



### Information Provision through MDSA

Through Muscular Dystrophy SA's Client Services Team, clients can access or request information relating to their condition or other relevant information that they may require. The Client Services Team is more than happy to take the time to investigate and search for information you may need relating to equipment, support services, accommodation, community groups and a whole range of other topics. **If you would like us to assist you with sourcing some information please feel free to contact Client Services on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)**



### Fascioscapulohumeral Muscular Dystrophy

Fascioscapulohumeral (FSH) Muscular Dystrophy is a genetic muscle condition that primarily affects the muscles of the face, shoulder blades and upper arms. The age of onset, progression and severity of FSH can vary a great deal. FSH is not considered life threatening. Client Services can provide clients diagnosed with FSH and family members with information, support and research findings about the condition. **If you would like information regarding FSH, please contact Client Services on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)**

### Healthier you in 2016

Exercise can provide numerous benefits for people who live with a neuromuscular condition. Muscular Dystrophy SA is planning to run an exercise program for clients that will commence in mid-march. It will be facilitated by our neuro-physiotherapist, Nicole Simmons. If you would like to express your interest in attending the program, **please contact Aisling on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)**. The program will take place weekly, most likely on a Friday and will run for about six weeks. **There is more information to come so stay tuned.**

### Myasthenia Gravis Support Group

Come along to MDSA; 36-38 Henley Beach Road Mile End 5031 on March 3<sup>rd</sup> from 1:30pm-3:30pm to share thoughts and information with others who have been diagnosed with Myasthenia Gravis and their families/carers of all ages. This month, we will have a guest speaker from the Independent Living Centre coming to chat to us Assistance Technology that can be provided through their organisation. The Myasthenia Gravis Support Group takes place annually. **If you would like to attend on the day, please contact Hoda on 8234 5266 or email [hoda@mdasa.org.au](mailto:hoda@mdasa.org.au)**

### Centrelink Online - Make your Move to My Gov

From early 2016, myGov will be the only way you can access your Centrelink online account. With a myGov account, you can access all of your online services in one place, with just one username and password. This includes Centrelink, Medicare and Child Support, as well as other government online services like the Australian Taxation Office. You'll need a Customer Reference Number (CRN) before you can link your Centrelink online account. If you are a new Centrelink customer, visit your nearest service centre and provide your identity documents to receive a CRN. **For help creating a myGov account or linking your Centrelink online account visit or call the myGov help desk on 132307 and select option 1. The myGov help desk operates from Monday to Friday, 7:00am-10:00pm and Saturday and Sunday 10:00 am-5:00pm.**

### Making Life a TAD Easier

Technical Aid to the Disabled SA (TADSA) is a state-wide charity that aims to help people with disabilities overcome problems by designing and building or modifying devices where there is no other solution commercially available. TADSA's resourceful volunteers invent a unique device to solve a unique problem that improves the quality of life for clients whether they are in care or live independently. TADSA also assists clients to enter or return to work, study, recreation or sport through the equipment it builds. No referral is necessary to use TADSA's services. Clients, carers, disability support workers/organisations and allied health professionals can all contact TADSA direct. If you or your family member has a problem relating to disability or ageing, **please contact the TADSA office on 8261 2922, email [admin@tadsa.org.au](mailto:admin@tadsa.org.au) or visit [www.tadsa.org.au](http://www.tadsa.org.au)**

### Freedom Wheels

Another service TADSA provides is the Freedom Wheels custom built bikes program for children living with disability. Standard bikes are modified with a number of prefabricated accessories as required. Freedom Wheels provides children with a new kind of independence that increases their self-esteem and self-confidence and allows them to ride with family and friends, sometimes for the first time. Pictured to the right is MDSA client Alessa on her Freedom Wheels bike.



