve in the wrist is compressed due to pressure or swelling of the nerve.

CTS is characterised by pain, numbness or tingling feelings in the fingers or hand. It is important to note that you should not self-diagnose the condition. It is advisable to consult a doctor if you start experiencing unusual pain in your wrist or arm. The doctor will perform a thorough examination and recommend the appropriate measures.

LIFESTYLE ADJUSTMENTS

A wheelchair user may need to adjust their way of performing particular activities, as these may be exacerbating the condition. Lifestyle changes – such as arm and wrist exercises as well as practising alternative ways of propelling the wheelchair without causing pain to the wrist – may help. Wheelchair users can also change their gripping technique.

WRIST STRAP SUPPORT

The wrist strap market is filled with options to suit the severity of the condition. For example, there are straps that are suitable for athletic wheelchair users and those who use their arms extensively.

“There are numerous options for treating wrist pain but it is always important to consult your doctor

ARM PATCH

Arm patches come in handy. Wheelchair users can apply them at night, or even at times when the wheelchair is not in use. This will help relieve the pain or discomfort experienced at certain times of the day.

MEDICATION

Generic anti-inflammatory medication is available, ranging from pills to cream solutions. Advanced medication (such as injections) is also available – but should be recommended by a doctor.

CTS SURGERY

Before any surgery is done, the doctor will perform X-ray checks, an electromyogram, and other examinations to rule out other conditions. A doctor will only recommend that CTS surgery be performed if other treatments do not respond. This involves opening the carpal tunnel and cutting the ligament to relieve the pressure.

There are numerous options for treating wrist pain but it is always important to consult your doctor when experiencing any pain or discomfort in with your wrist. [\[1\]](#)

TAKING STRIDES FOR THOSE WHO CAN'T

RUNNERS FROM ACROSS THE GLOBE GATHERED AT THEIR RESPECTIVE CHAPTERS FOR THE ANNUAL WINGS FOR LIFE WORLD RUN. MARISKA MORRIS, SPONSORED BY BUDGET RENT A CAR SOUTHERN AFRICA, RAN FOR THOSE WHO CAN'T

Under the blazing Centurion sun, South Africans gathered at the SuperSport Park on Sunday, May 6, for the Wings for Life World Run. At 13h00 (local time), runners from across the globe took off with the aim of outrunning the Catcher Car. Among the crowd was the ROLLING

INSPIRATION journalist, Mariska Morris.

She was able to attend thanks to Budget Rent a Car southern Africa, which was also the official car rental partner of the World Run. Chief executive Rainer Gottschick says: "Budget has identified this event as a way to support a great cause while creating fun and memorable experiences, that will go a long way to give people hope and making a lasting difference in their lives."

A number of Budget brand ambassadors also took part in the event in support of the initiative with many finishing between five and 17 km. Proceeds go towards the Wings for Life Foundation, whose aim is to research a cure for SCI.

The Pretoria racers faced an uphill battle for the first three kilometres. After the first water station, the run was slightly easier. Nevertheless, in the fierce heat, it remained a challenge. South African female winner, Dominica Stelmach agrees. In an interview with Red Bull, she commented: "This was my toughest race yet. The weather was brutal, it was really hot!" She ran a total of 49,4 km before the Catcher Car overtook her.

The South African male winner Admire Muzopambwa ran a total of 67 km and overall title winner wheelchair user Aron Anderson covered 89,85 km. Mariska ran a total of 4,54 km before the Catcher Car caught up with her.

"I was planning on jogging, but I soon realised I would not survive the heat if I ran," she recalls. "I ended up speed-walking the race." Mariska has resolved to return next year with even more determination and hopefully a

few more friends and family alongside to help support the cause.

Budget will also again sponsor the Wings for Life World Run. It will be the car rental company's fourth year as part of the event. The 2019 World Run will be held on Sunday, May 5. Hope to see you there! [\[7\]](#)



ABOVE: (From top): South African runners start their run under the Wings for Life arch. Racers finish when the Catcher Car passes them. Journalist Mariska Morris poses with Budget brand ambassador at the World Run Mike Sema.

