



INFORMATION AND RESOURCES

A guide for people living with multiple sclerosis

Information is the key to understanding how you can live well with multiple sclerosis. MSL has over 60 years' experience working with people with multiple sclerosis. We are able to provide you with reliable information from trusted experts.

MS CONNECT™ - INFORMATION, SUPPORT AND ADVICE

MS Connect specialists are available to provide answers to your questions, discuss your concerns, and refer you to other useful sources of information, programs and services.

The service operates between 8.30am and 5pm, Monday to Friday and is available to people with multiple sclerosis, their families, friends, carers, employers and health care service providers.

MS Connect can also offer a pathway to our MS Advisor service which provides more in-depth advice on diagnosis, treatment and management of multiple sclerosis.

Contact MS Connect

1800 042 138 or

msconnect@ms.org.au

MS ADVISOR

Specialised support from a health professional, wherever you are.

Our **MS Nurse Advisors** are available for one-on-one telephone and skype consultations, for discussion and advice around all multiple sclerosis related health matters including, but not limited to:

- Diagnosis and immunotherapy treatments options
- Symptom management including bowel and bladder issues, fatigue, sexual dysfunction, pain and managing a relapse

- Information about other lifestyle choices which may influence the management of your multiple sclerosis.

Our **Social Work Advisors** are available to provide you with guidance and support during challenging times in your life. Contact our MS Social Work Advisor for a confidential discussion around issues exacerbated by your condition including, but not limited to:

- Your mental health and wellbeing
 - Family/carer support
 - Housing/accommodation
 - Navigating local supports and services
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EDUCATION & WELLBEING

We run a comprehensive program of education and wellbeing programs for people with multiple sclerosis, their families, children and carers. The aim of these sessions is to help people to live well with multiple sclerosis by:

- Providing accurate and up-to-date information
- Enabling informed choices

- Encouraging self-management
- Connecting people

Education and wellbeing programs are provided through reading material, webinars, face-to-face programs including wellness events, community days, family camps and carer retreats.

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Details of upcoming sessions are available at www.ms.org.au/ms-education-programs and an extensive library of over 60 recorded programs is available in our Webinar Library; www.ms.org.au/webinar.

You can also subscribe to the monthly Education Program e-newsletter through MS Connect.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

The NDIS is a new way of providing support and services for people living with a disability or significant impairment under the age of 65. As a registered NDIS provider we not only offer services covered by the NDIS but are here to keep you informed about NDIS developments, help you understand what this means for you and support you to put your plan into action and have the choice and control to live the life you want.

We have many publications and tools including: NDIS webinars and recordings, online fact sheets, My NDIS Filter online tool, FAQ's to all your common questions and stories from others who are currently receiving supports. Our MS Connect team can arrange a pre-planning conversation prior to your NDIS planning meetings. Visit www.ms.org.au/ndis or contact MS Connect for more information.

MY AGED CARE

My Aged Care is the main entry point to the aged care system in Australia for people over 65 years of age.

access information and services via the My Aged Care website www.myagedcare.gov.au or contact MS Connect for more information.

If you, your loved one or someone you care about are over 65 and need services, you can

EMPLOYMENT SUPPORT SERVICES

Our MS Employment Consultants understand the complexities of living with multiple sclerosis and can help you to either maintain your current employment or seek new employment. All MS employment consultants are allied health specialists and can provide advice

catered to your circumstances. This service is available in ACT, NSW, TAS, QLD, VIC and WA. Visit <https://www.ms.org.au/support-services/employment-support.aspx#resources> or contact MS Connect for more information.

PEER SUPPORT PROGRAM

Our MS Peer Support program is a great way for people affected by multiple sclerosis to connect with and support each other — for those living with the disease, carers, family and friends. Giving and receiving practical and emotional support can help you understand a recent diagnosis, manage your symptoms and live well with multiple sclerosis. It's also a great way to make new friends!

We offer MS Peer Support through a variety of channels, and it's completely free to participate. We offer: Face to Face groups, 1:1 Phone Support, Telegroups (phone groups), Closed Facebook Groups and Telelinks (6 week phone program). To find a group near you go to www.ms.org.au/peersupport or contact MS Connect for more information.

