



MUSCULAR DYSTROPHY
SOUTH AUSTRALIA



Art Therapy has many benefits including helping people to meet new people, foster self-awareness and manage behaviour whilst creating beautiful artwork. Muscular Dystrophy SA facilitates Art Therapy sessions for clients. We are running a session for adult clients on Tuesday 29th September from 1pm-3pm at the Muscular Dystrophy SA office, 36-38 Henley Beach Road, Mile End 5031. If you are interested in attending this session, **please contact Hoda on 8234 5266 or email hteimorzadeh@mdasa.org.au.**



Managing In Home Support

Pending expressions of interest, Muscular Dystrophy SA would like to arrange an information session based on how to best manage **your** in home supports. Topics on the day will range from good communication skills to your rights as a client accessing services from an in home support agency. When you begin to access in home support, you evidently become a teacher. People may not always know exactly how to provide personalized support and although this may be frustrating, clients are often the managers of supports in their home and have a role to teach support workers how to do their job. If you are interested in attending this information session **please contact Aisling on 8234 5266 or email aotoole@mdasa.org.au. We welcome your suggestions.**

SMA Awareness Month

August is Spinal Muscular Atrophy awareness month! Spinal Muscular Atrophy (SMA) is a genetic condition that affects the nerves which control muscle movement – the motor neurons. SMA is classified into types 1 to 4 depending on the severity. Muscular Dystrophy SA supports individuals living with Spinal Muscular Atrophy and their families in leading the best possible quality of life. The Client Services team can provide clients diagnosed with SMA with information and support in regards to the condition. **Contact Aisling on 8234 5266 or email aotoole@mdasa.org.au**



South Australian Companion Card

Where would you like to visit? Many affiliates have already signed up for the Companion Card Program and National Disability Services is busy signing up more organisations to offer new places for companion card holders to visit. Go to www.sa.companioncard.asn.au/whats_new to see if there is a venue, event or activity of interest to you that is not

Client Services Newsletter

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listed on the companion card. Email Jodie.Russian@nds.org.au if you have any suggestions.

Friedreichs Ataxia

Friedreichs Ataxia (FA) is a rare hereditary disease that mainly affects the nervous system and the heart. Symptoms include muscle weakness and ataxia and a loss of balance and coordination. Heart complications range from mild, non-symptomatic abnormalities to more severe issues. Client Services can provide clients diagnosed with FA, parents and family members with information and support about the condition. Client Services can also source related research and findings. **If you would like information regarding FA contact Client Services on 8234 5266 or email aotoole@mdasa.org.au**



Carers & the National Disability Insurance Scheme

Carers Australia has information and resources for all carers currently navigating the National Disability Insurance Scheme (NDIS), or about to begin the application process on behalf of the person they care for. Providing clear and brief information on the aspects involved in successful application, this resource includes links to relevant external material and a glossary defining much of the jargon associated with the application process and the various bodies involved. There is also information about how carers can be directly involved in the NDIS, and supports that you can get as a carer. It is important to be prepared for the NDIS as it will change the way that most disability services work. Understanding and preparing for the NDIS will help people with a disability who need support to gain access to the supports they need, as well as helping carers to receive support for their own role. This resource will be updated as and when new information becomes available. **Call Carers Australia on 1800 242 636 or visit www.carersaustralia.com.au/ndis-and-carers/**

Advance Care Directive

Advance Care Directive offers you the opportunity to plan legal arrangements for your future health care, end of life, preferred living arrangements and other personal matters. It replaces the existing Enduring Power of Guardianship, Medical Power of Attorney and Anticipatory Direction with a single, Advance Care Directive Form. The new Advance Care Directive allows you to write down your wishes, preferences and instructions for the future. It also allows you to appoint one or more Substitute Decision-Makers to make these decisions on your behalf if you are unable to do so in the future. **For more information visit www.advancecaredirectives.sa.gov.au**

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[.com/MuscularDystrophySouthAustralia](https://www.facebook.com/MuscularDystrophySouthAustralia)