BUDGET AND GO BECAUSE...

**EACH STEP IS ONE STEP
CLOSER TO A CURE**

Budget Rent a Car is the official car rental partner to the Wings for Life World Run. Read more about our partnership on www.budget.co.za





EMPLOYING PEOPLE WITH DISABILITIES IS JUST GOOD BUSINESS

EMPLOYERS CAN EARN POINTS ON THEIR BROAD-BASED BLACK ECONOMIC EMPOWERMENT (BBBEE) SCORECARD BY EMPLOYING PEOPLE WITH DISABILITIES, WHICH TRANSLATES INTO FINANCIAL BENEFITS AND TAX ALLOWANCES

Employing people with disabilities could assist companies in achieving their ideal BBBEE status! Companies are required to have people with disabilities constitute 7,5 percent of the workforce with six percent of the payroll spent on skills development.

Employers earn four points by spending at least 2,5 percent of the skills budget on the unemployed. At least 0,3 percent of the six percent skills budget should be allocated to skills development for people with disabilities. By employing unemployed people with disabilities, companies can achieve both targets at once.

Another easy way for companies to earn more BBBEE points is through learnerships. Learnerships for unemployed learners with disabilities can be used as a recruitment tool. Attributing one percent of a company's net profit after tax on socio-economic development results in up to five points on the BBBEE scorecard.

For example, to be compliant, an employer with a payroll of R10 million and 1 000 employees should employ at least 75 people with disabilities and be developing the skills of 40 of these employees. This hypothetical company needs to spend R600 000 on skills development, with R30 000 allocated to employees with disabilities.

Of the skills development budget, R250 000 should be spent on unemployed persons. If it costs R60 000

to place an unemployed learner with a disability in a learnership programme, the company would only have to place ten learners in the programme to comply with the skills development target. These learners would be factored into their disability employment equity and skills development compliance targets. If the company partners with a disability organisation to recruit learners, it further contributes to their socio-economic development spend.

Companies can also apply to their relevant Skills Education Training Authorities (SETAs) for discretionary grant funding, so the cost of the ten learners is fully funded. If the ten learners are Employee Tax Compliant (ETI), the company will realise a benefit of up to R120 000 and would be entitled to a tax allowance of R120 000 per learner.

At the marginal tax rate, this realises a cash benefit to the employer of R336 000. The financial benefit to the employer could be in the region of the R120 000 on the ETI and R336 000 on their tax allowances totalling R456 000.

The learners would count towards their compliance targets. The total BBBEE points would be two points achieving disability employment equity, four points for disability skills spend, eight points for skills spend, four points for unemployed learner spend and five points for socio-economic spend – totalling a potential 23 points.

In this scenario disability is truly proving to be a good business case. [R](#)



Rustim Ariefdien is a disability expert extraordinaire, who assists businesses to "let the Ability of disAbility enAble their profitAbility" through BBBEE, skills development, employment equity and socio-economic development. He ensures that businesses are able to maximise their points on the BBBEE scorecard and become compliant with legislative requirements as stipulated in the Employment Equity and Skills Development Acts. His purpose is the economic empowerment of persons with disability in Africa. As a person with a disability himself, he has extensive experience in the development and empowerment of persons with disability.

DARING TO DATE

DATING CAN BE DAUNTING, ESPECIALLY FOR A PERSON WHO HAS RECENTLY SUFFERED A SPINAL CORD INJURY (SCI). YET, WITH THE RIGHT ATTITUDE AND A LITTLE CONFIDENCE, YOU CAN GO FROM FRIEND ZONE TO YOUR HAPPILY-EVER-AFTER PLACE

As a person with an SCI, it can seem pointless to talk about sex if you don't currently have someone with whom to explore and experiment. Going out and meeting potential partners can be an overwhelming challenge – one that you might prefer to shy away from. It might therefore be helpful to talk about the dating stage of relationships and to highlight a few things to keep in mind.

