



### Welcome to Client Services Jaimie

The Client Services Team at Muscular Dystrophy SA would like to wish our newest team member, a warm and overdue welcome. Below Jaimie has written a few words to tell you all a bit about how she came to be part of CS. We are very lucky to have her!

Hello, my name is Jaimie Riggs and I have just started my new role as a Client Services Coordinator. I have been with MDSA since 2010 starting as the Volunteer Coordinator and then moving into the administration area. I am married with two children and spend my weekends watching my kids play sport, going for beach walks and spending time with family and friends. My family live with FSHD (Facioscapulohumeral Dystrophy) so I understand the importance of the work the Client Services department does and I cannot wait to become a valuable team member. I am extremely excited and passionate about my new position and I am looking forward to the challenges ahead and getting to know all of our clients.



### Spinocerebellar Ataxia (SCA)

Spinocerebellar Ataxia (SCA) is a progressive, degenerative condition that results in increasing problems with coordination and function of the legs, hands and speech. There are multiple different types of SCA and genetic testing can often determine which type a person may have. Muscular Dystrophy SA facilitates a monthly support group for clients diagnosed with SCA and their carers. Muscular Dystrophy SA can also provide clients diagnosed with SCA information and support on the condition. **If you would like some more information on our SCA support group, or SCA in general, please contact Client Services on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)**

### MDSA's Hydrotherapy Program

Hydrotherapy is a very beneficial form of exercise for people 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 aged over eighteen. The sessions are run by our qualified neurophysiotherapist and we employ hydrotherapy attendants to assist in the water and provide dry land assistance. Sessions are held every Thursday at the Women's and Children's Hospital. **For more information contact Aisling on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)**

### (SIS) - Technology Training Sessions

Seniors Information Service (SIS) are offering seniors an opportunity to attend training sessions for those who are interested in using tablets and the internet. They are also offering an Internet Security session. **For more information about the sessions call 8168 8776.**

### Seniors Information Service (SIS) - Internet Lounge

Seniors Information Service (SIS) currently has an Internet Lounge located at their Currie Street office. Seniors over 50 can go and utilise either Windows or Mac computers for FREE at the lounge for up to 2 hours each session. **For more information contact 8168 8776.**

### International Day for People with Disabilities

International Day for People with Disabilities celebrations will be held at Victoria Square from 11:30am until 2:30pm on Thursday, December 3<sup>rd</sup> 2015. It is a day where all people around the globe can celebrate and focus on individuals with disabilities. MDSA Client Services staff Kelly and Jaimie will have a stall at Victoria Square on the day so come along and say hi!



### Get your Christmas Trees through MDSA

It's that time of year again and hasn't it come quick! Once again the South Australian Electric Wheelchair Sports Team are selling freshly cut, A Grade, Christmas Trees with FREE delivery to the Adelaide Metro area. All funds will support the team to participate in the National Electric Wheelchair Sports Tournament that will be held in Sydney in 2016. Enclosed with this newsletter is a flyer and an order form for the Christmas Trees, don't miss out!

### Beach for All!

Beaches aren't the friendliest places for wheelchairs and crossing sand can be difficult or impossible for people using walking aids or mobility equipment. For this reason, South Australia is anticipating its first wheelchair accessible beach by January 2016. David Speirs, MP for Bright in South Australia has partnered with Surf Life Saving SA and Seacliff Surf Life Saving Club to fundraise to purchase a special beach access mat to trial at Seacliff Beach. This is a great step





forward in terms of inclusion, allowing individuals who use mobility equipment to access the beach at their own desire. \$10,000 needs to be raised in order for the beach to become accessible, to donate to the crowdfunding initiative go to <https://www.mycase.com.au/page/113797/beach-for-all>

make decisions for you if you are not able to make decisions for yourself or communicate your wishes. For more information about Advanced Care Directive contact Client Services on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au)



### **buxtonstreetlights**

#### **Rosewater Christmas Lights Opening!**

The Grigg family is holding their annual Christmas Lights Opening! This year it will be held on the 28<sup>th</sup> November from 8pm until late. **If you are interested in attending, please contact Aisling in Client Services on 8234 5266 or email [aotoole@mdasa.org.au](mailto:aotoole@mdasa.org.au) and we will pass this information on to the Grigg family.**

### **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](http://www.dss.gov.au) or contact Tegan Wittard – External Merits Review Support Officer at [tegan@braininjurysa.org.au](mailto:tegan@braininjurysa.org.au) or phone 8217 7603.

### **Julia Farr MS Benevolent Fund**

The Julia Farr MS McLeod Benevolent Fund (JFM) provides grant funding for innovative South Australian projects that support adults living with acquired brain injury or a degenerative neurological condition, to have authentic personal control of their lives and valued roles in community life. They are currently seeking applications for Initiatives that create mainstream employment opportunities, with award related wages, for people living with disability. Applications close on Wednesday 9<sup>th</sup> December 2015 so get in quick.

Application forms are available at <http://www.jfm.org.au/apply/application-forms/>. For more information contact JFM on 8373 8333.

### **Clare Resilience Forum**

Mental Illness Fellowship South Australia (MIFSA) in conjunction with Clare, will be holding a forum about resilience, health and wellbeing. The forum will be held at The Valleys Lifestyle Centre - 180 Main North Road, Clare on the 30<sup>th</sup> November 2015 from 6:30pm to 9:00pm. Catering will be provided by the Clare Primary School. **RSVP's are accepted until the 23<sup>rd</sup> November 2015. To RSVP email [carersupport@mifsa.org](mailto:carersupport@mifsa.org) or phone 8378 4100.**

### **CMTAA Christmas Gathering**

Join the Charcot Marie Tooth Association of Australia at their upcoming Christmas Gathering. The gathering will be held on Saturday 28<sup>th</sup> November at the Findon Hotel, 261 Grange Rd, Findon from 12pm-2pm. The cost for meals will be from \$11.90 (Child menu available). **To RSVP please contact the CMT SA team on 0459084437 or email [cmtaa-sa@cmt.org.au](mailto:cmtaa-sa@cmt.org.au)**

### **Advanced Care Directive**

The Advanced Care Directive is a legal document that allows you to formally express your wishes regarding future medical care and lifestyle decisions. You can nominate a person to

### **Technical Aid for the Disabled SA (TADSA)**

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. The devices built by TADSA's inventive volunteers improve 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. TADSA provides one off solutions to one off problems. People with exactly the same disability or condition might have very different needs in terms of equipment or devices and TADSA volunteers can help by basically inventing a unique device to solve a unique problem. No referral is necessary to use TADSA services. Clients, carers, disability support workers/organisations and allied health professionals can all contact TADSA direct. If readers or a family member have a problem related to a disability or ageing that they would like help addressing contact the TADSA office on **08 8261 2922**, email: [admin@tadsa.org.au](mailto:admin@tadsa.org.au) or visit [www.tadsa.org.au](http://www.tadsa.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](mailto:aotoole@mdasa.org.au)**

