

Resource Guide



This Resource Guide is designed to enable people with Multiple Sclerosis to investigate what resources are available to assist them.

A summary of each topic is provided, with a web link and/or telephone number supplied if more information is required.

Over the coming months more topics will be added. You can suggest topics to be covered by forwarding an email to PwMS@ms.asn.au

Please click on the links below to access the information.

- Mobility Allowance
- Energy Concessions
- Taxi Fare Subsidy Scheme
- Employment
- Work Based Personal Assistance
- Employment Assistance Fund
- Disability Employment Service
- Journey to Work Scheme
- Disability Parking Permit
- Upark Accessibility Pass
- Early Release of Superannuation
- Independent Living Centre (ILC)
- Public Toilet Map
- Peer Support Groups
- Latest Research
- Chronic Disease Management Plan
- Continence Aids Payment Scheme (CAPS)
- Companion Card

Mobility Allowance

Centrelink provides a Mobility Allowance to help people with disabilities who find it difficult to catch public transport. The allowance is a payment of \$75.90 per fortnight to assist with the extra costs associated with travel. Recipients may also be eligible to receive a Health Care Card.

To receive the Mobility Allowance you must be over 16 years of age and:

- Doing at least 8 hours a week of paid work, voluntary work, vocational training or a combination of these; or
- Have an agreement to look for work through a Disability Employment Network eg. If you are aligned/registered with Multiple Solutions; and are required to
- Travel to and from work to perform the above mentioned activities

Mobility Allowance is not income tested, therefore it applies to both recipients and non-recipients of Centrelink income support.

Click [here](#) for more information or contact Centrelink on 13 27 17.

Energy Concessions

The state government provide energy concessions to people on low or fixed incomes who require medical heating or cooling in their homes to prevent or reduce the symptoms of MS. This energy concession will be available from 1 January 2012, but will be backdated to 1 July 2011.

To be eligible you must receive an eligible Centrelink allowance or hold either:

- A pension concession card or DVA Gold Card
- A low income Health Care Card holder
- A Commonwealth Seniors Health Care card

The cooling concession hotline number is 1800 307 758 or click [here](#) for more information.

Application forms can be downloaded from [here](#)

Taxi Fare Subsidy Scheme

A subsidised taxi travel program is available for people with permanent physical disabilities who have limited mobility and cannot use public transport.

- A 50% taxi fare subsidy is available for people who are able to walk (not confined to a wheelchair).
- A 75% taxi fare subsidy is available for people who are confined to a wheelchair.

An Application for Transport Assistance form is required to be completed. Help completing the application may be required from a general practitioner, medical specialist or mobility instructor.

For an application form or further information simply click [here](#) or call 1300 360 840.

Employment

The [Job Access website](#) has been set up to act as a 'one stop shop' for help and workplace solutions for the employment of people with disability.

Work Based Personal Assistance

A job seeker or employee with disability, who is receiving support from a Disability Employment Services Program Provider and requires assistance at work to eat a meal, use the toilet or take medication, may be eligible for support through Work Based Personal Assistance.

Financial help is available to Disability Employment Services Program Providers to reimburse costs for job seekers with disability who, due to their physical or neurological disability or medical condition, require regular assistance at work from either:

- specially trained personnel, either employed by the Disability Employment Services Program Provider or from another agency, who provide personal assistance with feeding by mouth or tube or personal hygiene, such as care of catheter;
- a Registered Nurse to administer medical interventions.

More information is available [here](#).

Employment Assistance Fund

The Employment Assistance Fund helps people with disability by providing financial assistance to purchase a range of work related modifications and services for people who are about to start a job or who are currently working, as well as those who require assistance to find and prepare for work. More information is available from [here](#)

Disability Employment Service

Multiple Solutions is a specialist in disability employment services and can provide services including:

- Job search support and skills development
- Career planning
- Work placements
- Workplace support
- Access to training.
- Advice on disclosure and awareness

For more information click [here](#) or phone (08) 203 6600.

Journey to Work Scheme

Members receiving a 75% subsidy from the Taxi Fare Subsidy Scheme who are engaged in regular paid or unpaid work, may receive extra Journey to Work vouchers to get to work.

More information and an application form can be obtained [here](#) or call 1300 360 840.

Disability Parking Permit

This permit is available to people with either walking difficulties or using a wheelchair.

The permit:

- is valid if the vehicle is being used to transport the permit holder;
- Allows the vehicle to be parked in parking spaces which are signposted with the people with disabilities symbol painted on the road surface.

If a sign indicates that a time limit applies to disabled parking space there is no additional time allowed.

