



Understanding MS Online course ready for enrolments course commences 16 September 2019

The Understanding MS MOOC (massive open online course) which was developed by the [Menzies Institute for Medical Research](#) at the [University of Tasmania](#) in partnership with [Multiple Sclerosis Limited](#) is now ready for enrolments!

This innovative, online educational resource is designed for anyone with a connection to the disease – from people living with MS and their carers, GPs, allied healthcare professionals, support workers and anyone who wants to learn more about MS.

This 6-week course is available for free and covers all aspects of Multiple Sclerosis and is based on the highly successful 'Understanding Dementia' MOOC developed by the Wicking Dementia Research and Education Centre.

Course participants will hear from a range of MS experts including people living with MS, carers, researchers, neurologists, MS nurses, allied health professionals, and MS service providers. To learn more and enroll visit <https://ms.mooc.utas.edu.au> or [Please click here](#). It's free!



MS Connect – here for you!

Last month we advised you that we have extended our MS Connect hours to make it more convenient for you to contact us. We are really excited to be able to offer you this service as we continue to look for ways to support you.

We have staff available from 8am until 6pm each weekday. We want to make it easier for people to contact us and to cater to everyone's preferred method of contact – people can ring, email or use live chat. Jenni, Katie, Emily, Amanda and Jessie make up our MS Connect team and have worked out who starts early and stays late to ensure we cover the hours.

We are also about to commence a new service of touching base with people who have not been in contact with us for a while to check in with them.

In addition to this extension of hours in MS Connect, we have the ability for our Social Work Advisors and Nurse Advisors to skype or facetime if that is your preference.

Please contact us on 1800 042 138 to speak to our Connect team or make a time to speak to Nurse or Social Work advisors.

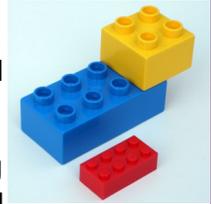


"Can Lego help ease some MS symptoms"

In the MS Wire blog at the end of June, it was reported that people with neurological conditions are using the coloured blocks to build better lives for themselves.

The latest issue of Brain & Life, an article reported that a women with MS, had bought a bag of Lego for her granddaughter, she began playing with the Lego and found her brain fog improved, her focus was much better and she was more relaxed. Lego therapy has been around since 2003, mainly for people with autism.

An MS clinic in Kentucky started up Lego Therapy for people with MS. They found similar results, reduction in brain fog, focus was improved, as was hand and eye coordination. If you have Lego that your children or grandchildren have, then give it a go!



SPECIAL \$10 off for August!

Remedial Massage Therapy at Gloria McKerrow House

That's \$75 for all 1hr remedial massage appointments this August!

Remedial Massage can have significant benefits for mobility, pain control, muscle and myofascial release, posture and gait support, and stress reduction.

Kate is available for remedial massage appointments on Mondays and Tuesdays at 10.00am, 11.30am and 1.00pm.

Refunds can be claimed from your health fund if you're covered. Ring Kate on 0419 604 367 for appointments.



Webinars For August

Managing Fatigue in Multiple Sclerosis (Management Strategies)

Wednesday 7 August - 3.00 pm - 4.00 pm

Research Update: The Role of Diet in Cognition in Multiple Sclerosis

Thursday 15 August - 12.00 pm - 1.15 pm

The Role of an Exercise Physiologist and Tailoring an Exercise Plan for Wellness

Friday 16 August - 2.00 pm - 3.00 pm

Pregnancy and Multiple Sclerosis with A/Prof Anneke Van Der Walt

Wednesday 21 August - 12.30 pm - 1.30 pm

Get Active with Multiple Sclerosis

Wednesday 28 August - 2.00 pm—3.00 pm

Mindfulness by Webinar focus on pain

(8 Weeks) Mondays 14 October to 2 December 1.00 pm - 2.00 pm (cost involved, Bursaries available)

NDIS Information Sessions Various Webinars and workshops

To register your interest, please contact MS Connect™ Freecall 1800 042 138 or email

msconnect@ms.org.au.



Supporting busy, young people to live well with MS

Young people live busy and hectic lifestyles. For a young person living with MS, life is a juggling act of managing time between work, study and social activities and then doctors appointments, are also thrown in.

The MS Peer Support Program helps people with MS access practical and emotional support from people who also live with MS. The program is currently running programs that are tailored to people under 30 who are busy and would like to maintain a healthy lifestyle while living with MS.

Roiya from NSW is 28 years of age and thinks that “accessing peer support services is great because you hear stories, tips on how to deal with symptoms, changes you can make to your lifestyle but most importantly, to remind you that you’re not alone. Roiya enjoys talking with “so many different people and hearing their story, because everyone has their own story of living with MS”.