BOOST CONFIDENCE

The most important aspect of dating is how you see yourself. The danger with low self-esteem (which often accompanies an SCI) is the belief that nobody would want to have a romantic or sexual relationship with you. This mind-set creates a self-fulfilling prophecy, where an SCI individual avoids relationships and experiences rejection.

It is important to make an effort to meet potential partners and break this cycle. It is likely that there will be some rejection, but the whole aim of dating is to look for chemistry, and you can't have chemistry with everyone.

GET OUT OF THE FRIEND ZONE

Another hindrance to dating is the feeling that you're always the friend and never the partner. Maybe you've had the experience where people come to you as a shoulder to

cry on or a sympathetic listener for the tales of their failed dates, while you are not taken seriously as a lover. Although there is nothing wrong with platonic relationships, you need to make your own romantic needs known.

You can explain that you are looking for love; you can even ask if they know somebody who might be interested in dating. If you feel sexual attraction towards someone, make it known. It's the only way to break out of the friend zone.

JUST ASK

Asking someone out on a date can be daunting even if you've done it often. One way to go about it is to invite someone to a casual event that you're planning to attend – for example, to a friend's birthday party.

One couple with disabilities came together because she accompanied him to an estate agent to find a new flat. The estate agent assumed they were a couple and that initiated the relationship.

COME RIGHT OUT AND SAY IT

Finally, when you're on a date, introduce that elephant in the room. Because very few people have contact with people with disabilities, they often don't know how to act around them. Talk about it upfront: encourage the person to ask you whatever they want to know. Once that is out of the way, that person can get to know you – the person behind the disability. [\[7\]](#)



Danie Breedt is a passionate scholar-practitioner in the field of psychology. He divides his time between training future psychologists, research and clinical practice. Danie works from an integrative interactional approach in therapy dealing with a wide range of emotional difficulties. He is currently working as a psychologist at numerous physical rehabilitation hospitals across Gauteng for Charis Psychological Services where he does supportive counselling as well as sexual education for patients with disabilities. Column courtesy of Charis Psychological Services.



UNFREE ON FREEDOM DAY

CAN WE REALLY FIND A REASON TO CELEBRATE FREEDOM DAY, ASKS LEBOHANG MONYATSI, WHEN SO MANY PEOPLE WITH DISABILITIES ARE STILL UNABLE TO ACCESS THEIR BASIC FREEDOMS?



On April 27, South Africans celebrated Freedom Day. This year marked 24 years of democracy; however, the majority of persons with disabilities are still struggling to mingle with mainstream society as a result of inequalities of the past.

When I consider my fellow brothers and sisters with disabilities, I shudder to think of the pain and struggles they go through: the ache they feel and, worse, the fear of what lies ahead.

One may ask:

How do I celebrate Freedom Day if I do not have access to infrastructure?

How do I celebrate Freedom Day if I am continuously excluded from activities?

How do I celebrate Freedom Day if I am deprived of basic needs?

Deep in rural South Africa, persons with disabilities are excluded from their communities largely because there's limited understanding about their impairments; there's a strong social stigma attached to disability; and there's a lack of relevant and accessible services. Too many are isolated at home and deprived of basic needs – particularly children.

How can we ensure that the odds are not further stacked against us if and when we are ready to join the workforce? How will society equip us to rise above our condemning circumstances and access opportunities without throwing even more barriers in our path? It's a long, hard journey.

This is why it is pertinent to reiterate again and again a truth within these pages: we need to empower people with disabilities. We need to make society accessible. We need to equalise our societies. We need to empower communities to raise awareness of the rights and needs of persons with disabilities and provide local services to meet their needs. The gains are for all.

Yes, we are persons with disabilities and we have our limitations – like everyone else. What we do not need, however, is to be rescued. What we need is for society to dismantle some of the systems that still shackle us.

Nelson Mandela said: "To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." – *Long Walk to Freedom*.

