MOVING FORWARD

Welcome to our first newsletter for 2018, in Hobart we have made the move to our new premises at the ABC building 1 Liverpool Street Hobart. We are excited to let you know that we are sharing office space with Epilepsy Tasmania, Stroke Tasmania and Brain Injury Association Tasmania and the four organizations look forward to working closely together.

If you are in the area pop in and say hello to the team, you just come into the front desk and ask for MS and they buzz us to come to reception to meet you and show you around. There is plenty of parking at the front of the building and access is very easy.

With the resignation of Kim McCarthy we are reorganizing the outreach calendar to ensure we still can still continue with our visits and we have provided an updated calendar of visits. We will be recruiting for new roles and are planning to recruit a nurse and an Occupational Therapist (OT). We have decided to include an OT in the team as we are know from our NDIS experiences in other states, that many participants receive funding for OT assessment. We want to make sure we have an experienced OT in place who can respond to your requests for assessment when you receive your plans.

The new year brings the continued rollout of the NDIS and those in the 29 – 34 age bracket are now eligible to apply for support through the NDIS. We have been calling everyone who is registered with us in this age group to offer preplanning and I would encourage you to take up the offer so you are informed and prepared if you choose to apply for support. MS offers a Support Coordination function and if you receive funding in your package for this please contact us through MS Connect as the team in Tasmania will take on this role with you. There is a flyer attached regarding the role of Support Coordination.

I would like to wish you all the best for 2018 and MS looks forward to supporting you in your journey.

Regards
Sandra

SAVE THE DATE

What: MS Symposium
When: World MS Day 30 May 2018
Where: Hobart Function and Conference Centre

Guest Speakers including:

- Assoc Professor Tomas Kalincik – MS Treatment Approaches using DMT’s
- Litza Kiropoulos, Senior Lecturer in Clinical Psychology, Melbourne School of Psychological Sciences
- Assoc Professor Bruce Taylor - Menzies and how they are using research funding
### MS EDUCATION

#### UPCOMING WEBINARS

- **Webinar - Understanding the NDIS**
  Monday 5 February 2018 10.00am – 11.00am
- **Webinar - Preparing for the NDIS**
  Monday 19 February 2018 1.00pm – 3.00pm
- **Webinar - Getting the most from your NDIS plan**
  Monday 5 March 2018 10.00am – 11.00am

To register click on the links above. For more information please email education@ms.org.au or call MS Connect™ (Freecall 1800 042 138).

### OUTREACH 2018

#### TIMETABLE AND STAFF

<table>
<thead>
<tr>
<th>Venue</th>
<th>Dates</th>
<th>Appointment Times</th>
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<td>Your Health Hub</td>
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<td>6 Jun - SD</td>
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<td>Level 3, 33 Cambridge Road</td>
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<td>13 Bolton Street</td>
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<td>Bridgewater</td>
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<td>11 Jul - MM</td>
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<td>30 Alexander Street</td>
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Anthea (AS) Michael (MM) Sarah (SD)

