



Welcome to today's webinar:

Let's think about your Thinking

Your Presenter is Dr Luke Smith
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




Dr Luke Smith is a clinical neuropsychologist who works privately in the community, including consultation in Victoria and Tasmania. Previous to gaining qualification as a neuropsychologist, he worked as a behaviour management consultant for Alzheimer's Australia both in Victoria and South Australia. He has a research and clinical interest in progressive neurological conditions, particularly those affecting younger people or associated with movement disorders. He also has a passion for education and skills training in the progressive neurological disease and aged care sectors.

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Informed Choice



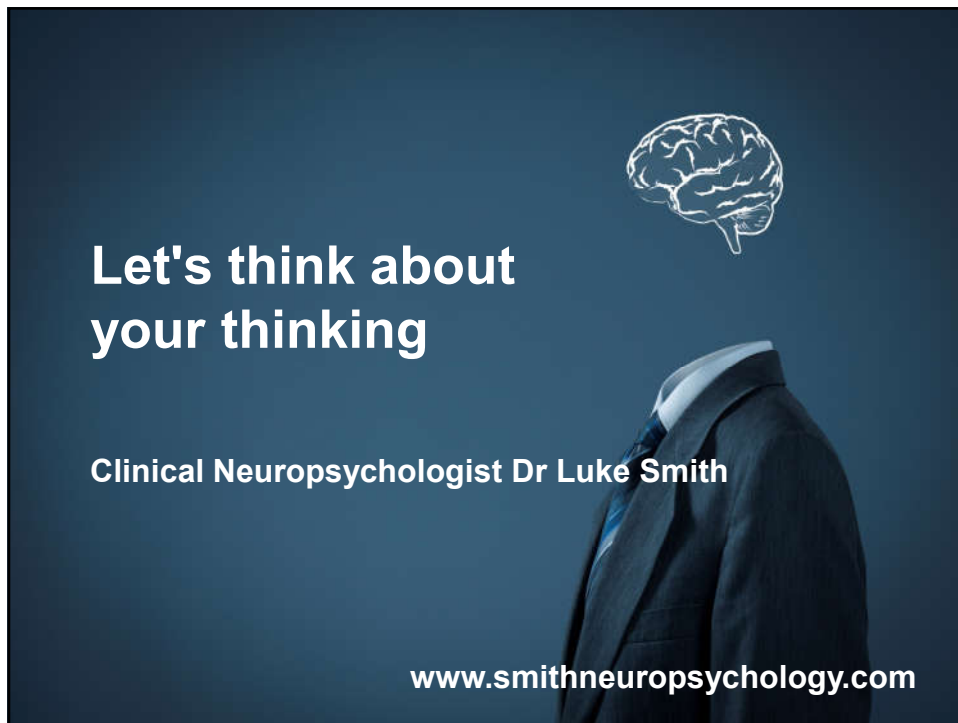
This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

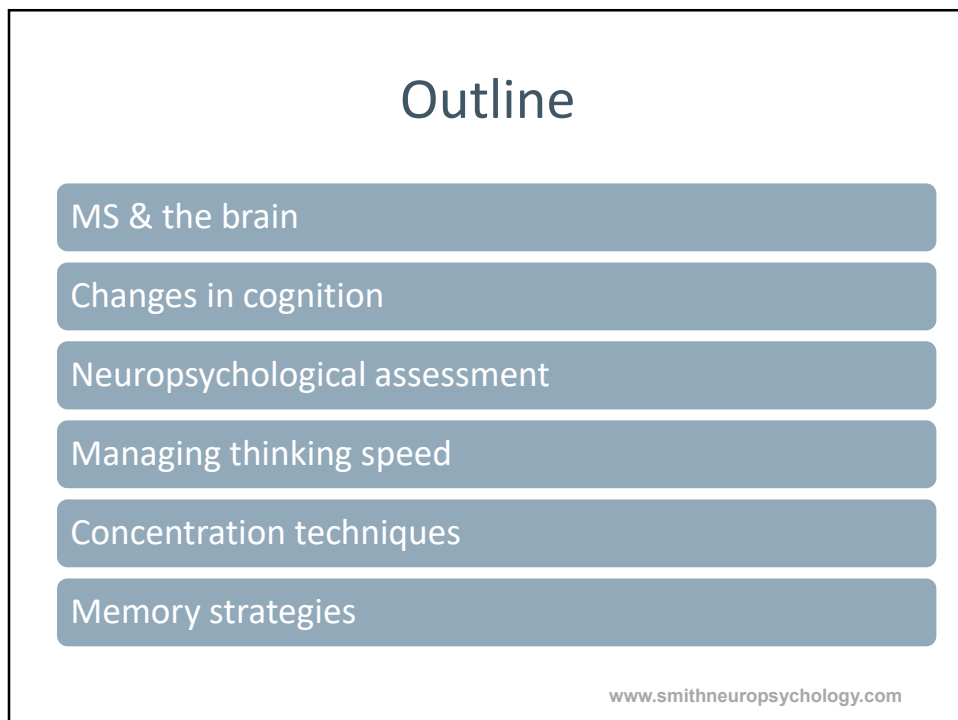
Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.