So, how do we celebrate Freedom Day when we do not feel free and our rights are not recognised? The right to freedom of speech, freedom of expression, freedom of association, and access to information is very limited for people with disabilities. ^[1]



Lebohang Monyatsi was diagnosed with polio at the age of three. She studied at North-West University and now resides in Vanderbijlpark, where she works in human resources. In 2017, she travelled to Sweden to participate in the Miss Wheelchair World competition and was crowned First Princess.

A GLIMPSE INTO THE 2018 COMMONWEALTH GAMES

Para athlete Chris Patton shares his experience of visiting Australia for the Commonwealth Games.

Selected to represent South Africa in lawn bowls at the 2018 Commonwealth Games in Gold Coast, Australia, was a huge honour and privilege. The whole experience was phenomenal from start to finish. At times, as a middle-aged man with a family, a job and an everyday life, I found it just a little surreal.



I bowled very well at times and poorly at others, but, throughout, I tried my best, even though local conditions made it a bit tricky. Leaving the Gold Coast with a medal made everything a little sweeter.

My biggest concern before leaving South Africa was whether the athletes' village, where we would stay for three weeks, would meet my accessibility requirements as a paraplegic. In the end, I needn't have worried. Australia has an excellent accessibility reputation. Team SA only had two wheelchair users. We were allocated separate four-person flats, which we shared with three other teammates or colleagues. The universal accessible (UA) ablutions were fantastic for both me and my three other more able roommates. There were public UA toilets, both permanent and temporary, everywhere I went, which included the airports, the athletes' village, the Broadbeach Bowls Club, the athletics' stadium and a local mall.

The buses that transported the 5 000 athletes between airport, village and venue had drop-down access ramps or built-in lift platforms. Onboard there were fold-up seats with support rails to accommodate any wheelchair users. Lifts were available in every multi-storey building I visited.

There was even a wheelchair and prosthesis depot in the village to cater for any mechanical problems. I visited it once simply to see what they offered and ended putting air into my tyres just to keep them occupied!

To pay kudos to South African Sports Confederation and Olympic Committee (SASCOC), their support team, with fellow wheelchair user Leon Fleiser in the mix were always on hand. The medical and physiotherapist teams were available when we needed them for treatment, massages and appropriate medication.

At the bowls club, strong and durable temporary ramps

had been constructed to get wheelchairs and polishing machines on and off the green. During our medal ceremony, a specially designed wooden ramp was produced for my benefit. There were in fact three wheelchair bowlers taking part in the open para trips event, but I was the only one who bowled from a wheelchair. The other two were amputees, who used their chair to move up and down the green to limit the pressure and chaffing on their stumps.

One of the real highlights of the Games for me was interacting with all the other athletes from various sports with disabilities from participating countries. It is always good to share experiences and make new friends.

The accessibility experience throughout our time in the Gold Coast was fantastic. The Australian volunteers (called Games Shapers) were all beautiful people and wonderful hosts (with quite a few South Africans expats in their midst), and a credit to their country.

CHRISTO DE JAGER RETURNS TO SA DISABLED GOLF OPEN

Veteran South African golfer with a disability Christo de Jager returned to the 2018 Canon South Africa Disabled Golf Open. The 20th edition of the tournament took place at the Magalies Park Golf Club from May 13 to 18. De Jager attended for the 11th time.

Reinard Schuhknecht, brand ambassador for the South Africa Disabled Golf Association (SADGA), said: "We are pleased that De Jager competed at the Canon South Africa Disabled Golf Open once again. A valued member of the SADGA family, Christo is also a very talented golfer and we are thrilled to have him representing SADGA."



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DON'T MISS OUT

Be sure to diarise these important upcoming events

21 - 23 MAY NATIONAL CEREBRAL PALSY CONFERENCE

The NAPCP South Africa will host its annual conference at the Birchwood Hotel, Boksburg, to discuss the latest research, therapies and treatment.

21 - 25 MAY WFOT CONGRESS

The World Federation of Occupational Therapists Congress will be held in Cape Town.

21 - 26 MAY 70TH WORLD HEALTH ASSEMBLY

The World Health Organization will hold its 70th Assembly in Geneva, Switzerland, to discuss global health including an action plan for 2021 to achieve better health for all people with disabilities.

