



Registered NDIS Provider

# OUR NDIS SERVICES

## Exercise physiology

### WHAT IS THE NDIS?

The National Disability Insurance Scheme (NDIS) is a new way of providing support and services for people with disability or significant impairment under the age of 65. We have a range of approved NDIS services to help support you to live well.



**EXERCISE PHYSIOLOGY** is all about health and wellness, and putting an exercise program in place that works in with your symptoms. MS offers exercise physiology in a group based program or an individual assessment.

### Some of the problems exercise services can help address

- spasticity
- stiffness
- pain
- anxiety

### THE BENEFITS

- keeping fit and healthy
- keeping mobile and independent
- improved strength
- managing spasticity
- better for your thinking and mental health

### WHY MS?

	<p><b>THE NEURO EXPERTS</b></p> <p>We have over 60 years' experience in living well with multiple sclerosis and other neurological conditions, so you don't have to explain how your symptoms can impact your everyday life and goals – we already get it.</p>
	<p><b>ACCESS MORE FREE SERVICES</b></p> <p>When you register with MS, we connect you into a whole range of other free services — including MS Connect our dedicated contact centre, education programs on everything from wellbeing to practical life skills, and we can connect you with other people living with the disease.</p>
	<p><b>YOUR DEDICATED MS CONSULTANT</b></p> <p>One of our MS experts will meet with you and your family to work out the best way to face your challenges. This is fully backed by a team of experts and clinical health professionals such as Nurses, Occupational Therapists, Social Workers, Physiotherapists and Continence experts – so we've got you covered.</p>

### How do I pay?

Exercise physiology is an NDIS funded service. If you're eligible for the NDIS, you can speak to your planner about including it in your plan. If you're eligible, it won't cost you anything.

### What to ask for in your NDIS planning.

Exercise services come under:

#### Improved health and wellbeing

- **Exercise physiology in a group**
- **Exercise physiology (individual assessment)**

We can help you prepare for your planning conversation or come with you, contact MS Connect for more information.

### Where we offer exercise services

- Lidcombe Gym, Studdy MS Centre NSW

Please contact MS for more information:

MS Connect™: 1800 042 138

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

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