



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 sometimes females, 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.**



Push and Powered Sports Association (PAPSA)

The PAPSA season is in full effect. Do you yearn for high impact and adrenaline filled competition? Why not join up and play in the Push and Powered Sports Association! PAPSA has provided sports recreation in wheelchair soccer, hockey, rugby and power football, to **disabled people of all ages** for the past two decades! Both **powered electric wheelchair or manual wheelchair users** can join and play! The season kicked off on **Monday, 8th of August at 6:30pm at St. Paul's College on 792 Grand Junction Road, Gilles Plains** and will continue being played weekly on Mondays. PAPSA offers the opportunity for players to meet new people and get involved in competitive sports. **For more information contact Jacob Gracey from Disability Recreation and Sports SA on 0457 232 813 or email jacob@drssa.org.au**



MDSA Christmas Party!

Can you believe it's that time of year again? We can't! Please find enclosed the invitation to our annual Family Christmas Party. This year, the Christmas Party will be held on Saturday 3rd December. Once again, we will have Aria Acoustic, a delicious Christmas lunch, dessert and a surprise visit from a very special guest. To RSVP please fill in the return section of the invitation and send it back to us. **RSVP by Friday 11th November.** We can't wait to see you all there!

MDSA's Wheelchair Sports Day

Excitement filled the air on Thursday, 6th October at the Adelaide High School Gym as everyone arrived for an afternoon of electric wheelchair sports. A collaboration of efforts made this day a reality and we would like to thank Jacob from Disability Recreation and Sports SA, Adelaide High School, and the two MD Support Groups, MD Mafia and MD Ninjas. All participants split up into three groups with the task of completing the designated sports stations set up on the basketball court. Balloon soccer and hockey sat on either side of the court while in the middle of the court laid bare for all to try out the driving test. Fun was had as we competed to see who could score the most goals in both soccer and hockey, and who could get the fastest time in the driving test. The top three results were Santo (22 seconds), Sam (23 seconds) and Izak (24 seconds). We then had a 'no rules' balloon soccer match between two teams. Some incredible plays and vocal cries of encouragement rang out through the gym as Team Red ran out victorious, scoring two goals to one. The exciting match was a great way to cap off the session and overall it was a good day had by all.



Physiotherapy through MDSA

MDSA provides an annual physiotherapy assessment service to all clients free of charge. This is a great opportunity for clients to have their condition reviewed, develop exercise programs and discuss the use of aids or equipment as required. If you wish to have an annual physiotherapy assessment covered by MDSA, contact Client Services prior to arranging an appointment time with one of our qualified neuro-physiotherapists. Failure to do so may result in MDSA being unable to cover fees incurred. **If you have any questions regarding this please contact Client Services on 8234 5266 or email kmclean@mdasa.org.au**



Boccia SA

Boccia is a target sport that is similar to Lawn Bowls. The aim of the game is to throw, roll, kick or use a ramp to get your balls closer to the white 'Jack' than your opponent's balls. It is a game that can be played by anyone, no matter whether you use a wheelchair or not. Boccia SA has four teams located within South Australia in Mitcham, Aberfoyle Park, Salisbury and the Barossa. The competition runs from October to April each year and Boccia SA always welcomes new comers. **If you are interested in getting involved in a sport that is a lot of fun, email info@bocciasouthaustralia.org or phone Vicki Mutton on 0459 606 029.**

Carers Count

National Carers Week 2016 takes place from 16th – 22nd October and is about recognising and celebrating the outstanding contribution Australia's 2.8 million unpaid carers make to our nation. The theme this year is 'Carers Count'. We encourage all Australians to let carers know how much they count and thank them for their extraordinary contribution to Australia. Anyone at any time can become a carer and National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles. It also provides us with a chance to show our appreciation and learn about carers and caring in Australia. **If you would like some more information, please go to**

www.carersweek.com.au

Your Voice Matters

The Australian Government is offering carers across the country the chance to have their say on how information, services and support are delivered to them. They've asked an independent Australian research company, AMR, to create and manage a survey open to everyone who assists a family member or friend with their everyday activities. If you choose to take part in the survey, you'll be helping the Government understand the needs of different groups of carers across the community. The survey should take no more than 15 minutes to complete, and may be shorter depending on your answers.

You can take the survey by visiting this webpage:

<http://surveys.amr-australia.com.au/mriWeb/mriWeb.dll?I.Project=J4951>

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Carers SA

Caring families should not have to carry the responsibilities of caring alone. There are support and advisory services available to help. Carers SA offers a plethora of services to help family members and friends of people living with a disability. Services such as counselling, respite, financial management, education and training are available for carers through Carers SA.

For more information go to **<http://carers-sa.asn.au/how-we-help>**

Disability Expo and Demonstration

You are invited to attend an expo and demonstration designed to assist families and carers of people living with a disability to explore the recreation, sport and arts opportunities available to them. The Disability Expo and Demonstration will be held on Sunday 30th October, 2016 from 2-5pm at STARplex, Trinity Drive, Evanston Park. The event will showcase services available so if you are a person living with a disability or you have a friend, family member etc., who lives with disability, then it is important that you attend so service providers are aware of what's needed. Entry is free of charge so why not go and have a look!

Channel 9 Young Achiever Award

Nominations are now open for the 2016/2017 Channel 9 Young Achiever Awards! The Awards acknowledge, encourage and promote the positive achievements of young South Australians aged 29 and under. There are a range of categories that young people excel in, so Award topics range from Multiculturalism to contributing to the health sector in rural and remote communities. To have a look at the Award Categories and to nominate someone you know, click **[Awards](#)** and you will be taken to the application page of the Award Australia Website.

Equipment Loan Scheme

Muscular Dystrophy SA has a range of equipment available to clients on a short term loan basis. Equipment ranges from walkers, to wheelchairs, to shower commodes, etc. Clients can borrow this equipment if they are wanting to try something before purchasing their own, or while their own equipment is getting fixed. If you would like to find out more about our equipment loans scheme, please contact Client Services on 8234 5266 or email **aotoole@mdasa.org.au**