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<tr>
<th>Location</th>
<th>Address</th>
<th>Date/Time</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td>Kingston</td>
<td>Kingston Community Health Centre, 29 John Street</td>
<td>7 Feb - AS 7 Mar - MM 4 Apr - MM 2 May – MM 13 Jun - AS 10–10.45am 11–11.45am 12.45–1.30pm 1.45-2.30pm 2.45-3.30pm</td>
<td>UrbanLife 800 042 138</td>
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<tr>
<td>Nubeena</td>
<td>Tasman Health &amp; Community Service 1614 Nubeena Road</td>
<td>5 Feb – MM 7 May – AS 30 July – MM 29 Oct - AS 10:30-11:30 12:00-1:00 1:45-2:45</td>
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<td>Rosebery</td>
<td>Rosebery Community Health Centre Hospital Road</td>
<td>21 Mar - TBC 18 Jul - TBC 10-10.45am 11-11.45am 12.30-1.30pm</td>
<td>Contact us</td>
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<td>Sheffield</td>
<td>Rural Health Tasmania 1b Henry Street</td>
<td>23 Jan - SD 20 Mar - TBC 22 May-TBC 17 July-TBC 10–10.45am 11–11.45am 12–12.45pm 1-1.30pm</td>
<td>Contact us 800 042 138</td>
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<td>Smithton</td>
<td>Wyndarra Centre, 43 Smith Street</td>
<td>4 Jun -TBC 1–1.45pm 2–2.45pm 3-3.45pm</td>
<td>Contact us 800 042 138</td>
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<td>St Marys</td>
<td>Hub 4 Health Rear of St Marys Hall, Main Road</td>
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<td>Contact us 800 042 138</td>
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<td>Wynyard</td>
<td>Rural Health Tasmania 33 Goldie Street 5 Jun - TBC</td>
<td>20 Feb - MM 1 May - TBC 2 May - TBC 20th FEB: 9-9:45 10-10:45 11-11:45 OTHER DATES: 9.30–10.15am 10.30–11.15am 11.30–12.15pm 1–1.45pm 2–2.45pm</td>
<td>Contact us 800 042 138</td>
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<td>OFFICE VISIT</td>
<td>18/2 Innocent Street, Kings Meadows</td>
<td>20 Feb – SD 17 Apr – SD 9.30-10.30am 11.30-12.30pm 2-3pm</td>
<td>Contact us 800 042 138</td>
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<tr>
<td>OFFICE VISIT</td>
<td>ABC Centre 1 Liverpool Street, Hobart</td>
<td>1 Mar- MM 9 May - AS 28 Jun - MM 9.30-10.30am 11-11.45am 1-2pm 2.30-3.30pm</td>
<td>Contact us 800 042 138</td>
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**ARE YOU A YOUNG CARER?**

Do you care for and support a friend or relative who has Multiple Sclerosis?
Do you provide emotional support when times get hard?
You may care for them a few hours a week or all day every day.
Are you under 25 years old and attending school or studying?

**THEN YOU ARE A YOUNG CARER!**

Things you may find yourself doing include:

- Personal care like showering, dressing and assisting with medication
- Practical things around the house like cooking and cleaning
- Supporting your person with MS to organise things like, appointments, getting the groceries for the week or even paying bills!

You may find yourself asking, So? What kind of help is there for me? You may feel alone, like no one understands, and while everyone at school is out enjoying their weekend, you may feel like you can’t do the same things.

**MS YOUNG CARERS FACEBOOK ONLINE SUPPORT GROUP**

Young Carers are extremely important in our society; however they can be ‘hidden’ as young people tend to work behind the scenes to help care for a family member or friend. Multiple Sclerosis offers a fantastic online support group for young carers on Facebook which may be of assistance to you. The Facebook group provides an opportunity for young carers aged between 13 and 25 to connect and share experiences. We hope that this group can begin to change some of the isolation that young carers can sometimes feel. This group gives you all the opportunity to support each other, share experiences, thoughts and feelings while knowing you will be listened to and understood.

The page is open to all young people who live with a family member or friend diagnosed with - multiple sclerosis. You may not consider yourself a young carer; however, you would be surprised how similar you find your caring role to others in the group. The group is also open to young carers who care for someone with other Neurological conditions such as Parkinson’s, Motor Neuron Disease, and other diseases such as Acquired brain injury, and stroke.

Please search up *Multiple Sclerosis Limited- Young Carers* on Facebook to join. You will need to answer some quick questions to verify that you are a young carer before being allowed to enter the group. The group is strictly moderated by Irene, a peer support volunteer who has been with MS for 4 years. Irene is 24 with lots of experience with caring. Her mum also has MS but she still gets out to help others. Some of her hobbies are Facebook (Of course!), watching TV, reading, and video games.

