

## ▶ What people say about MS Employment Support Service

Without the MS Employment Support Service I would not have been able to continue working.

- Sally

It's easy to make MS the main focus in your life. Being employed gives me something else to focus my time and effort on.

- Vince

The MS Employment Support Service provides me with ongoing professional support to stay in work, equipment to better carry out my job, and positive and timely advice. Without them I wouldn't be working – it's as simple and profound as that!

- Joanne

The MS ESS helped me to identify job skills and successfully apply for a job that enables me to work and manage my condition. I could never have done it by myself. I now have my life back.

- Cheryl

## About MS



MS is the pre-eminent source of information, advice and services for people affected by multiple sclerosis.

We offer vital support and services throughout ACT, NSW, Victoria and Tasmania using over 60 years' insight into how to live well with the disease.


We are here so no-one has to face MS alone.

Our MS Employment Support Consultants understand multiple sclerosis and this specialist advice is what makes our service so unique. We understand that some symptoms seem invisible to others, but they can make working difficult.

We are a member of CoAct, a national network of locally embedded community service providers working together to create social and economic opportunities for Australia's disadvantaged.

The MS Employment Support Service is available in the ACT, Tasmania with NSW and Victoria. Contact us to find out more.

## MS Connect

 1800 042 138

 [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

 [www.ms.org.au](http://www.ms.org.au)



## MS Employment Support Service

Take control of your working life

A member of  coact





## ► Are you having issues maintaining employment due to multiple sclerosis?

The MS Employment Support Service is specifically designed to address the needs of people living with multiple sclerosis who are having **difficulty managing symptoms in the workplace** or **seeking new employment**.

Our service offers individualised support and assistance that will help enable you to manage your symptoms and continue working.

### Symptoms that many people may struggle with in the workplace may include:

- trouble moving around the workplace
- difficulty accessing the bathroom
- problems with concentration and memory
- stiffness and pain
- fatigue

## ► How we can help?

We can help you succeed at work, whether that's staying in your current role or finding new employment.

If you are currently working but feel as though multiple sclerosis is impacting on your ability to work, we can provide assistance and advice that will help you maintain your employment.

Whatever your symptom(s) may be, our specialist team of allied health professionals will assist you to identify the individual barriers you are experiencing at work and develop strategies to help you to remain being a productive employee.

For example, MS-related fatigue is one of the main reasons people prematurely leave the workforce. Strategies to relieve the impact of fatigue in the workplace may include taking regular breaks, modifying work structure or hours, doing regular exercise, modifying the workplace or using an adaptive piece of equipment.

If you are currently not working and would like support in seeking new employment, we are able to assist you to identify suitable jobs, write a resume and practice interview techniques. Once you have found a job we also provide ongoing support to help you maintain your employment.



## ► To help you find or maintain employment we can offer

- Assessments to review your physical and cognitive function
- Assistance to identify and plan for suitable symptom management strategies that work for you
- A holistic assessment and plan to help you identify and address anything that may impact your ability to work and function
- Comprehensive workplace assessment to review your current duties, workplace set up and advice on how to modify your hours of work if suitable
- Advice and assistance to utilise new technology and equipment that may better suit your needs
- Advice and support to liaise with employers and managers
- Education to employers and co-workers

### Benefits of staying employed

- Increased financial independence
- Better sense of self-worth and wellbeing
- Networking and communicating with others reduces feelings of isolation