



MDSA Vision and Purpose

We would like to advise that Muscular Dystrophy SA's Vision and Purpose have been updated to reflect a more accurate representation of our current position as an organisation. Muscular Dystrophy SA's **Vision** is now 'A world without neuromuscular conditions by 2050' and the **Purpose** is 'Muscular Dystrophy South Australia exists to provide support and services to people living with a neuromuscular condition and their families and to support research to find a cure and improve clinical practice'.



MDSA Christmas Party!

As you would all know by now, the RSVP date for our Client Christmas Party was Friday 11th November, 2016. The Christmas Party will be held on Saturday 3rd December from 12pm-3pm at the Thebarton Community Centre. Although the RSVP date has closed, we would love to see many of you there so please give us a call if you would like to come and we will see if we can fit you in. **Contact Hoda on 8234 5266 or email hoda@mdasa.org.au** to let us know if you are interested in joining us for what will be a wonderful afternoon.

Hydrotherapy through MDSA

Hydrotherapy is a very beneficial form of exercise for people living with a neuromuscular condition as it can assist with maintaining flexibility, mobility and strength. Muscular Dystrophy SA provides a group hydrotherapy program tailored to suit individual needs, free of charge to clients over eighteen. The sessions are run by a qualified neuro-physiotherapist and have hydrotherapy attendants to assist in the water and provide some dry land assistance. Sessions are held every Thursday at the Women's and Children's Hospital. **For more information contact Jaimie on 8234 5266 or email jriggs@mdasa.org.au**

Order your Fresh Christmas Tree!

It's time to order your fresh Christmas Tree through MDSA. Once again, funds raised will be going towards the Muscular Dystrophy State Electric Wheelchair Sports Team. These 'A' grade trees come in a range of sizes from just \$60.00. The tree will be delivered to your door on Saturday 10th December. **To order your tree, contact Muscular Dystrophy SA by Tuesday, 6th December on 8234 5266. Don't miss out!**



International Day of People with Disability (IDPWD)

Saturday 3rd December marks a United Nations sanctioned day that celebrates the achievements and contributions of people living with disability. Join us in acknowledging IDPWD on Friday 2nd December, 2016 to "Celebrate on the Square". Brain Injury SA, Paraquad SA and the Lifetimes Support Authority will bring the fun back to Victoria Square for the afternoon. Muscular Dystrophy SA will again have a stall and we would love to see some familiar faces on the day. **For more information about the celebrations, contact Kelly in Client Services on 8234 5266 or email kmclean@mdasa.org.au**



Adult Sibling Survey

Siblings Australia is conducting a survey as part of their new project – Creating Capacity: Support for Adult Siblings. The survey aims to help Siblings Australia discover what adult siblings want in order to make decisions about the project. It also gives adult siblings the opportunity to get involved in the project. The project will develop online resources for adult siblings about the NDIS and the different roles that siblings might play in supporting their brother or sister with disability. It will also develop opportunities for peer support and mentoring between adult siblings. **If you would like to participate in the survey, please go to www.surveymonkey.com/r/Y6P8FC8**



NDIS: Nuts and Bolts

The Julia Farr Association (JFA) is presenting a free consultation event that will go through the 'nuts and bolts' of the National Disability Insurance Scheme (NDIS). Sam Paor, parent and advocate from The Growing Space, will be there to conduct and share information about the NDIS. The event will touch on topics such as: what the NDIS is, the eligibility criteria, planning, and other intricacies relevant to the NDIS. The event will be on Wednesday 23rd November from 11am-1pm. It will be held at JFA Purple Orange, 104 Greenhill Road Unley. Some accessible parking is available on site. Light snacks and drinks will be provided. **For more information please contact JFA Purple Orange on 8373 8333.**





JFA: Counting What Counts Survey

Counting What Counts is a series of surveys that aim to find out more about what people living with disability, their families and supporters want. JFA Purple Orange will publish the survey results, so people can use the information to make sure the NDIS is implemented well. The first survey looks at what people and families want from the paid workers in their lives. There is a lot of talk about how the disability workforce needs to grow, but much less talk about what people and families want from that workforce. This survey will aim to find out what people think a great support worker is. All survey participants who leave their contact email will go into a draw for one of three \$50 grocery gift cards. No part of your responses will be used in a way that identifies you.

The survey can be completed by going to www.surveymonkey.com/r/3NQK3JH. If you would like more information or assistance to complete the survey please ring JFA Purple Orange on 8373 8333 or 1300 857 327.

Recreation Link-Up

Recreation Link-Up is a free service offered by the YMCA that provides recreation planning, information, education and introductory assistance to people living with a disability. Recreational activities that are offered include: arts and craft, cooking, outdoor sports and other various activities. Recreational Link-Up can work with you to develop a personalised recreation plan that includes activities of your choice. They can be there to support you via providing ideas, information, regular assistance and phone contact. If you would like more information contact YMCA SA on 8200 2508 or email rec.linkup@ymca.org.au.

Job Access - Driving Disability Employment

The Department of Social Services has now developed a new and improved Job Access website. The website has been developed in consultation with people living with a disability, employers and service providers. The new site now includes information on the Employment Assistance Fund, National Disability Recruitment Coordinator, the National Disability Abuse and Neglect Hotline and the Complaints Resolution and Referral Service. There are also a range of resources including videos, posters and information sheets. Go to www.jobaccess.gov.au to have a look.

Determined2

A Controlled SCUBA Experience

Determined2 offers a unique opportunity for people living with a disability, injury or medical condition to experience Scuba and freedom of



movement in a weightless environment. The organisation has developed a fun, safe way for people to experience

Scuba within clear warm waters. Programs are completely tailored to the individual. On the 29th of November the North Adelaide Community Centre will be welcoming Peter Wilson, founder of Determined2 to speak about the program. It will be held from 12-1pm with lunch provided. So, why not go along to see what it's all about. **Bookings are essential, please contact Vesna on 8203 7060 or email V.Thon@adelaidecitycouncil.com**

NDIS External Merits Review

External Merits Review (EMR) is a system of independent review of decisions made by the National Disability Insurance Agency (NDIA). An EMR system is important in ensuring NDIA decisions are fair and robust. The EMR supports people and families to assist with navigating the process of applying for an appeal to their NDIS Plan. The

EMR provides assistance in understanding the Administrative Appeals Tribunal process, attending conferences and hearings with applicants and assisting applicants to put their own case before an AAT. For more information about the EMR please go to www.dss.gov.au or contact Tegan Wittard – External Merits Review Support Officer at tegan@braininjury.org.au or phone 8217 7603.

Independent Living Centres Australia (ILCA)

ILC's provide assistive technology that enable whole life participation in the broader community. ILC's offer services, information and resources to people living with disability, older people and carers. Assistive technology is any device, system or design that allows an individual to perform a task that they would otherwise be unable to do or find extremely difficult. Assistive technology can include simple products such as those that assist you to open a jar or bottle, or turn a tap, or open a door. ILC's have a wide range of technology available to assist you or someone you know with day to day activities. To have a look at what they offer go to www.ilcaustralia.org.au. There is also a warehouse in Adelaide on 11 Blacks Road, Gilles Plains SA 5086. Alternatively you can phone 08 8266 5260.

For Loan

MDSA has a variety of adult manual wheelchairs available for clients to loan at no cost. Each wheelchair has brakes, removable footplates and hand grips on the back rest. If you are interested in loaning a wheelchair, contact Client Services on 8234 5266 or email kmclean@mdasa.org.au



CONNECT WITH US www.mdasa.org.au | info@mdasa.org.au Ph: (08) 8234 5266 | Fax: (08) 8234 5866



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