



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.

You can suggest topics to be covered by forwarding an email to feedback@ms.asn.au

Please click on the links below to access the information.

- Mobility Allowance
- Energy Concessions
- Taxi Fare Subsidy Scheme
- Work Based Personal Assistance
- Employment Assistance Fund
- Disability Employment Service
- Technical Aid to the Disabled (TADSA)
- 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
- Disability Support Pension (DSP)
- Driving Program
- MS Assist
- Falls Prevention
- MS Rehabilitation Service at RGH
- After Hours GP Helpline
- Links

Mobility Allowance

Centrelink provides a Mobility Allowance to help people with disabilities who find it difficult to catch public transport. The allowance is a fortnightly payment 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 Service 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 was introduced on the 1st January 2012.

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.

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. For more information visit the [Job Access website](#) or call **1800 464 800**.

Disability Employment Service

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.

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 **1800 053 154**.

Technical Aid to 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 readily available. The devices built by TADSA's 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 that's where TADSA volunteers can help – they will basically invent a unique device to solve a unique problem.

TADSA can also offer specialised technical advice and information to people with disabilities and those who care for them.

Address: 31 Blacks Rd Gilles Plains

Parking: Accessible off street parking is available

Opening hours: 9 am to 5pm Monday to Thursday

Telephone: 1300 663 243 or (08) 8261 2922

Fax: (08) 8369 1051

Email: admin@tadsa.org.au

Website: www.tadsa.org.au

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 or email city@adelaidecitycouncil.com

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

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.

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@dcsl.sa.gov.au

For further information, [click here](#).

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:

REGION	WHEN	CONTACT
Barossa	3rd Thursday of the month Tanunda/Nuriootpa	Denise Hoffman (08) 8565 6245
Hard Yakkas (Salisbury)	2nd & 4th Wednesday each month Café Aqua Salisbury	Tallia Coulter 0403 766 157
Fleurieu	Random Tuesdays 12:30pm Rotated around Fleurieu eateries.	Jill Masters (08) 8555 0358
Gawler	2nd Monday of each month Gawler Women's Health Centre	Helen Hoppmann 0403 295 348
Modbury	Last Tuesday each month Independent Living Centre, Gilles Plains	Jennifer Cotis 0407 888 492
Clovelly Park	4th Friday each month 12pm Tonsley Hotel, Clovelly Park	Christine Sutherland (08) 8276 3779
Mount Gambier	1st Friday each month, 12pm Commercial Hotel, Commercial Street West	Jenifer Carpenter (08) 8738 2343
South East Support Group	3rd Thursday each month, 10.30am Settlers Café, Naracoorte	Samantha Loechel 0427 662 165.
Noarlunga	1st Thursday each month, 12.30pm Various lunch venues	Virginia Stanfield (08) 8382 5244
	3rd Thursday each month GP Super Clinic, Noarlunga	
Eastern	3rd Thursday each month, 2pm	Paula Hardy (08) 8379 8220

Suburbs	Burnside community centre	
Port Lincoln	Every 2nd Tuesday Group member's homes	Rick Cunningham 0429 977 082
Tailem Bend	Wednesdays, mid-monthly Group member's homes	Sue Griffiths (08) 8572 3914

For more information, contact MS Assist on **1800 812 311** or msassist@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

<http://www.acceleratedcure.org/>

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
- Dietitian
- 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.

Disability Support Pension (DSP)

The Disability Support Pension is available to people who have a physical, intellectual, or psychiatric condition that stops them from working or being retrained for work within the next two years and meet the eligibility requirements.

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

- permanently blind or have been assessed as having a physical, intellectual, or psychiatric impairment
- participating in a Supported Wage System, where your wages are subsidised to your employer, or
 - you have been assessed as having a severe impairment or as having actively participated in a program of support, and
 - you are unable to work or to be retained to work 15 hours or more per week at or above the relevant minimum wage within the next two years because of your impairment
- meet the income and assets tests for your situation
- are able to meet residence requirements

For more information [click here](#) or call 132 717

Driving Program

Many things can affect our ability to stay on the road, including age and medical conditions. The MS Society offers a driving assessment program that can help you to assess your ability to stay on the road.

