We finally have a new office in South Launceston at:
462 Wellington Street.
We will be sharing with Epilepsy Tasmania and our moving date is
27 August. We look forward to inviting our northern members to
come and see the office and have morning tea once we have
settled in.

MOOC
A MOOC sounds a little bit like the noise a cow may make if she has a cold. In fact,
a MOOC is a Massive Online Learning Course, where anybody with an interest in
the topic can enrol and take part in a high standard of learning about that subject.
In 2013, Wicking Dementia Research and Education Centre, along with the
University of Tasmania, developed an online learning tool about dementia called
The Understanding Dementia MOOC. Since then over 140,000 people from many
countries have learnt more about dementia through this online learning tool.

We are excited to let you know that MS is working with Professor Bruce Taylor and others from the Menzies
Institute for Medical Research and the University of Tasmania in developing a similar online learning tool about
Multiple Sclerosis. When completed this tool will be accessible to anyone who has an interest in Multiple
Sclerosis to learn evidenced based information from experts in MS. It also includes experiences from people
living with MS, and other health professionals. We have been busy filming little sections with people from
Tasmania who have kindly shared their knowledge and experience.

When the MS MOOC is available next year it will be a valuable tool in providing quality, evidenced based
information potentially to a worldwide audience. It will also be instrumental in raising knowledge and the profile
about MS. We will keep you updated on the progress of the Understanding MS MOOC.

Bright Ideas

The Bright Ideas column in *Intouch* magazine and our e-newsletter is the newest
addition to our monthly and quarterly publications.

It brings together everyday tips and tricks which can assist with common
symptoms of Multiple Sclerosis and make daily tasks easier.

In July’s *Intouch* e-newsletter, we recently profiled some useful kitchen appliances and cooking utensils which
may make time in the kitchen less stressful and ultimately safer. We also looked at some new smartphone
apps which are helpful for memory and dexterity issues in the latest print edition of Winter’s *Intouch*
magazine.

Our wonderful MS Connect team are always contributing ideas that they learn, as well as reader suggestions
which can be sent through to intouch@ms.org.au.

You can take a look at our bright ideas columns at: https://www.ms.org.au/intouch

Peppers Silo Hotel,
89-91 Lindsay Street,
Launceston
29 August 2018  11.30 - 1.00pm
Introducing the team and where you will find them around the State

Jen Lowe
Practice Leader
Hobart based, Statewide

Anthea Stutter
MS Consultant (Social Worker)
Hobart

Kerri Tomlin
MS Employment (OT)
Statewide

Lisa Slade
MS Employment (OT)
Statewide

Michael Mortensen
MS Consultant (RN)
Hobart

Miriam Rainsford
NDIS Engagement
Hobart

Lucy Pratt
NDIS Engagement (OT)
Launceston

Annette Crawford
MS Consultant (RN)
Launceston

Jo Skinner
Business Support
Hobart

Mandy Jones
SL NDIS Plan Manager
Hobart

Ange Land
Peer Support Coordinator
Hobart
NDIS AND THE PRE PLANNING SERVICE OFFERED BY MS

“I feel like I’m managing pretty well – so I’m not eligible for the NDIS?”

- Do you often find yourself having to decide between cleaning the house or going out with friends?
- If we asked your partner how you are managing day-to-day, what would they say?
- Do you feel that because your symptoms aren’t visible, you are not eligible for the NDIS?
- Have you previously not been eligible for supports because you manage okay with your personal care and cleaning the house?

If you’ve answered yes to any of these questions, you may be eligible for NDIS support. The NDIS is designed to help you to remain living independently for longer, or regain some independence so that you can live an ordinary life. This means being able to do the sorts of things that other people might take for granted, such as cleaning the house and then going out with friends afterwards, or staying in employment which is financially rewarding and personally meaningful.

The types of support the NDIS can provide include:

- Carer support to help complete necessary activities such as cooking or cleaning,
- Equipment, aids, and home and vehicle modifications to help make everyday activities easier and safer,
- Therapies such as physiotherapy and exercise physiology to maintain and improve your own skills and abilities such as walking and hand function.

Do you find the idea of describing how you live with MS daunting?

At MS, we offer a pre-planning service, which understands the supports the NDIS can provide, and we are here to help support you through the process of applying for access to the NDIS.