National minimum parking concessions have been introduced in South Australia. These concessions are:

If the time limit on the parking sign is:

- less than 30 minutes, the time limit for a disability parking permit holder will be 30 minutes; or
- 30 minutes or more but less than one hour, the time limit for a disability parking permit holder will be two hours; or
- more than one hour, the time limit for a disability parking permit holder will be twice the period indicated on the sign.

To apply for a permit an application is required which needs to be completed by a medical practitioner.

Click [here](#) for more information or call 13 10 84.

UPark Accessibility Pass

The UPark Accessibility Pass provides 2 hours free parking up to 52 times per year at all UPark car parks.

You must apply directly to UPark for an Accessibility Pass by filling out a registration form and attaching with a copy of your current SA Disability Parking Permit. Registration forms are available from:

- Print the application form from the UPark website (link below)
- Request a copy from any UPark cashier

- Submit an online form from the UPark website (requires a scanned image of your Disability Parking Permit)

Completed forms, along with a photocopy of your valid SA Disabled Parking Permit can be posted to UPark Administration, GPO 2252, Adelaide SA 5001 or handed to a UPark cashier.

Click [here](#) for more information or call Adelaide City Council Customer Centre (08) 8203 7203.

Early Release of Superannuation

Superannuation generally cannot be accessed before you are 55 years old. However, in some very specific circumstances, the law allows you to access your superannuation early.

Grounds for applying to have your superannuation released early include:

- you are experiencing severe financial hardship;
- you have been permanently incapacitated (permanent and total disability);
- to pay medical or dental expenses, for you or a dependant of yours;
- to prevent your home from being sold by the lender that has the mortgage for it;
- to modify your home or vehicle to accommodate your own needs, or the needs of a dependant, in the case of severe disability.

Superannuation benefits that are released early are generally taxed. You should seek professional financial advice when considering this option.

Click [here](#) for more information or contact your superannuation fund.

Independent Living Centre (ILC)

ILC provides free information and advice on equipment to help individuals improve their quality of life and maintain their independence. It is staffed by health professionals (Occupational Therapists). The service is available to all members of the public, including people with a disability.

Information and advice is provided about equipment and techniques to assist with everyday tasks, including:

- Mobility/walking aids
- Wheelchairs, scooters ('gophers') and buggies
- Vehicle modifications
- Bathroom, toileting and incontinence
- Clothing and dressing
- Household and kitchen equipment
- Building fixtures and design for access
- Lifting, transferring, ramps and hoists

- Seating
- Communication aids and telephone access
- Computer and vocational aids
- Recreation

ILC can provide advice on equipment hire and loan and details of equipment services, including written product information, supplier details and approximate cost. However, ILC is not a sales outlet. The equipment catalogue of product information and services is available online for the public to search. Also, an extensive range of equipment is on display at the centre for the public to browse and try out and brochures, fact sheets, books, videos and CD ROMs are also on display. A health professional is available to provide assistance, so to ensure staff availability, please book an appointment prior to arrival.

Independent Living Centre (ILC)

Address:	11 Blacks Road, Gilles Plains, SA
Bus routes:	Bus routes from Adelaide city are T500/T501 or 208 to stop 28, Sudholz Road.
Parking:	Accessible off-street parking is available.
Opening hours:	9.00 am to 5.00 pm, Monday to Friday.
Telephone:	1300 885 886 (SA/NT callers only) or 08 8266 5260
Fax:	08 8266 5263
Email:	ilcsa@dfc.sa.gov.au

For further information, click [here](#) and follow the thread of related topics

Public Toilet Map

This is an internet based resource used to locate public toilets, including disabled toilets, across Australia. It can be handy when planning a trip or just to locate a public toilet in your area.

Click [here](#) to visit the website.

Peer Support Groups

Support groups are provided by the MS Society to assist and support those who suffer from MS. The support groups regularly meet for coffee, lunch or other recreational activities. These occasions provide opportunities to have informal discussions, or just friendly conversations.

The support groups are made available to those with MS, as well as their parents, partners, children and carers. There is no joining or on-going fees and all ages are welcome.

The MS society also provides general support with counsellors for clients and families, and also may provide mentors for those who are newly diagnosed.

Support groups by area:

Inner South Nicole La Vanda 8277 4647	Gawler Carolyn Cordon 0418 806 490
Adelaide Hills Lyn Seekamp 0413 153 945	Friendly Force (Morphettville) Christine Sutherland 8276 3779
Northern metro (Hard Yakkas) Tallia Coulter 0403 766 157	Southern Virginia Stanfield 8382 5244
Tailem Bend Bev Moyes 8572 3225 Sue Griffiths 8572 3914	Port Lincoln Jasmine Blackwood 0417 374 251 Pamela Price 0427 824 145
Barossa Denise Hoffman 8565 6245	Fleurieu Jill Masters 8555 0358
Riverland Cheryle Hughes 8583 5150	Eastern Paula Hardy 8379 8220
Under 35's Jesse Frick 0434 051 279	Newly Diagnosed (Western) Mark Ristossa 0400 450 540
Newly Diagnosed (Eastern) Deb Munro 0412 024 895	Clare & Districts Gwen Schumacher 8842 4256

For more information, contact the group organiser directly or the Peer Support Counsellor on 8203 6600 or kathrinec@ms.asn.au

Latest Research

To find out about the latest in MS research refer to the below organisations and visit the listed websites.