The MS Peer Support Program runs the following programs for young people:

Under 30s Telegroup

Links young people living with MS over the phone, once a month on the first Friday of every month at lunch time. So you can dial in during your lunch break if you are at work or studying.

Under 30s Pop Up Telelink

A phone-based, short-term Peer Support programs facilitated by the MS Peer Support Coordinators. Six sessions weekly, each session lasting 90 minutes long. Its suitable for when joining an ongoing group doesn't suit your needs and you are time poor but would like to access information to live well with MS and to chat to others in a similar life stage.

If you are under 30 and interested in accessing these supports or would like more information please contact MS Connect on 1800 042 138 or by email msconnect@ms.org.au.

So many ways to Do It For MS!

The diversity of our fundraisers proves to us that there are so many ways to Do It For MS! From stalls at craft markets to selling ribbons to morning teas - you really can have a great time fundraising for MS.

As we approach charity running season there are two key events coming up that many ACT runners flock to. So if you want to tick off a bucket list fun-run you should consider joining the City2Surf or Blackmores Sydney Running Festival as a Team MS runner!

City 2 Surf Sydney - 11 August 2019 14km [Register](#)

Blackmores Sydney Running Festival Sydney - 15 September 2019
42.195 km marathon, 21.0975 km half marathon, 10km and 3.5km events [Register](#)

For more info on joining Team MS for either of these events (or for other fundraising support) contact Erin on 03 9845-2825 or communityfundraising@ms.org.au and she'll help you every step of the way. Funds raised help MS continue to provide life changing services to people living with multiple sclerosis!

do it for **MS**

NDIS MYTHS AND FACTS - PART 2

MYTH – I will be worse off under the NDIS.

FACT - While there is a “no disadvantage” rule, there are cases where previous supports may not fit the NDIS criteria of “[reasonable and necessary](#)”. If you are concerned about this, please contact MS Connect on 1800 042 138 or msconnect@ms.org.au.

MYTH – As soon as I get my plan, I can get everything I need immediately.

FACT – Unfortunately, depending on what service you require through your plan, there could be a wait. This is especially true in Tasmania with a wait for Occupational Therapy assessments and interventions of up to five months in some cases.

MYTH – There is so much planning and paperwork when applying, I won't be able to manage it on my own.

FACT – We are here to help you. Call MS Connect on 1800 042 138 to ask for assistance.

MYTH – I am stuck with the providers I already have.

FACT – You get to choose your providers and how you use them.

MYTH – I own my own home / earn too much money. I won't be eligible for funded supports.

FACT – The NDIS is not means tested, it is there to provide funded supports for people living with a significant level of functional impairment/disability no matter what their financial circumstances.

MYTH – If I become a participant and then turn 65, I will no longer be eligible for the NDIS.

FACT – If you become an NDIS participant before the age of 65, you have the option to access the scheme for life. If you choose / need to move into an aged care facility after the age of 65, you will no longer be eligible for the NDIS.

MYTH - If I become an NDIS participant I will lose my health care card.

FACT - Your NDIS plan should not affect your eligibility to hold a Health Care Card. If for some reason your Health Care Card does get cancelled then please contact [Centrelink](#) to reinstate your card.

MYTH - If I become a participant I will lose my mobility allowance.

FACT – your mobility allowance through Centrelink will cease **but** you should receive ‘transport funds’ in your plan and you should also be entitled to keep your Health Care Card.

MYTH – I am working so I will not be eligible for the NDIS

FACT – Eligibility depends on whether you meet the disability requirements, not whether you are working. You may therefore be eligible for the NDIS to provide supports and services to keep you in the workforce.

If you have an NDIS plan that has Support Coordination in it, did you know this is a service we can provide for you? Your Support Coordinator assists you to connect to supports and services relevant to you as per your NDIS plan. We understand that deciphering your NDIS plan can be difficult.

If you have support coordination in your plan and need assistance, please call MS Connect on 1800 042 138 with your plan and your NDIS number.



NEW PEER SUPPORT TELEGROUP

Neuromyelitis Optica (NMO) /Neuromyelitis Optica Spectrum Disorder (NMOSD) also known as Devic's Disease

Neuromyelitis Optica (NMO) is an autoimmune demyelinating disease that affects the spinal cord and optic nerves. Symptoms can be very similar to multiple sclerosis. Unlike multiple sclerosis, the symptoms are a direct result of past damage to the spinal cord and optic nerve.