Do you feel that you don’t want to take funding away from others who may need it more?

If you are starting to think that the NDIS might be for you, but you are concerned about using funding when you are managing okay, the Government understands that by providing some support now, this keeps you independent and is what the NDIS calls “early intervention”.

Would you like to know more?

If you would like to know more about the NDIS and the pre-planning service that MS offers, why not get in touch with us through MS Connect 1800 042 138 who can connect you to either Lucy or Miriam.

Research Update

MSRA is offering live streaming of a workshop to be held on 28 August 2018 5.30—8.30pm

The topic is Progress in MS Research and guest speakers include Dr Lisa Melton from MSRA and Dr Jack Antel who is a neurologist who coordinates the MS research and treatment program at the Montreal Neurological Institute in Canada. He is currently president of the Americas Committee for Treatment and Research in Multiple Sclerosis (ACTRIMS).

If you are interested go to mrsa.org.au to register.

Medical Cannabis

There has been quite a lot of discussion on the use of Cannabis lately and there is an article that may interest you at:


MSRA also has a very good article on the subject
Welcome to our Social Work Student

Master of Social Work Student, Kelly Bowen, has been working with the MS Tasmania team for the last month.

Hello everyone, I am on my final social work placement with MSL Tasmania as part of my Masters of Social Work. Anthea Stutter is my supervisor and I have been lucky to shadow her on home visits to clients, helping with a range of issues they are experiencing as a result of living with MS. I did not previously have a background in disability services, so I have been enjoying learning about this practice area, and in particular about the NDIS and the challenges and successes that come with this shift in policy.

Thank you for the opportunity to meet you.

The i-FIMS study - Volunteers Needed

Did you know that 2 in 3 people living with MS report falling at least once in the last 6 months? The i-FIMS research study (Interactive Step Training to Reduce Falls in People with MS) is looking for more participants to take part in our study.

To date we have had 19 participants take part in the study in Tasmania. Thank you to all who have expressed interest and who have become involved in the study.

Here are what some of our current participants have had to say about the step training program:

“Any one taking this i-FIMS up you need to be careful, it is a bit addictive. I need to do it every day and I miss it when I don’t.” – Male, aged 56

“After initially being hesitant about joining the i-FIMS research project I have enjoyed it thoroughly. It is FUN and somewhat addictive, trying to better my score on the various games!” – Female, aged 44

If you would like more information about this study or to volunteer, please contact the research assistant, Jessica Turner, at ifims.hobart@neura.edu.au or on 0447 937 071.

Introducing Denise Pearce who is a MS Advisory Committee member.

Denise is a mature aged person whose work life was cut short because of her MS. She worked in the disability sector for many years predominantly as an advocate. The premature cessation of her working life has given her an understanding of how important it is that people with MS continue to work as long as possible.

Denise has a particular interest in the needs of people within the aged care sector as this group isn’t eligible for funding support from the NDIS. They are left in the position of receiving care from an industry (aged care) that has little understanding of the condition whose symptoms are invisible to the untrained eg: you look okay why do you need support? There is a need for support to navigate the system and also a push for education.

Denise is part of a peer support group and sees this as an opportunity to pass on their expectations to MS Ltd.

Denise can be contacted on denise.pearce245@gmail.com and she lives in Moonah

It has been over two years since MS Tasmania merged with MSL and the Tasmanian Directors Des Graham and Sharlene Brown are keen to hear how things are going for you. They are planning to visit the peer support groups before Xmas to meet with you, we will send out dates closer to the time.
MS EDUCATION PROGRAM - Webinars and other Education Events

Webinar - Brain Wellness in Multiple Sclerosis Thursday 30 August, 11.30am – 12.30
Webinar - Medication Update Tuesday 4 September, 2.00pm – 3.00pm
Webinar - Learn about Multiple Sclerosis Tuesday 18 September, 7.00pm – 8.00pm
Webinar - Getting on Top of Pain Friday 9 November, 11.00am – 12.00pm

NDIS Information Sessions, Various webinars and face-to-face sessions in various locations
For more information please email education@ms.org.au or call MS Connect™ (Freecall 1800 042 138) or check our Website.