PUBLICATIONS AND RESOURCES

InTouch

InTouch is the official MS magazine and is produced for people living with multiple sclerosis, their families and carers. Articles focus on topical and timely issues, practical solutions for living well with multiple sclerosis, personal stories, and details of upcoming events.



We also offer a monthly *InTouch* eNewsletter. Free subscription to *InTouch* magazine is part of registering with us via MS Connect. If you are interested in learning more about living with multiple sclerosis or our organisation you can join our mailing list.

Current and past issues of *InTouch* are available on our website, including text-only versions of the magazine: www.ms.org.au/intouch

Booklets and information sheets

Our booklets and information sheets cover various aspects of living with multiple sclerosis and include topics such as managing symptoms, treatments and making healthy lifestyle choices. Some are available only in hard copy with more available online at www.ms.org.au/publications-resources

'Understanding MS: An introduction for people living with MS' is a popular booklet that provides a comprehensive introduction to multiple sclerosis including information about

adjusting to diagnosis, medical treatments and living well with the illness.

Information is also available in a range of languages other than English.

We have resources for children including www.msforkids.org.au and "How should I talk to my children about MS" booklet.

Healthshare

Healthshare is an online social health network for Australians. MS has partnered with Healthshare to provide relevant information and support for people living with multiple sclerosis in a safe online environment. The MS Community page is owned, administrated and monitored by Healthshare representatives. Visit www.healthshare.com.au and search for *multiple sclerosis*.



Apps

New apps are appearing all the time - search on your tablet/phone for the app that is suited to your needs.

- MS 3Dme – 3D visual of MS
- eMultipleSclerosis Review
- MS self
- Multiple Sclerosis Dx & Mgmt.

AUSTRALIAN WEBSITES

MS is our website and provides up-to-date information on all our services and ways in which you can be supported. There is a wealth of information including online factsheets, webinars and online tools such as our Eat Well Live Well nutrition guide, My NDIS Filter, Get Your ACT Together and Find Local Services to name a few. There is also information on upcoming events in your area and you can talk

to a MS Connect Specialist using our live chat feature.

www.ms.org.au

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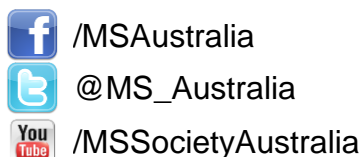
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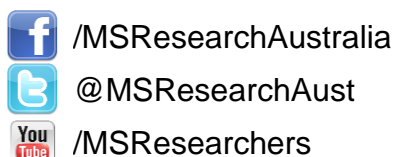
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MS Australia is the peak national body representing the four-member organisations including MS and working in partnership with MS Research Australia. The national website provides information about the disease, advocacy campaigns, news and events, and is a portal to state and territory sites where you can find information about services and supports for people living with multiple sclerosis, along with local news and events.

www.msaustralia.org.au



MS Research Australia is the only national organisation dedicated to funding and coordinating multiple sclerosis research in Australia, as part of the worldwide effort to solve the disease. Its goal is to accelerate research: into the cause, better treatments and prevention, with the aim of ultimately finding a cure. MS Research Australia publishes a monthly eNewsletter and a quarterly newsletter. www.msra.org.au



There are also several **general health websites** which contain reliable information that can be useful for people with multiple sclerosis:

- www.healthdirect.gov.au
- www.betterhealth.vic.gov.au
- www.nationalmssociety.org

INTERNATIONAL WEBSITES

The **MS International Federation (MSIF)** www.msif.org is an international body which provides information about multiple sclerosis in many languages and is a portal to MS Society organisations around the world.

A reliable place to start when looking for information about MS online is with other **MSIF member organisations**. These include:

- **MS Trust, UK** - www.mstrust.org.uk
- **MS Society of New Zealand** - www.msnz.org.nz
- **MS Society, UK** - www.mssociety.org.uk
- **National MS Society, USA** - www.nationalmssociety.org/

MORE INFORMATION AND SUPPORT

MS Connect™

8:30am to 5:00pm (Monday – Friday)

Phone: 1800 042 138

Email: msconnect@ms.org.au

Web: www.ms.org.au