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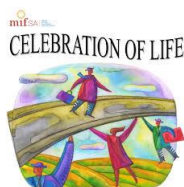


Variety SA – Accessible Vehicle Funding

Variety SA funds wheelchair accessible vehicles for individuals aged under eighteen and their families who are unable to finance the vehicle without assistance. Variety SA understands the difficulty of gathering the money needed to fund an accessible vehicle. Families are to send in an application to the Grants Committee and the committee will determine whether the family is eligible for a vehicle. Variety SA has provided a number of MDSA clients with wheelchair accessible vehicles. **Go to www.variety.org.au to find out more information.**

Celebration of Life Exhibition

Get involved with MIFSA for their 2015 Carers Week event! MIFSA invites you to prepare art work to display at this celebration of life exhibition—you can also choose to sell your item/s, just name the price! Paintings, photography, drawings, craft, woodwork, and even written poems can be displayed at the exhibition.



All submissions must be delivered to MIFSA, 5 Cooke Tce Wayville, by Wednesday September, 30th. The exhibition will launch at 12:30pm 7th October 2015. It will then be open daily until 28th October 2015. Location: West Torrens Auditorium within the Hamra Centre, Brooker Terrace, Hilton.

Contact Paula or Sam for more details on 8378 4100.

JFA Youth Mentoring Workshops

Julia Farr Association is holding free youth mentor workshops for young people living with disability. Topics range from living independently to relationships and sexuality. These sessions are a great opportunity to meet other young people, chat about your experiences and meet the Julia Farr youth mentors. **Download a flyer and registration form from www.purpleorange.org.au to see if the workshop topics appeal to you.**

Disability and Carers

The Department of Social Services has a section of their website that is dedicated to assisting families and carers who are supporting a person that is newly diagnosed with disability. The website features advice for carers in terms of waiting on a diagnosis, helping your child to the best of your ability following a diagnosis and navigating the disability system. **Go to**

raisingchildren.net.au/services_pathfinder/disability_services_pathfinder.html to see how the website might help.

Accessible Accommodation Registry

Muscular Dystrophy SA has created an Accessible Accommodation Registry. This registry is based on advice gathered from our clients in regards to previously visited, accessible accommodation situated within Australia. If you would like access to this registry or you would like to provide suggestions to add to our registry, **please contact Client Services on 8234 5266 or email kmclean@mdasa.org.au**

TeenZone – Outside School Hours Care

Novita Children's Services receives funding from the Commonwealth Department of Family and Social Services, Housing and Indigenous Affairs, to provide vocational and after school care to young people living with disability aged 12-18 and their siblings. TeenZone participants take part in a variety of activities including cooking, painting, craft, viewing movies, games and excursions to the Zoo, Railway Museum, Aquatic Centre, Shopping Centres, Glenelg, SA Museums and much more. The staff are very approachable with experience in a variety of areas to cater for each individuals' needs.

Special attention is given to meeting the individual health care needs of the teenagers. The program also exposes teenagers to new experiences in a safe, caring and relaxing environment, while providing respite for their families. **For more information go to**

www.novita.org.au/Content.aspx?p=678 or contact Novita Children's Services Inc on 8243 8282.

Chronic Disease Management Plan

The Chronic Disease Management Plan (CDM Plan) allows people diagnosed with a chronic condition to access five medicare rebated appointments from a specified allied health service, i.e. physiotherapy, occupational therapy, speech therapy etc. The CDM Plan is set up by an individual's GP. Clients who wish to use their plan to access physiotherapy can use one of Muscular Dystrophy SA's preferred Neuro-physiotherapists for these appointments and we will cover the gap. To find out more information, **contact Aisling on 8234 5266 or email aotoole@mdasa.org.au. Alternatively, talk to your GP about setting up your plan at your next visit to the doctor.**

Walker to Giveaway

Muscular Dystrophy SA has a four wheel walker to giveaway to a client. The walker is in good condition and features hand grip brakes, a carry basket and seating in the centre of the walker. If you are interested in the walker please



contact **Aisling on 8234 5266** or email **aotoole@mdasa.org.au**