PEER SUPPORT MEETING TIMES

CIRCULAR HEAD
TBA For September, postponed

KINGSTON
Meets: Second Wednesday of the month, 12 midday to 2pm
Venue: Kingston
Next Meeting: Wednesday 12th September
Guest Speaker: Miriam Rainsford, NDIS
Email Alan: ambrundish@gmail.com

EASTERN SHORE
Meets: Second Friday of the month, 10:30am to 12 midday
Venue: Bellerive
Next Meeting: Friday 14th September
Guest Speaker: Sue McGregor, Clinical Nurse Consultant Managing Symptoms and medications.
Email Chris: cegm58@icloud.com

DEVONPORT PEER SUPPORT Casual Coffee
Meets: Third Saturday of the month from 10:30am to 11:30am
Venue: To be announced, looking at alternate venue.
Next Meeting: Saturday 15th September
RSVP: Dawn Murray dawn_e_murray@hotmail.com
Social Gathering

GLENORCHY
Meets: Last Monday of the month, 6pm - 8pm
Venue: Glenorchy
Next Meeting: Monday 24th September
Guest Speaker: Social gathering
Email : Kerry: kakievit@yahoo.com.au or peteandkerry84@gmail.com

NORTHERN (Launceston)
Meets: Second Thursday of the month, 11am to 1pm
Venue: Kings Meadows
Next Meeting: Thursday 13th September
Social Gathering

ULVERSTONE
Meets: Fourth Wednesday of month, 11am to 1pm
Venue: Ulverstone
Next Meeting: Wednesday 26th September
Guest Speaker: Planning Officer, from Ulverstone Council
Email: Robin robbiet100@hotmail.com

MENS PEER SUPPORT GROUP
Meets: Third Friday of month from 12:30pm to 2:30
Venue: Glenorchy
Next Meeting: Friday 21st September
Social gathering, meals at own cost.
Open to Men living with MS and Carers
RSVP: Sean sean.omoore62@gmail.com or Jerome swanseaelectrical@bigpond.com
A HUGE shout out to our amazing Tassie fundraisers who are all doing incredible work to raise both funds and awareness for MS! We’d love to give a special mention to these superstar fundraisers:

To Bek Thorpe who, fresh from conquering Mt Amos to raise funds for MS (check out her awesome photo below), is now registered to #DoItForMS in the 2018 Point To Pinnacle half marathon in November!

We’d love more runners to join ‘Team MS’ for this fantastic challenge, so visit https://www.doitforms.org.au/Run-For-MS for details on events you can run and how we can help you fundraise.

To Nicholle Cohen who is taking on the MS Red Centre Adventure next year and has already reached a third of her fundraising goal! You’ve burst out of the block strong Nicholle so BRAVO!

Don’t forget you can get in touch with Erin any time to request donation tins, discuss/create fundraising plans and get advice etc erin.wicking@ms.org.au 03 9845 2825

GET Your ACT TOGETHER

We are excited to announce that the three new symptoms of cognition, heat sensitivity and pain have been added to the Get Your ACT Together tool on the MS website.

The Get Your ACT Together tool is an interactive guide to help you manage some common symptoms of Multiple Sclerosis. The content of the tool was developed for people in the ACT, however it includes information that is helpful for anyone living with Multiple Sclerosis, wherever you live. This was developed in consultation with people in the ACT community, and from feedback from the first stage of the project.

You can answer a few questions and then download your own personalised report filled with handy tips and tricks to help manage your symptoms. You can also select if you would like to receive a call or email from MS Connect after completing your report, to provide you with additional support and information.

We would love to hear your feedback, and you can find the Get Your ACT Together tool here: https://www.ms.org.au/living-well-with-multiple-sclerosis/wellbeing-support/get-your-act-together.aspx

MS 24 HOUR MEGA SWIM

Great news from our Mega Swim team, who are in talks with potential hosts for the 2019 Launceston event! We are hopeful that they will be able to develop some new relationships to allow the 2019 event to go ahead and to build on the great numbers and fundraising from 2017 where over $20,000 was raised and 56 participants swam in 5 different teams.

If you or someone you know would like to get involved with hosting or other aspects of Tasmania’s 2019 Mega Swim events please contact megaswim@ms.org.au

Point to Pinnacle
Mount Wellington
18 November 2018
21.4km half marathon

Hobart MS 24 Hour Mega Swim
Saturday 13 – Sunday 14 October 2018
Hobart Aquatic Centre
Register before 31 August you will also save on your entry fee.