Irene explained that “I love facilitating the young carers Facebook page, as I get to see first-hand how these amazing young people in our society develop such maturity, empathy and understanding to help others. It also makes me excited that these young people have such a passion to drive future research and spread awareness for Multiple Sclerosis in the future- as one of the goals that is central to this page is one day finding a cure to help their loved one.”

So come along and join! You will find assistance in practical help and support to make sure you are OK, emotional support with your caring role, lots of great tips and tricks to ace your studies while caring and information about services, and where to get help- especially through MS and Carers Australia. See you there!!!

“Irene: MS Young Carers Facebook Page Facilitator”
FAREWELL

Kim McCarthy

It is with sadness but excitement for her we farewell Kim McCarthy from her MS Consultant position in Launceston. Kim has been with us for 8 and a half years and has been dedicated to her role with MS and a valued team member. She will be missed by colleagues and clients alike. Kim has taken up a FTE role with Family Based Care North West, based in Launceston. We wish her all the best for her future role.

We will be recruiting in Launceston asap.

Amber Whatman

Although with us for only a short time, Amber will certainly be missed. Amber’s positivity, organisation and sunny disposition has made her a pleasure to be around and a valued member of our MS team. Amber has taken up a full time position with DHHS supporting the director of strategic policy and regulation.

We wish Amber all the best for her future role.

PEER SUPPORT MEETING TIMES -

CIRCULAR HEAD
Meet: First Monday of the month, 7.30pm – 9pm
Venue: Circular Head Rural Health Service
Next meeting: Monday 5th Feb
Please RSVP to Jenny: jennywallis@iprimus.com.au

EASTERN SHORE
Please note temporary change in venue as follows:
Mornington Inn, Mornington
Fri 9th Feb 12pm to 2pm
Meals own expense
Please RSVP to Chris: cegm58@icloud.com

GLENORCHY
Please note temporary change in venue as follows:
Shoreline Hotel, Howrah
Next Meeting: Mon 26th Feb 6-8pm
Meals own expense
Please RSVP to Bek: thorpe5@hotmail.com

KINGSTON
Meet: second Tues of the month 12pm to 2pm
Venue: The Salty Dog Hotel
Next Meeting: Tues 13th Feb
Guest Speaker: Phil Ladlow, Physio for All Care Physio
Meals available at own expense
Please RSVP to Bernie and Alan: ambrundish@gmail.com

NORTHERN (Launceston)
Please note temporary change in venue as follows:
Punchbowl Reserve, Punchbowl Launceston
Next Meeting: Thurs 8th Feb, 11:30am onwards
BYO BBQ or Picnic lunch
Please RSVP to Barry: dollydumpling@dodo.com.au

ULVERSTONE
Please note temporary change in venue as follows:
Otto’s Grotto, Fairway Park, Ulverstone
Next Meeting: Wed 28th Feb, 11:30am onwards
BYO BBQ or Picnic lunch
Please RSVP to Robin: robbiet100@hotmail.com
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.

Who we offer these services: NSW, Victoria, ACT and Tasmania but please contact MS Connect for more information for your local service area.

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WHERE WE OFFER THESE SERVICES

SUPPORT COORDINATION is all about making your NDIS plan active. We help you to choose the best service providers for your needs and help to put your plan into action.

Some of the problems support coordination can help address:
- stress and confusion
- feeling overwhelmed by the NDIS
- bad mood and anxiety
- poor motivation

THE BENEFITS
- understanding your NDIS plan
- support to implement your NDIS plan
- choice and control
- support to find the best services for your needs
- qualified advice and support
- support to complete documentation, navigating the NDIS portal, preparation for your annual review

How do I pay?
Support coordination 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.
Support Coordination come under:

Support Coordination (capacity building)

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

Where we offer these services:
NSW, Victoria, ACT and Tasmania but please contact MS Connect for more information for your local service area.

THE NEURO EXPERTS

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.

ACCESS MORE FREE SERVICES

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.

YOUR DEDICATED MS CONSULTANT

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.

WHY MS?

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