


Welcome to today's webinar:
How can I help someone newly diagnosed
with MS

Your Presenter is Jane Bridgman, MS Nurse Advisor
Your Facilitator is Andrea Salmon

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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.

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Introduction to Presenter



Jane is a registered nurse with 6 years experience in disability and aged care, progressive neurological conditions and primary healthcare. Jane is also an internationally certified MS Nurse and works as an MS Nurse Advisor.



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

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Overview



The Experience of being Diagnosed

Myths

What to Expect

About the disease and how it's managed

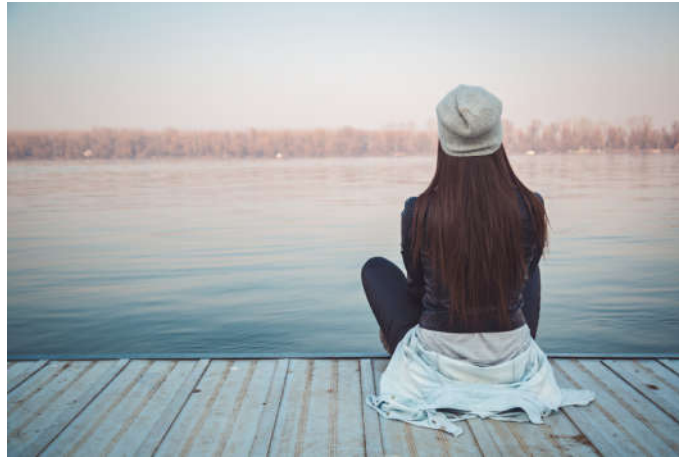
Your Role

Further Support and Information

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The Experience of being Diagnosed with MS



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Myths



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What to expect



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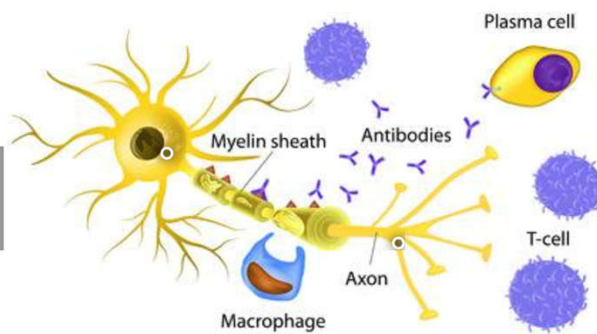
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What is Multiple Sclerosis?



AUTOIMMUNE DISEASE


Multiple sclerosis is a chronic, demyelinating, autoimmune disease of the central nervous system




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Symptoms



UNDERSTANDING



Fatigue

Blurred or double vision

Loss of balance or coordination

Weakness in the arms or legs

Heat intolerance

Sensory changes

Problems with speech, slurring and/or swallowing

Cognitive, mood, behaviour change

Pain

Continenence problems

Tremor

Sexual problems

Spasticity

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Treatment Aims





- Prevention of further disease activity
- Symptom Management





- Maintain a healthy lifestyle


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Your Role




LISTENING AND UNDERSTANDING



COMMUNICATION



BEING INFORMED BUT NOT IN CHARGE



DO'S AND DON'TS - TOP TIPS

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Further Support and Information for YOU!



Education - learn more about MS



Stay Well - connections, activity, nutrition




Emotional Support - Counselling, Beyond Blue

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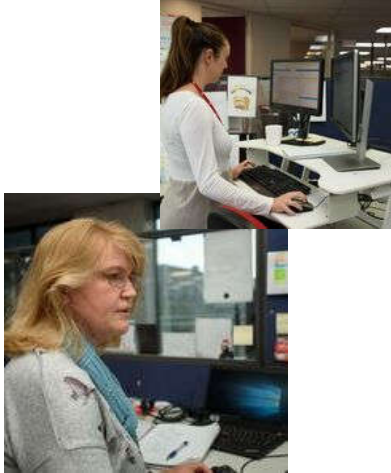
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MS Connect



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




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Peer Support



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



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Questions



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

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