The driver assessment team are trained occupational therapists and provide a comprehensive assessment of physical, visual and cognitive skills and the impact of these upon driving performance. Recommendations are then made regarding rehabilitation potential with training guidelines and/or vehicle modifications if appropriate.

For more information please [click here](#) or call 1800 812 311.

MS Assist

MS Assist is a dedicated telephone information service that will provide people with MS, their families, carers, other professionals and the general public access to a wide range of information relating to community, private and government services that can assist you.

MS Assist can help you with information such as:

- Transport options in your area
- Centrelink processes & forms
- Local Council & State Government services in your area
- MS Society services
- Continence support services
- Research updates
- List of Neurologists in SA
- Cleaning and domestic services
- *And much, much more*

You can call MS Assist Monday to Friday from 9am to 5pm excluding public holidays.

Phone **1800 812 311** or email msassist@ms.asn.au

Falls Prevention

The 'Falls Prevention in SA' website provides information on falls prevention and management information for members of the public and carers.

You will find information to help you identify if you are at risk of having a slip, trip or stumble including a self-assessment which you can print and take to your doctor or other health professional. The site also provides detailed information on what you can do to help reduce your risk of falling.

To visit the fall prevention website [click here](#) or call 1300 0 FALLS (1300 032 557) to speak with the Falls Prevention Team.

MS Rehabilitation Service at RGH

Rehabilitation at Repatriation General Hospital has MS rehabilitation service which offers comprehensive medical, nursing and allied health assessments to identify factors preventing people from living independently and then make recommendations for the required medical and allied health interventions. The MS Rehabilitation Assessment Clinic includes assessment of pain, emotional wellbeing, neurological symptoms such as weakness and spasticity, fatigue, impact on the carer and limitations imposed by the disease. The clinic then links the MS patients with the therapy they require, be this single discipline referrals or comprehensive therapy programs.

You need a referral from your doctor to the MS Rehabilitation Clinic at the Repatriation General Hospital, referral forms and information can be found on the website [here](#). Your GP will need to include a copy of your health summary.

After Hours GP Helpline

The afterhours GP Helpline provides free after-hours care for non-life threatening conditions when your GP is unavailable. The number is 1800 022 222. It's open 6pm to 8am Monday to Friday, 6pm Friday to 8am Saturday, from 12 noon Saturday to 8am Monday, and all day on public holidays.

Links

Mobility Allowance

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

Energy Concession

<http://www.sa.gov.au/topics/employment-and-finance/financial-support/concessions-and-benefits/concessions/medical-heating-and-cooling-concession>

Taxi Fare Subsidy Scheme

<https://www.sa.gov.au/topics/community-support/disability/consumers/getting-around-with-a-disability/taxi-fare-subsidy-scheme>

Employment

www.multiplesolutions.com.au

Work Based Personal Assistance

http://www.jobaccess.gov.au/serviceproviders/assisting_employers/financial_help_and_wages/wbpa/homs

Employment Assistance Fund

<http://www.jobaccess.gov.au/content/employment-assistance-fund-2>

Disability Employment Service

www.multiplesolutions.com.au

Disability Parking Permit

<https://www.sa.gov.au/topics/community-support/disability/consumers/getting-around-with-a-disability/disability-parking-permit>

Upark Accessibility Pass

<http://www.adelaidecitycouncil.com/online-services/parking/disability-parking>

Early Release of Superannuation

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

Independent Living Centre (ILC)

<http://ilcaustralia.org.au/>

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

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

<http://www.sa.companioncard.asn.au/>

Disability Support Pension

<http://www.humanservices.gov.au/customer/services/centrelink/disability-support-pension>

Driver Assessment Program

<http://www.ms.asn.au/drivingsolutions.html>

Falls Prevention

<http://www.fallssa.com.au/>