

Client Services Newsletter ~ Jan/Feb 2012

~Upcoming MDSA Events & Notices~

MDSA Short Stay

It has been brought to the attention of MDSA that we contravene the **South Australian Occupational Health Safety and Welfare Regulations 2010** when the Short Stay is in use, because we fail to provide adequate toilet and washing facilities for the staff and volunteers who are using the building at that time. We must provide a minimum of two to three toilets and washing facilities for the number of people who are usually in the building, and there must be an accessible facility for those staff or visitors who require it. Whilst we usually meet this requirement, we cannot guarantee this access when short stay is in operation. We effectively only offer 1 toilet/washing facility for all of our staff and visitors whilst short stay is in operation, and this facility is not accessible. *Now that we are aware of this problem we sadly are no longer able offer our Short Stay Accommodation to clients.* Client Services is actively investigating alternative accessible accommodation arrangements. If you have any questions regarding this issue please contact **Amber** or **Debbie** in Client Services on **8234 5266** or email **apyle@mdasa.org.au**

Welcome New Events Coordinator

Hi, my name is Jess and I'm the new Events Coordinator with MDSA. I'm very excited to join the team at MDSA! I have experience working in a variety of roles in functions and events, including at a range of major music festivals and most recently working in a more community based role at a Sailing Club. I have also completed a Bachelor Degree in Festival & Events Design and Management. My decision to pursue a career in Events was driven by a desire to make a difference to the community, which is why I am so excited to join the team at MDSA and help raise funds and awareness for those living with a neuromuscular condition. I am very much looking forward to meeting all of you, implementing some great events and "putting my muscles behind Muscular Dystrophy"!

MDSA Counselling Service

Did you know MDSA has a counselling service available for clients, families and carers of people diagnosed with a neuromuscular disorder? Counselling aims to assist people to develop an understanding about things that are happening in their lives. For people diagnosed with a neuromuscular disorder many issues and concerns can arise. Counselling can assist people to make sense of their lives, resolve specific problems and make decisions. Counsellors do this by listening and enabling people to talk about their feelings, as speaking out loud about problems can help put their thoughts in order. This service is provided free of charge. If you think counselling may be of help to you please contact **Client Services** on **8234 5266** or email **dsmith@mdasa.org.au**



Charcot-Marie Tooth Luncheon

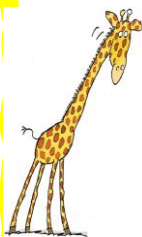
MDSA will be holding a light-hearted relaxed lunch for clients diagnosed with CMT. Come along for lunch and enjoy a relaxed atmosphere and chat. This may also be an opportunity to discuss starting a CMT support group through MDSA. The Lunch will be held on the 23rd February 2012, 12:30pm at the Mile End Hotel, 30 Henley Beach Road, Mile End. If you would like attend please contact **Client Services** on **8234 5266** or email **apyle@mdasa.org**. **RSVP NO LATER THAN 20th FEBRUARY 2012**, lunch will be held subject to sufficient numbers.

Siblings Support Focus Group

Families Australia and Siblings Australia have been working together to advocate for and raise the profile of siblings as a cohort, for whom the public policy debate about their wellbeing and potential, is largely silent. As a result of their efforts and in conjunction with the Royal Australian & New Zealand College of Psychiatrists (RANZCP) Families Australia and Siblings Australia would like feedback from siblings of people with a disability or chronic illness on what their needs may be. There is also scope to hear from parents, teachers or other workers in the disability sector. Two Focus Group sessions will be



held on Friday, 10th February, 5 – 6.30 pm
OR Saturday, 11th February, 10 – 11.30 at
the UnitingCare Wesley, Adelaide, 2nd Floor,
10 Pitt Street, Adelaide. If you are interested
in attending one of the sessions please send
your contact details and preferred session to
kate@siblingsaustralia.org.au or
0408720558 by **30th January 2012**



2012 SA Water Zoo Accessible Adventure Days

PARAQUAD SA and Adelaide Zoo
are pleased to announce that SA
Water have agreed to sponsor the
2012 SA Water Zoo Accessible

Adventure Days, which will be staged from
**10am to 4pm daily from Friday 23rd to
Monday 26th March 2012** at Adelaide Zoo.

All South Australians with a disability and
their family and friends are invited to
experience the beauty and excitement of the
Adelaide Zoo in a welcoming and accessible
environment. Tickets will be \$11 for people
with a disability and free entry for their carer.
Discounted rates are available for family and
friends. MDSA is taking expressions of
interest at this stage. **For more information**
contact **Client Services** on **8234 5266**

Medical Heating & Cooling Rebate

The Medical Heating and Cooling Concession
has been implemented. The Energy
concession assists South Australians on a
fixed or low income who have a qualifying
medical condition requiring the frequent use
of heating or cooling in the home to prevent
the severe exacerbation of their condition.

The concession is available to more than one
person per household. Application forms
must be completed in conjunction with a
medical specialist. For a copy of the eligibility
requirements and application form contact
Amber on **8234 5266** or email
apyle@mdasa.org.au

EQUIPMENT

BEACH WHEELCHAIR- MDSA has a beach wheelchair available for loan at no cost to
clients. The wheelchair features large rubber wheels that can be pushed over sand
and also taken into the water. The wheelchair also floats in the water and fabric
seating and backing means getting it wet is not a problem.

If you are interested in borrowing this equipment, please contact Client Services on
8234 5266.

MDSA: 8234 5266
info@mdasa.org.au
36-38 Henley Beach Rd Mile End

NDIS New Website

The National Disability Insurance Scheme
has a new website, designed to keep people
up to date with Government's progress. It will
provide easy-to-read information, up-to-date
news, disability and carer resources, and fact
sheets on reform of disability care and
support services. Visit **www.ndis.gov.au**.

Facioscapulohumeral Muscular Dystrophy

Facioscapulohumeral Muscular Dystrophy or
FSHD is one of the most prevalent of the nine
primary types of muscular dystrophy affecting
adults and children. The major symptom of
FSHD is the progressive weakening and loss
of skeletal muscles. The usual location of
these weaknesses at onset is the origin of the
name: face (facio), shoulder girdle (scapulo)
and upper arms (humeral). Client Services
can provide clients diagnosed with FSHD and
family members with information and support
about the condition. Client Services can also
source recent FSHD research and findings. If
you would like information regarding FSHD
contact **Client Services** on **8234 5266** or
email **apyle@mdasa.org.au**

MDSA Badge Day

MDSA needs your help! MDSA Badge Day is
coming up on Friday March 2nd 2012. Badge
Day raises important funds towards service
provision for clients and their families. If you
are able to volunteer your time on Badge
Day, even for only an hour, that can make a
huge difference! For further details contact
Richelle on **8234 5266** or email
rclements@mdasa.org.au.

Big Red Ride

A very big thank you to all those clients and
members who helped out or attended the Big
Red Ride on Saturday 14th January 2012.
The day was a *Big Red* success and enjoyed
by all who attended!



MUSCULAR DYSTROPHY
SOUTH AUSTRALIA