MS Research Australia

www.msra.org.au

Accelerated Cure Project

www.acceleratedcure.org/msnews/msnews.php?gclid=CNbW4NeR3Z0CFZMwpAodT0wbOQ

National Multiple Sclerosis Society (USA)

www.nationalmssociety.org/research/research-news/index.aspx

Chronic Disease Management Plan

The Chronic Disease Management Plan was introduced to improve coordination of care for people with chronic conditions and complex care needs. The program is provided and funded by Medicare.

The program provides a maximum of 5 services per patient per calendar year. A patient must have a Chronic Disease Management plan prepared by their GP. The GP refers the patient to one or more allied health professional(s). The allied health professional(s) must regularly provide feedback to the referring GP.

Eligible allied health professionals include:

- Chiropractor
- Dietician
- Exercise Physiologist
- Mental Health Worker
- Occupational Therapist
- Physiotherapist
- Podiatrist
- Psychologist
- Speech Pathologist

Click [here](#) for more information or contact your GP.

Continence Aids Payment Scheme (CAPS)

The Continence Aids Payment Scheme (CAPS) is an Australian Government Scheme that provides a payment to assist eligible people who have permanent and severe incontinence to meet some of the cost of their continence products. This can be accessed through your GP. More information is available [here](#).

Companion Card

The Companion Card is a card issued to people with a permanent disability who require attendant care support which allows a companion to enter free of charge to participating venues and activities.

Simply present your Companion Card when you are booking or purchasing your ticket. Organisations that accept the Companion Card will require you to pay only for your own ticket. A second ticket will be issued for your companion at no charge.

Click [here](#) for more information or call 1800 667 110.

Links

Mobility Allowance

www.centrelink.gov.au/internet/internet.nsf/payments/mobility.htm

Energy Concession

<http://www.dfc.sa.gov.au/pub/tabId/164/itemId/3391/Medical-Heating-and-Cooling-Concession.aspx>

Taxi Fare Subsidy Scheme

www.sa.gov.au/subject/Transport%2C+travel+and+motoring/Public+transport+and+travel/Getting+around+with+a+disability+or+mobility+aid/Taxi+fare+subsidy+scheme

Employment

www.multiplesolutions.com.au

Work Based Personal Assistance

http://jobaccess.gov.au/ServiceProviders/Assisting_employers/Financial_help_and_wages/WBPA/Pages/homs.aspx

Employment Assistance Fund

http://jobaccess.gov.au/Services/A-Z_list/Pages/EmploymentAssistanceFund.aspx

Disability Employment Service

www.multiplesolutions.com.au

Journey to Work Scheme

<http://sa.gov.au/subject/Transport,+travel+and+motoring/Public+transport+and+travel/Getting+around+with+a+disability+or+mobility+aid/Taxi+fare+subsidy+scheme>

Disability Parking Permit

<http://sa.gov.au/subject/Transport,+travel+and+motoring/Public+transport+and+travel/Getting+around+with+a+disability+or+mobility+aid/Disability+parking+permit>

Upark Accessibility Pass

<http://www.adelaidecitycouncil.com/services/permits-licenses/disabled-parking-at-upark>

Early Release of Superannuation

http://www.centrelink.gov.au/internet/internet.nsf/individuals/early_release_of_superannuation.htm

Independent Living Centre (ILC)

<http://www.sa.gov.au/government/entity/1646/About%20us%20-%20Disability%20Services/What%20we%20do/List%20of%20our%20services/Independent%20Living%20Centre>

Public Toilet Map

www.toiletmap.gov.au/browse.aspx?type=area&id=2a7a01cf-0d70-4643-8c7d-0d2ce7ea27c2

Latest Research

www.msra.org.au/

www.acceleratedcure.org/msnews/msnews.php?gclid=CNbW4NeR3Z0CFZMwpAodT0wbOQ

www.nationalmssociety.org/research/research-news/index.aspx

Enhanced Primary Care Program

www.health.gov.au/internet/main/publishing.nsf/Content/health-medicare-health_pro-gp-pdf-allied-cnt.htm

Continence Aids Payment Scheme (CAPS)

<http://www.continence.org.au/pages/continence-aids-payment-scheme-caps.html>

Companion Card

www.sa.companioncard.asn.au/index.html