NMO is difficult to diagnose and is often mistaken for multiple sclerosis, however, this accurate diagnosis is important as the treatment of the two types of disease are very different.

A new Peer Support Telegroup is being developed to help connect people with NMO. Telegroups are an excellent way to connect people by phone to share valuable information, knowledge and support.

The telegroup will be facilitated by two peer support volunteers who are living well with NMO and are very keen to connect and support people with NMO.

Please call MS Connect on 1800 042 138 if you are interested in joining this new telegroup.

Calling all MS Volunteers - Past & Present

If you have ever volunteered with MS, can you please contact Heather Perry on 02 6234 7000 or email heather.perry@ms.org.au as she is wanting to update our records.

Ricochet—Dance for All

Belconnen Arts Centre, 118 Emu Bank, Belconnen **Fridays – 12.00 pm – 1.00 pm**
Amala Uniting Care, 200 Woodcock Drive, Gordon **Wednesdays - 9.45 am – 10.45am**

Ricochet is a weekly dance class at held in north and south Canberra, designed for adults with physical and neurological challenges, who want to keep their body and brain active and healthy, regardless of mobility, skill or age. Feed your body with music and movement, be physically and mentally stimulated, have fun, meet some new friends and feel good! People who experience Multiple Sclerosis, Chronic Pain, Chronic Fatigue, RSI, Arthritis or other various physical challenges, are especially welcome to attend, with carers if required.

“You can do this class – it’s fun! It gives you a lift in your spirits!”

Dance is a unique vehicle, naturally combining multiple approaches to movement and exercise, confidence building and an improved quality of life. The class is made up of an hour of gentle exercise to music, with seated and standing options throughout. You will be guided through a carefully planned program of dance activities by a team of inspiring and well-qualified dance practitioners.

No previous experience is necessary, and everyone — with and without walkers and wheel chairs, family members, friends—are all welcome to participate. Please note this is not a social dance class, and it does not require you to come with a partner.

Costs: \$5/person, per class Pay on the day. Companion Card holders receive free admission.

More info: Wear clothes comfortable to move in, wear light shoes, and bring a bottle of water.

Enquiries: Creative Program Officer, Philip Piggin, [email](mailto:philip.piggin@ms.org.au) or (02) 6173 3300.

Peer Support and Self Help Groups

Please find below the ACT Peer Support and Self-Help Groups currently meeting in and around the ACT. Telegroups, that run over the phone are also listed. To register your interest, please contact MS Connect™ Freecall 1800 042 138 or email msconnect@ms.org.au.

MS Peer Support Groups

Young People Living With MS (under 35s)

Bi-monthly, first Saturday of the month.

People with MS Support Group, Gloria McKerrow House, Deakin

Last Friday of Every Month, (except December) 12.30 pm to approx. 2.00 pm

Batemans Bay - Eurobodalla MS Peer Support Group

1st Thurs of month, 11.30am–1.30pm

Cooma/Berridale Peer Support Group

1st Wednesday of each month, time and venue varies



Self Help Groups

The MS Side Steppers Walking Group, Canberra (Please note - updated meeting place)

Weekly, every Wednesday Morning, 10 am at Carpark in Bowen Park on Bowen Drive, Kingston ACT

HSCT for MS Support Group, Deakin

1st Friday of each month, 5.30pm-7pm

MS Café Group

3rd Friday of each month, 10.30 am

Taking Control of MS Group, Deakin

2nd Saturday of each month, 2pm–4pm

Art Group, Deakin

Weekly, Every Second Friday Afternoon, 12.30pm – 2.30pm

Mindfulness Practice Meeting, Deakin

Monthly, Last Friday of Each Month, 10.30am – 12pm.



MS Peer Support Telegroups

Current Telegroups:

- **Men's support group** First Thursday of the month – 1.30pm to 2.30pm
- **Women's support group** Fourth Monday of the month – 12.30pm to 1.30pm
- **Women in 40 to 64 group** Third Tuesday of the month – 10am to 11am
- **Over 65's group** First Tuesday of the month – 10.30am – 11.30am
- **After hours group for working people** Second Wednesday night of the month – 7.00pm to 8.00pm
- **Family and friends telegroup** First Tuesday of the month – 7.30pm to 8.30pm
- **General support groups** First Monday of the month – 11am to 12pm Second Monday of the month – 7pm to 8pm Second Tuesday of the month – 7pm to 8pm
- **Mums with MS support group** Second Tuesday of the month – 1pm to 2pm
- **Greek Speaking Telegroups for People living with multiple sclerosis** Fourth Monday of the month – 11am to 12pm. Telegroup start date to be advised, please register interest with MS Connect.