Information is the key to understanding how you can live well with multiple sclerosis, but knowing where to start or what information you can trust can sometimes be difficult.

**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 service providers.

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

**Contact MS Connect**
1800 042 138 or msconnect@ms.org.au

**EDUCATION**

We run a comprehensive program of education sessions 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

Education is provided through reading material, face-to-face programs and webinars.

Details of upcoming sessions are available at [www.ms.org.au/ms-education-programs](http://www.ms.org.au/ms-education-programs) and an extensive library of recorded programs is available in our Webinar library; [www.ms.org.au/webinar](http://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 prepare you for entry into the scheme.

We have many publications and tools including online fact sheets, My NDIS Filter online tool, FAQ’s to all your common questions, stories from others who are currently receiving supports and our MS Connect team can arrange a pre-planning conversation prior to your NDIS planning meetings.

Visit [www.ms.org.au/ndis](http://www.ms.org.au/ndis) or contact MS Connect for more information.

**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 for you. All MS employment consultants are allied health specialists and can provide advice catered to your circumstances. This service is currently only able in some areas of Victoria and NSW but please 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!

Support is available by telephone, groups (face to face and over the phone) and via Facebook.

You can be connected to a trained peer volunteer for phone support or connect with an MS Peer Support group - whatever makes you feel the most comfortable. It’s completely free to participate.

Find a group near you www.ms.org.au/peersupport

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 MS the organisation you can join our mailing list free.

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

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.

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.

AUSTRALIAN WEBSITES

INFORMATION AND RESOURCES | August 2017 | © Multiple Sclerosis Limited 2017
Please contact MS for more information:
MS Connect™: 1800 042 138 Email: msconnect@ms.org.au Web: www.ms.org.au
Information and resources for people living with multiple sclerosis

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 chat online to an MS Connect advisor.

www.ms.org.au
/MSGetInvolved
@MSGetInvolved
/MSGetInvolved

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
/MSAustralia
@MS_Australia
/MSsocietyAustralia

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 both a monthly eNewsletter and a quarterly newsletter.

www.msra.org.au
/MSResearchAustralia
@MSResearchAust
/MSResearchers

Making Sense of MS Research is a website for people with multiple sclerosis who are looking for information about the evidence for various treatments. It provides plain language summaries of high-quality research (evidence). The summaries are based on reports produced by The Cochrane Collaboration.

www.makingsenseofmsresearch.org.au

There are also a number of 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

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