



Important Postage Changes

Due to an increase in Australian postage delivery time and cost, Muscular Dystrophy SA would like to advise that all mail will now be taking up to a week longer to be delivered. This includes the Client Services Newsletter, taxi vouchers requested by clients and any other organisational publications. For this reason, Muscular Dystrophy SA requests that if you would like taxi vouchers to attend any of our therapy sessions (speech therapy, hydrotherapy or physiotherapy), these are requested no later than five working days prior to the required date. Our team will do our very best to ensure that vouchers are sent out as soon as they are requested but we need your help. We would also like to mention that as postage rates have increased, we are hoping to send our publications electronically where possible. **If you currently receive this newsletter via post and are happy to receive it via email instead, please contact Client Services on 8234 5266 or email aotoole@mdasa.org.au. We thank you in advance.**



Muscular Dystrophy SA Speech Therapy

Do you have trouble with speech? Do you have trouble with swallowing and getting food down? Why not think about accessing our **FREE Speech Therapy** service. Speech therapy involves the identification and treatment of speech and language conditions. These include: weak oral muscles, motor planning problems, respiratory and swallowing problems and cognitive or other developmental delays. Our friendly speech therapist is available once a month at the Muscular Dystrophy SA office or appointments may be possible at Griffiths Rehab Centre. **Please contact Client Services for more information on 8234 5266 or email aotoole@mdasa.org.au**

Duchenne and Becker Muscular Dystrophies

Duchenne Muscular Dystrophy and Becker Muscular Dystrophy are genetic neuromuscular conditions that are both characterised by progressive muscle weakness and wasting. As muscles degenerate over time, a person's muscle strength declines. Both DMD and BMD affect males, and both conditions vary in terms of how they progress. Client Services can provide clients diagnosed with DMD or BMD and their families/carers information and support regarding either condition. **Please contact Aisling or Amber on 8234 5266 or email aotoole@mdasa.org.au and we will assist in whatever ways possible.**



Lolly Jar Circus 22nd January

Lolly Jar Circus will be running 1 hour circus sessions for children living with a disability aged 5-12 years. The sessions will be held on Friday 22nd January at the Ingle Farm Recreation Centre, Cnr Roopeena St & Beovich Road Ingle Farm 5098. The first session will take place from 9:30-10:30am and the second will take place from 11am-12pm. The cost will be \$10 per child. Encourage your child/ren to join the fun of learning lots of cool circus tricks! It's going to be a lot of fun! **Bookings are essential, please contact the Ingle Farm Recreation Centre on 7422 1500.**



NDIS Updates for 2016

The Bilateral agreement between the SA Government and the Federal Government has now been signed. This will mean that from the 1st February 2016 children aged between 0-14 will continue to enter into the NDIS. The 1st of January 2017 will then see young people aged 15-17 enter into the NDIS and from the 1st of July 2017 adults aged 18-64 will enter into the NDIS. For adults aged 18-64, the rollout of the NDIS will be based on where people live. Existing Commonwealth and Disability Services will continue to assist people until they have transitioned into the NDIS. A change is coming and this is great news for South Australia. **If you would like more information about the NDIS and how it may affect you contact Amber or Aisling on 8234 5266 or email aotoole@mdasa.org.au**

Making End of Life Decisions There is Help if you need it

Palliative care is the relatively new name for the specialised way of providing supportive care for any person with a life-threatening illness approaching the end of life. It is available for everyone, young and old, people of any ethnic or cultural background, wherever they live. The Palliative Care Council SA is the peak body for palliative care in South Australia. It is a member organisation of the national peak body, Palliative Care Australia. The World Health Organisation has defined Palliative Care as an approach that improves quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention or relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. The Palliative Care SA website announces news, events, online information, publications, learning opportunities and has links to other relevant websites. **Go to www.pallcare.asn.au or contact 8271 1643 for more information.**





My Time Parent Groups

MyTime Parent Groups provide support for parents and carers with school aged children (0-16 yrs) who have been diagnosed with a disability, chronic medical condition or developmental delay. These peer support groups are free of charge and provide an opportunity for parents/caregivers to share experiences with people in similar situations, socialise and find out about available community support. Play helpers will also be available at the sessions to look after young children (0-5yrs) while the peer group takes place. **Please refer to www.mytime.net.au or contact the SA MyTime Manager on 8159 9474 to find out more information.**

Do you want to choose your own support workers and manage your own care?

HireUp is an online platform that gives Australians living with disability the power to choose their own support workers and manage their own care. HireUp gives you the chance to create your own online profile providing basic information about yourself. After a profile has been created, verified support workers can contact you via message to establish working relationships. It then becomes your choice as to whether you wish to employ a certain support worker or not. If you do, you can then create a booking to arrange a shift with the support worker. HireUp also takes care of administrative necessities like payroll, tax, super, insurance and training so you can focus on finding support workers based on your own interests and needs. **To find out more about how HireUp could work for you, go to hireup.com.au/#/how-it-works**

Julia Farr Youth Mentoring Sessions

Julia Farr Youth Mentoring is hosting free information sessions for young people living with disability aged 11-18. The sessions cover topics ranging from exploring your dreams and goals to sexual health, and everything in between. The sessions will take place during the Jan-March period and are generally held on Tuesday afternoons from 4:00pm-5:30pm. **For information regarding the session topics and dates, go to www.purpleorange.org.au**

Essential Medical Equipment Payment

The Essential Medical Equipment Payment aims to help eligible households impacted from the carbon price rise on everyday expenses. To be eligible for this payment, you or your household must have a person living with a disability, or suffering from a medical condition who uses specific medical equipment or requires medical heating or cooling due to the nature of their condition. The payment of up to \$147 annually intends to help households pay their energy costs if the usage of medical equipment results in households having higher energy expenses. **To see if you are eligible for the Essential**

Medical Equipment Payment, visit

www.humanservices.gov.au or contact Client Services on 8234 5266.

Black Dog Snapshot - Mobile Phone App

Blackdog Snapshot is a free mobile phone app that has been designed to support mental health screening, monitoring and help-seeking. Snapshot has been reported as a simple, anonymous and effective way to highlight possible problems, empower people to make positive change and support people to seek help if and when required. The App features a survey in which it records how you are going with various aspects of your life. **To download the App search for Black Dog Snapshot in the App store.**

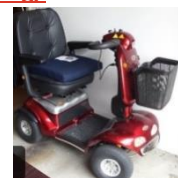
Disability Parking Permit

Did you know if you utilise a ticket parking space within the City or North Adelaide ONLY, the Adelaide City Council DOES NOT require you to purchase a ticket if you display a disabled parking permit. You not only save money, but are entitled to additional time to the marked sign as follows: Less than 30 minutes, the time limit for a Disability Parking Permit holder will be 30 minutes, 30 minutes or more but less than one hour, the time limit for a Disability Parking Permit holder will be two hours, more than one hour, the time limit for a Disability Parking Permit holder will be twice the period indicated on the sign. **For more information go to www.adelaidecitycouncil.com/online-services/parking/disability-parking/**



Mobility Scooter for Sale

Are you in need of a mobility scooter? Muscular Dystrophy SA has been contacted by a family who wish to sell their 18 month old scooter. It is a Mobility Shoprider Scooter 889SL with Bag Carrier. The scooter was purchased for \$3700 and is now being sold for \$999. It has hardly been used and is in great condition. **If you would like more information or to purchase this absolute bargain contact Kelly in Client Services on 8234 5266 or email kmclean@mdasa.org.au.**



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**