31 MAY WORLD MULTIPLE SCLEROSIS DAY

World MS Day aims to bring the global MS community together to share stories, raise awareness and campaign with and for everyone affected by multiple sclerosis.

1 JUNE LIFE RIVERFIELD LODGE SCI WORKSHOP

The Life Health Care Riverfield Lodge in Randburg will host an interactive workshop for caregivers, professionals and families affected by spinal cord injuries.

TBA SABAT POWER WHEELCHAIR RACE

QuadPara Association of South Africa (QASA)'s annual Power Wheelchair Race in association with Sabat Batteries will take place in 2018.

TBA QUADS4QUADS

QASA, in partnership with The Adventure Company, will once again host the ultimate off-road journey to raise funds for QASA.

16 - 26 AUGUST IWBF WORLD CHAMPIONSHIP

The International Wheelchair Basketball Federation (IWBF) will host the World Wheelchair Basketball Championship in Germany.

ENTREPRENEURSHIP: A PIPE DREAM?

SELF-EMPLOYMENT IS A MEANS TO EARN A LIVING AND OFFERS MORE INDEPENDENCE AND FLEXIBILITY. BUT IS IT A REALISTIC OPTION FOR THE 99 PERCENT OF UNEMPLOYED SOUTH AFRICANS WITH DISABILITIES?

Being an entrepreneur can be liberating for many people. However, it comes with its own challenges, especially if you're an entrepreneur with a disability - it's hard to make a living. According to the National Disability Strategy, there are a large number of people with disabilities among the very poor in South Africa.


Poor people don't have sufficient income to buy goods. They usually live in underdeveloped areas where there's a lack of sanitation, water, electricity, health services, job opportunities and educational and recreational facilities. Many of the people who receive social security benefits in South Africa tend to be totally dependent on them for their survival.

The majority of people with disabilities, however, receive no grant at all. At the same time, an estimated 99 percent of people with disabilities are excluded from employment on the open labour market. Much needs to be done to support people with disabilities who want to run their own businesses, so they can also contribute effectively towards the South African economy.

Individuals with disabilities make up about 15 percent of the South African population, with an estimated eight in ten people with disabilities unemployed.

I was excited by the launch of Amavulandlela Funding Scheme in December 2016, which is aimed at funding entrepreneurs with disabilities. Now we need people to be made aware of the scheme in order to access the fund.

In a country like South Africa, where the unemployment rate is 27,7 percent, entrepreneurship could save the day. In particular, it could give people with disabilities greater independence and the ability to support themselves financially. They could set their own schedules and reduce transport challenges if they were based at home.

Moving forward, one measure that needs to be taken is to eliminate discriminatory legislation, as much of the past discriminatory legislation still remains. Although attitudes are changing, people with disabilities still experience more unfavourable treatment than people without disabilities. We need to include the empowerment of people with disabilities in the same sentence when we talk about the empowerment of youth and women in South Africa. 



Emilie Olifant is a disability activist, entrepreneur and motivational speaker. She is the director of the Emilie Olifant Foundation, an organisation that strives to address socio-economic issues experienced by people with disabilities.
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FEATURES ISSUE 4 2018

SKIN AND WOUND CARE

In this issue, we focus on this extremely important topic for wheelchair users. How can they better care for their skin and wounds?

BOWEL CARE

Bowel care is always an important topic for wheelchair users. We present some invaluable advice and tips in this regard.



ACCESSIBLE HOME GYMS

Accessing a gym is not always possible for people with disabilities and wheelchair users. We look at the equipment every wheelchair user needs to get fit at home.

NEW TECHNOLOGY IN REHABILITATION

Rehabilitation is an ever-changing environment. New technology is constantly entering the fray. We look at this new technology and how it benefits wheelchair users and people with disabilities.



HEALTH & FITNESS

Wheelchair users are more perceptible to cardiovascular and related disease, such as diabetes. What is the best diet and exercise routine to stay healthy?



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