**If you would like to find out more about this fantastic program, contact TADSA on 8261 2922, email**

**[admin@tadsa.org.au](mailto:admin@tadsa.org.au)**





## NDIS Workshops for Adults Living with Disability

Julia Farr Association Purple Orange will be facilitating FREE NDIS Confidence and Capability Workshops for adults who are living with physical disability in an aim to prepare all attendees for the upcoming transition into the NDIS. There will be eight consecutive workshops, each focusing on a different topic such as disability rights, managing your NDIS supports and connecting to the community. The workshops will be held from the 23<sup>rd</sup> of February onwards until June. For more information and to register for all eight workshops, go to [ndisctraining.eventbrite.com.au](http://ndisctraining.eventbrite.com.au). If you wish to only register for one or a few of the workshops, please phone 8373 8333 or email [admin@purpleorange.org.au](mailto:admin@purpleorange.org.au) after looking at the website for more details.

## Medicare Benefit Cheques are Stopping

From July 1<sup>st</sup> 2016, Medicare benefit cheques are stopping. This means you will need to register your bank account details with Medicare. Whether you claim online or in person, your Medicare benefit will be paid into your bank account, usually the next working day. **You can inform Medicare of your bank account details online using your Medicare online account with myGov, Express plus Medicare mobile App or over the phone on 132 011.**



## Duchenne Foundation – Ride to Raise

The Duchenne Foundation's inaugural bike ride fundraiser is taking place in March of this year. The ride is a week-long adventure that will take place in Melbourne, the first night will see riders meeting the support crew who will be alongside them for the week and enjoying a delicious dinner with some families with kids with Duchenne Muscular Dystrophy. The ride features seven stages detailing a different route for each day. **To register for the event or to find out more go to [www.ridetoraise.com.au](http://www.ridetoraise.com.au). Don't miss out.**

## Rare Voices Australia

Rare Voices Australia is Australia's National Alliance for rare diseases. RVA is a not-for-profit organisation advocating for those who live with a rare disease. RVA provides a strong voice to promote for a health policy and healthcare system that works for those who are living with a rare disease. The 29<sup>th</sup> of February 2016 will mark the international Rare Disease Day. On this day, people living with or affected by rare disease, patient organisations, politicians, carers, medical professionals, researchers and industry workers will come together in solidarity to raise awareness of rare diseases. **To find out more about Rare Voices Australia and international Rare Disease Day, please go to [www.rarevoices.org.au](http://www.rarevoices.org.au).**



## getaboutable

International travel is set to become easier. Getaboutable has been designed for people with limited mobility, vision impairment or hearing loss who find it difficult to venture overseas. Canberra resident Yasmin Gray has now developed a new website aimed at helping people who use mobility equipment to plan their holidays. Ms Gray lives with MS and understands the potential difficulty of getting out and visiting new places, especially if a person has certain mobility equipment/requirements. For this reason Ms Gray is hoping that the website will give people the information they need to be able to explore these new places. **To see for yourself go to [www.getaboutable.com.au](http://www.getaboutable.com.au), you won't regret it.**



Flavour Creations is a Brisbane-based specialist food and drink manufacturer that researches and develops innovative dysphagia and nutrition products intended to improve the lives of thousands suffering from difficulty or discomfort with swallowing. Flavour Creations has a wide range of delicious, thickened products and meal replacements that are sold around Australia. **To find out more go to [www.flavourcreations.com.au](http://www.flavourcreations.com.au) or contact Virginia Smith on 07 3373 3000 or email [vsmith@flavourcreations.com.au](mailto:vsmith@flavourcreations.com.au)**

## Dallas McIntyre – Massage Therapist

Dallas McIntyre is the very talented massage therapist who provides her services on MDSA's annual Grown Up's Getaway. Dallas has an abundance of experience in providing massages to people who live with a neuromuscular condition and her services are very well regarded. Dallas provides therapeutic massages, aromatherapy massages, remedial massages, remedial hot stone massages, remedial with cupping massages, relaxation/stress relief massages, sports/workplace deep tissue massages, and mobile massages. Pensioner discounts are available by negotiation and private health funding rebates are available. **To book in your massage, or to chat to Dallas about what may work for you, phone 8258 2291 or 0419 141 104.**

## 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 the fabric seating and backing means getting it wet is not a problem. **If you are interested in borrowing the beach wheelchair, please contact Client Services on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)**



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