

Welcome

Return to Self-Management

After a turbulent few years for the MS Society of SA & NT we are ending 2016 on a positive note with the return of self-management for the organisation. With a strong financial result delivered over the past year, it is now time for us to rebuild our organisation under our own management.

It is important for us to acknowledge and thank the MS Society of Western Australia for the management, guidance, support and investment in our organisation by the MSWA team over the past two years.

We also extend a big thank you to our clients and supporters for their loyalty and support as we rebuild the organisation.

New Chair of the Board

Congratulations to Ms Christine Hahn who was elected to President of the MS SA&NT Board at the recent AGM. Mr Tony Abbott will remain on our Board after over 10 years as President and we warmly acknowledge his contribution to MS SA&NT.

New faces in the organisation

As we return to self-management we have appointed some new staff to carry on the work of Western Australia:

Kaz McMahon – Client Services manager

Kaz McMahon has 25 years' experience working in the children, family and disability services in both the government and not for profit sector. As an Executive Manager, Kaz has managed diverse portfolios including Early Childhood Services, Disability and Inclusion Support, Intensive Family Support, Residential Care and Kinship Care programs. She is a passionate advocate for equality and the rights of people with disabilities.

Michelle Pfitzner - Chief Financial Officer

Michelle Pfitzner has over 15 years experience working in business finance/accounting on a number of levels. Michelle has worked across many industries including government, for-profit (mining, waste, retail) and not-for-profit. Michelle is passionate about making a difference in the community.

Renee Capps – Communications Coordinator

Renee has resumed her role as Communications Coordinator on a

part time basis. She will be looking after Network, Vitality, social media accounts and the website. If you have an interesting story to share of your MS journey, Renee would love to hear from you on communications@ms.asn.au or phone 7002 6500.

Christmas Closure

The MS Society head office will be closed for Christmas from 5.00pm Thursday 22 December and will reopen Tuesday 3 January at 9.00am.

The 'MS Assist' Line 1800 812 311 will also be closed during this period. If you need any assistance over this period please contact your GP or other healthcare professional. In an emergency situation, call or go directly to the emergency department at the hospital.

Useful numbers over the holiday period:

Disability Services

After-hours service: 08 8372 1414

Lifeline

If you feel you might need phone counselling, call 131 114 about anything that might be troubling you.

Crisis Care assists people in crisis situations.

Opening hours: 4:00pm to 9:00am weekdays, 24-hours on weekends and public holidays Call 131 611



DIVE IN

AND MAKE A DIFFERENCE

SATURDAY, 11 & SUNDAY, 12 FEBRUARY 2017

REGISTER AT MSMIGHTYSWIM.COM.AU



Introduction to the NDIS

Most people will be aware that the National Disability Insurance Scheme (NDIS) is soon to be rolled out in South Australia for adults aged 18–64 years from July 2017. The NDIS will be progressively rolled out via postcodes over a 9–12 month period beginning with City of Playford, City of Salisbury, and the City of Port Adelaide, Enfield (East).

The Northern Territory NDIS rollout will begin in January 2017, firstly in Darwin with people in supported accommodation and East Arnhem. For more information about when the NDIS will come to your location visit the NDIS website:

www.ndis.gov.au

The NDIS will fund **reasonable** and **necessary** supports that help NDIS participants reach their goals, objectives and aspirations. Supports are funded in a range of areas, e.g. education, employment, socialising, independence, living arrangements and health and wellbeing.

People with a disability will have direct access to money, through the creation of an annual plan, to fund the supports they need to live life and achieve their goals. Participants will have control of their daily lives, including; their choice of provider, therapist, type of supports and social and recreational needs.

Who can access NDIS?

A participant must meet the following criteria:

- Have a permanent disability that significantly affects your ability to take part in everyday activities
- Be aged less than 65 when you first access the scheme
- Be an Australian citizen, live in Australia and hold a permanent visa or hold a Protected Special Category visa

The participant's disability must meet the following criteria:

- Have an impairment or condition that is likely to be permanent
- The impairment substantially reduces your ability to participate effectively in activities, or perform tasks or actions
- The impairment affects your capacity for social and economic participation and you are likely to require support under the NDIS for your lifetime.

There are many complexities with the implementation of the NDIS and confusion for individuals on how to navigate the new service system.

The MS Society is currently working towards becoming NDIS ready and will be developing information resources to ensure you have the right information that will assist you to develop your plan. We are investigating how we can provide supporting evidence for our current clients to facilitate the development of your plan.

Over the next 12 months we will keep you informed about when NDIS local forums and information sessions will be held and support you to access key information.

For further information visit the NDIS website:

www.ndis.gov.au/participants

Services

MS Exercise Classes

Payneham MS Exercise Group

When: Monday's 9.30-10.30am, 10.40-11.40am & 11.45-12.45pm

Cost: \$10 per participant per class

Venue: Life Care Active, 230 Payneham Rd, Payneham 5070

Phone: 8168 7600

A screening assessment will be required prior to starting in the group. You will need to contact Life Care Active direct to discuss screening assessment and any class vacancies.

Reynella MS Exercise Group

When: Tuesdays 10.30am-11.30am

Cost: \$7 per participant per session

Venue: Reynella Neighbourhood Centre, 164-170 Old South Rd, Old Reynella SA 5161

Contact: MS ASSIST

Screening assessment with PT required prior to commencement.

