


Welcome to today's webinar:

***How can I help someone living with MS?***

Your Presenter is Bridie Phillips, MS Nurse Advisor  
Your Facilitator is Andrea Salmon

1

**Acknowledgement**



We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

Multiple Sclerosis Limited

2

## Introduction to Presenter



Bridie is a Registered Nurse and has committed the last 12 years to community health, predominantly in palliative care, pain management and within the MS community. Bridie currently works in the MS Nurse Advisor Programme as a MS Nurse Advisor.



MS Nurse Advisors are available for phone consultations about anything concerning you in regard to MS

Multiple Sclerosis Limited

3

## Aim



.... to further explore the role of family and friends

Multiple Sclerosis Limited

4

## Overview



About the disease and symptoms

The Experience of living with MS

Red flags

Resources and Supports

Your Role

Multiple Sclerosis Limited

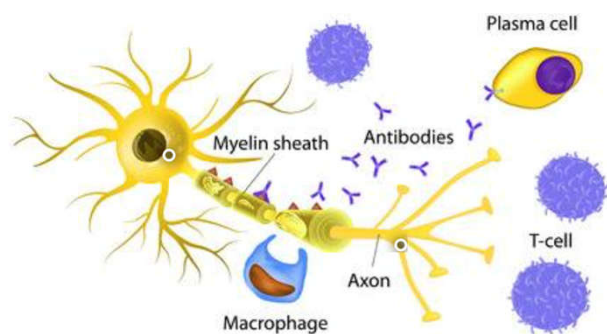
5

## What is Multiple Sclerosis?




### AUTOIMMUNE DISEASE

Multiple sclerosis is one of the most commonly acquired chronic, demyelinating, autoimmune disease of the brain, central nervous system and optic nerve




Multiple Sclerosis Limited

6

**Symptoms** 

**Blurred or double vision** **Fatigue** **Problems with speech, slurring and/or swallowing**

**Loss of balance or coordination**  **Cognitive, mood, behaviour change** **Pain**


**Weakness in the arms or legs** **Contenance problems** **Tremor**

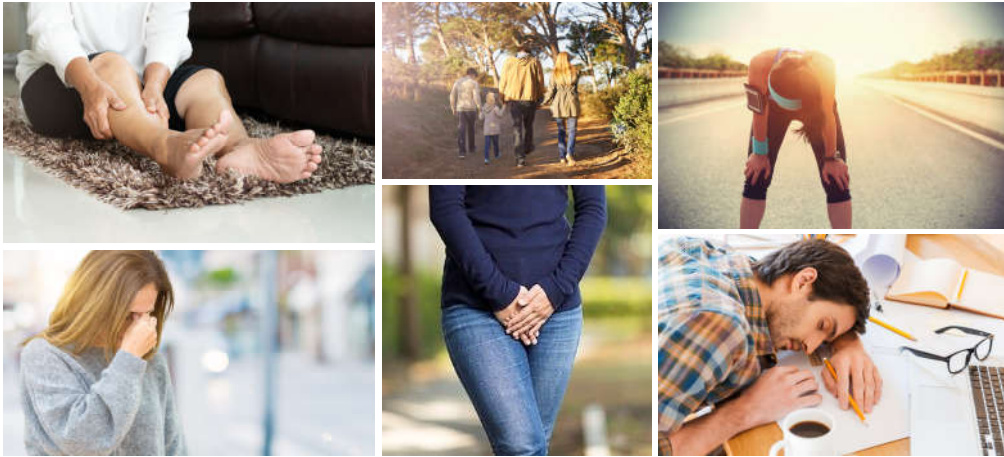
**Heat intolerance** **Sexual problems**

**Sensory changes** **Spasticity**

Multiple Sclerosis Limited

7

**Impact on Life** 



Multiple Sclerosis Limited

8

## The Experience of Living with MS





INTERNAL/EXTERNAL PERCEPTIONS/JUDGMENTS



DIFFERENT FOR EVERYONE



FLUCTUATIONS





INVISIBLE SYMPTOMS & IMPACT

Multiple Sclerosis Limited

9

## Symptom Management







- Noticing and mentioning the symptoms
- Observing the Impact
- What's MS and what's not?

Multiple Sclerosis Limited

10



# Red Flags



Multiple Sclerosis Limited

11

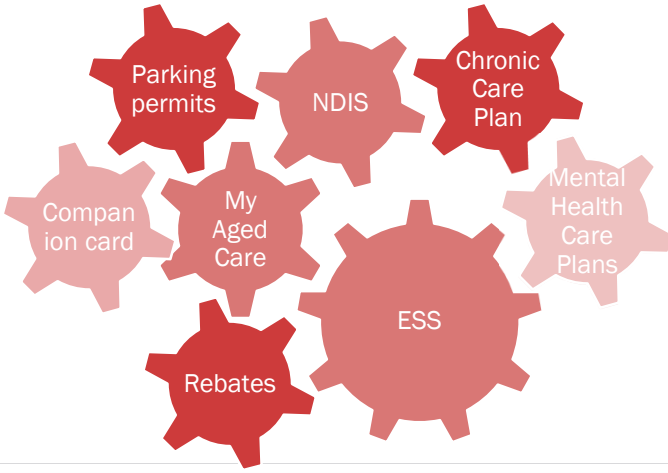

# Your Role



Multiple Sclerosis Limited

12


## Navigating the System



Multiple Sclerosis Limited

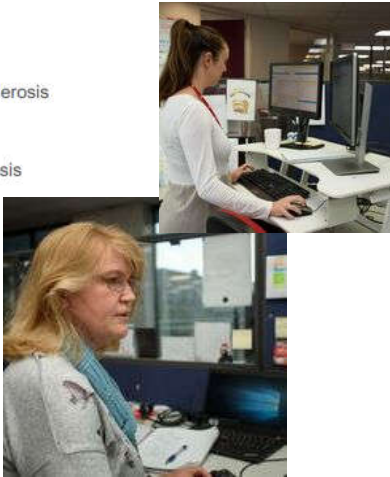
13

## MS Connect



10 reasons to call us:


1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



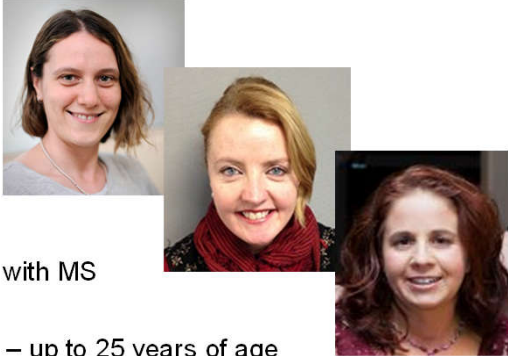
Multiple Sclerosis Limited

14

## Peer Support




- ❖ 1:1 Phone Support
- ❖ Face to Face groups - *(temporarily converted to Telegroups)*
- ❖ Telegroups
- ❖ Facebook groups
  - 3 groups – for people living with MS
  - for carers
  - for young carers – up to 25 years of age



Multiple Sclerosis Limited

15

## Registered NDIS Provider



MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:  
*(Pls note: Face to face services/programs have been either converted to online programs or postponed)*

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn more?  
Please call  
MS Connect  
1800 042 138

Multiple Sclerosis Limited

16



**Thank you**



MS Connect

1800 042 138

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

Please stay on after this webinar to complete a  
short survey.

Multiple Sclerosis Limited