



# Organisation for and from People with Disabilities South Africa

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# NEWSLETTER

JULY 2017 NUMBER 15

## HOME VISITS

In the last year the OPD-SA has dealt with 25 home visit cases, in the community in the Kouga area. Most of the people couldn't walk properly and are in need of a wheelchair.

When the OPD-SA is contacted, we do house visits to determine the extent of the disease and the disability they are experiencing. We make assessments of their environment and offer advice in the way that they can change their lives and try to acquire the right aids to help them.

In most cases we send them to the social worker or help them to get contact with the social worker. Or introduce them to the physiotherapist or SASSA.

Each case we visit a minimum of three times. Many have become permanent members that we regularly visit.

We are very happy that we can count on new members to also become volunteers with the right passion and knowledge to help others in the OPD-SA.

## WHAT IS MS

Multiple Sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain and between the brain and body.

The cause of multiple sclerosis is unknown. It's considered an autoimmune disease in which the body's immune system attacks its own tissues. In the case of MS, this immune system malfunction destroys myelin (the fatty substance that



**Mission:**  
To create equal opportunities, through awareness and access to all kind of facilities to realise that all persons can participate in a barrier free society.

**Vision:**  
People must function in full dignity and independently and with respect in the community.

If someone wants to receive these newsletters directly by email, please send us an email with the subject "Newsletter".

You are allowed to copy the newsletter as many times you want.

The OPD is not only for people who are in need of

**In this number:**

- ◆ Home visits
- ◆ What is MS?
- ◆ AGM 2017
- ◆ Wheelchair project
- ◆ PBO number

coats and protects nerve fibres in the brain and spinal cord

Mostly it is a scary time for people because they can often be confused by the symptoms, such as difficulty walking, blurred vision, muscle weakness, fatigue and changes in memory and in the beginning most of them deny the symptoms.

The sooner the person learns as much as possible about the MS the better life can be. The acceptance that your body can't do everything that you could do before, is a very important start. Every day is different, because you never know how or if the information flow within the brain and the body, is going to behave.

Taking the medicine in time, listening to your body, playing with your energy is the best strategy for your body.

One of the symptoms of MS, is difficulty walking and knowing that the muscles can be weak because of fatigue. Being prepared is vital, by having and using aids like crutches



or wheelchair to prevent you from falling down. Not because you can't walk, but as a safety precaution and a way to manage your energy so you can still do other things.

### We are looking for help for:

- Visit people at home,
- Get people to the clinics/hospital,
- To do admin work,
- Money to get so the

This special walking bicycle is a nice solution



for people who are suffering from MS. People who still can walk a little bit and don't have to use the wheelchair permanently can use the walking bicycle. You can sit while you use your legs to walk. But still you have to understand and know when and why you are using an aid. Using this bicycle does not say you don't have to use

### This is your place for an advert.

Design costs are not included.

Rates for one time:

50x90mm R100

75x90mm R150

For more information:

Phone: 0761452681

Email: [info@opd-sa.co.za](mailto:info@opd-sa.co.za)

crutches or a wheelchair.

## AGM 2017

Our AGM was held on 28 May 2017 and was a successful meeting. We had discussions about all kinds of things what are important for people with a disability.

First of all we had a discussion about the question; "Is a person with a disability a normal person or special?" There are many laws and rules special for people with a disability so it's easy to think that this is because they are special people. But the conclusion is that persons who are experiencing a disability are as normal as others. Only they need special aids to



function like other persons do. If you have an amputated leg, then you still are the



same person as you were with two legs. If you have paraplegia your personality doesn't change, you are still the same person, but only can't use your legs anymore.

The members of the OPD-SA are very happy with all the work the board has done this last year and asked the board to continue the good work. We also came to the conclusion that the problems at the clinic require more attention.



The new rules from last year

were not implemented and people have to be present at the clinic early in the morning, to form a que as they have done for years.

There were many complaints and they asked the board to once again initiate discussions with the Health

Department about several problems and try to change the rules so people don't lose their jobs because the clinic don't follow the new rules.

The members have also taken on a new project.



### INCOME AND TAX ACCOUNTING

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There are adults who are using diapers, but the cost of diapers is sky high. Many of them can't pay that with all the

## Websites:

The OPD-SA has a website. On this website you can find all kind of information.

Please have a look there: [www.opd-sa.co.za](http://www.opd-sa.co.za)