Life Care Active – MS exercise group

When: Fridays 11am-12pm followed by tea/coffee and chat

Cost: \$8 per participant per session

Venue: Life Care Active, Reynella Village Hall, 7 Railway Tce, Old Reynella

Contact: Life Care Active Client Services Coordinator Debra Gabrovsek Ph 8168 7600 or MS Assist

Screening assessment with PT required prior to commencement.



Klemzig MS Hydrotherapy Groups

Physiotherapist led, gentle, water based exercise groups for those looking for improved fitness, mobility, fun and friendship.

When: Thursday 9.30am-10.30am and Friday 11.45am-12.45pm

Cost: \$8 per participant per class

Venue: Klemzig pool, 274 North East Rd, Klemzig (adjacent to TAXBIZ office)

Physiotherapy assessment required before starting. No cost for assessment.

Contact MS ASSIST on 1800 812 311 to register your interest.

Nursing

The MS Nurses are available for information and education about MS or your treatment and may be contacted for advice and support. They can assist you in determining the most suitable treatment options offered by your Neurologist which fit the management of MS and also your lifestyle.

The MS Nurses are experienced with management of medication side-effects, can discuss MS symptoms and triage any problems. If you have changed MS medications in the past year we would appreciate hearing from you so that we can update your records and keep you informed about any monitoring or format changes.

Helen, Pam and Emma can be contacted via the MS Assist line or via email.



Information Sessions

The 2017 program for Information Sessions is still being developed but will include:

- A session for those newly diagnosed with MS to hear from a leading neurologist – February
- Getting out and about and being continence confident – sessions in Adelaide, the Riverland and NT
- Be ready for NDIS
- You're the Boss – how to stay on top of your money
- Fatigue management
- Come'n try – a variety of activities suitable for a range of abilities
- Some big events to celebrate World MS Day on 31 May
- Sessions to be held in country and city locations

Peer Support

New Peer Support groups in 2017

- A group for men, initially located centrally but if there is enough interest there can be groups north and south.
- A Tai Chi group to meet Tuesday mornings at the Hillcrest office. The groups in Kapunda and Clare will resume from February
- The Singing group will resume in March in the air conditioned Mitcham Cultural Village – alongside the Mitcham Uniting Church.

Other ideas include a group for Carers, cooking classes and more.

Keep a look out on the MS SA&NT website, MySociety, Vitality or ring MS Assist 1800 812 311 for more details.

Social Welfare

Our Wellbeing and Community Access Coordinator provides support to MS Clients and their families to plan for, negotiate and access the community based supports and services they need.

This includes:

- Act as a liaison and provide advocacy for issues that require service intervention, particularly for those clients unable to advocate and/or navigate the Disability Services system and/or who are ineligible for government assistance
- Support for funding options for essential items such as air conditioning
- Support to access legal services
- Assistance with Centrelink – this could be help with applying for a payment or support with advocacy during reviews
- Support to access suitable housing options such as community housing and Housing SA and support when there may be risk of homelessness
- Provide links to community supports including counselling services and health and wellbeing services
- Provide advice around financial entitlements

Clients can access this service by contacting MS Assist.

Recipe

Pam Schartner is the coordinator of the Overcoming Multiple Sclerosis (OMS) support group. This recipe will be featured in the OMS cook book. Thank you for sharing with us Pam!

Our family's traditional German potato salad (with my OMS twist)

This is a very different style of potato salad and the recipe has been handed down 3 generations. It is always the most popular salad and there are never left overs – anything left in the bowl is always quickly claimed.

Ingredients

500g potatoes – (2 medium potatoes per person)
1 red onion, chopped
4-6 dill gherkins
1 cup vegetable stock
OMS salad dressing
Bunch fresh dill (fresh is better)

MS Salad dressing

1 cup flaxseed oil (buy from health food shop or National Pharmacies in the fridge. If you cannot get flaxseed oil, use extra virgin olive oil.

½ cup apple cider vinegar

2 cloves garlic, crushed

1 tsp mustard

2 tbsp honey

Mix in a jar and shake vigorously. Check for taste. The dressing keeps for 1 week

Method

1. Boil the potatoes gently until soft – test with a skewer. Once they have cooled to lukewarm, slice them into 3mm slices.
2. Cook the onion in a little of the vegetable stock, until soft. Once cooked add the remaining stock to the pan, stir well and cool to lukewarm temperature.

3. Thinly slice the dill gherkins.
4. In your salad bowl layer a layer of potatoes, grind some fresh black pepper over it and drizzle with the salad dressing and a sprinkle of the juice from the dill gherkin jar. Continue until all potatoes used. Add the gherkins, onions and some freshly chopped dill – at least 1 tbspn.
5. Mix carefully, taking care not to break up the potato slices too much and allow to rest at least 2 hours before serving. It is best served at room temperature.

Variations


Add some sliced steamed green beans, cherry tomatoes halved, or a small tin of tuna in spring water – some or all of these will make a nice change.



Are you NDIS ready when it comes to your continence care?

Continence needs to be actively raised in your NDIS planning meeting

40% of participants want to make changes to continence funding in their next NDIS meeting.

 Call our Continence and NDIS Support hotline on freecall 1800 880 427

 **Coloplast**

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"I didn't even know I could have included continence products on the plan" and "I would have appreciated more information about the different products available before my planning meeting"

 **Coloplast® Care**