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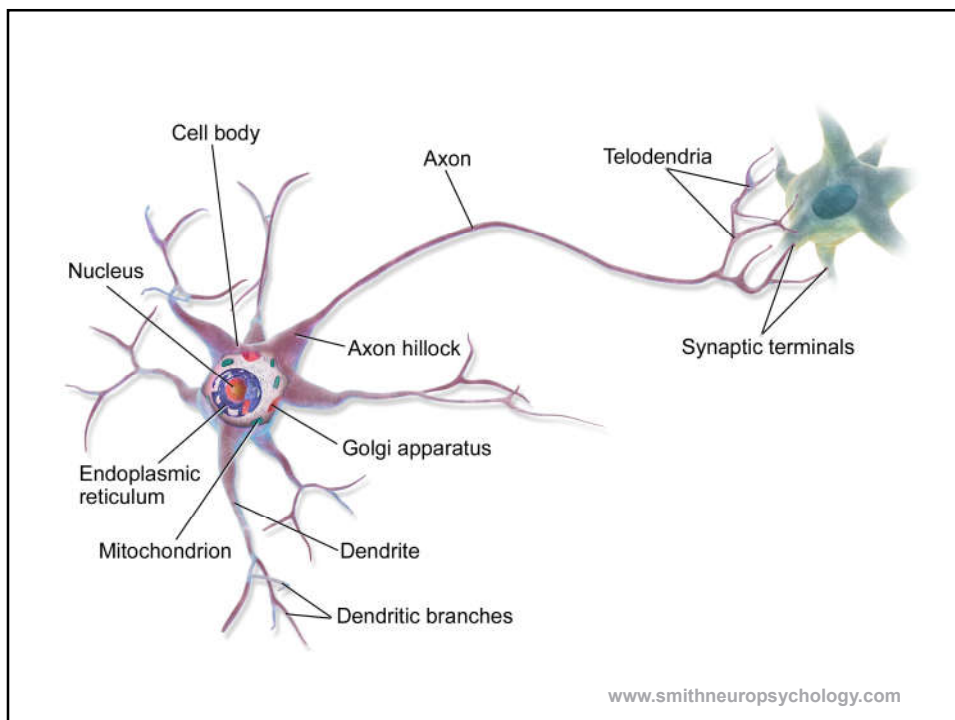
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Let's make this interactive!

Time for a poll

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Information processing speed

- Thinking speed

Attention & concentration

- Attention span, sustained attention, divided attention

Working memory

- Holding information in mind whilst manipulating it

Visuo-spatial processing


- Understanding & organising visually based information

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Learning & Memory

New learning
'Free-recall' vs. 'recognition' memory
Long-term memory



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Executive functioning

Insight
Idea generation
Inhibiting automatic responses
Reasoning & problem-solving
Planning & organising



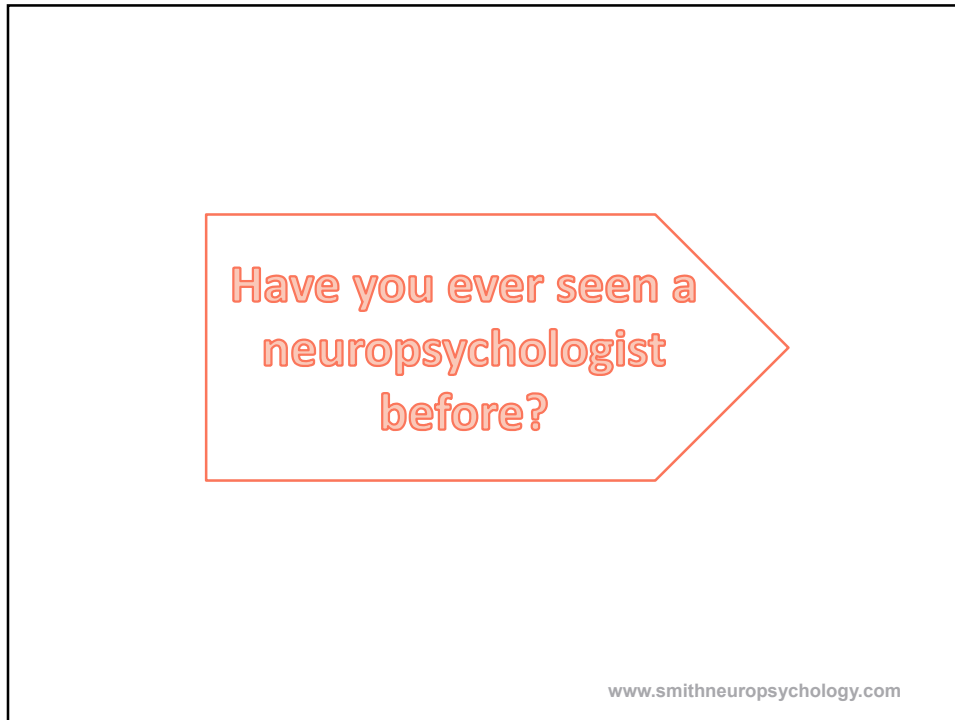
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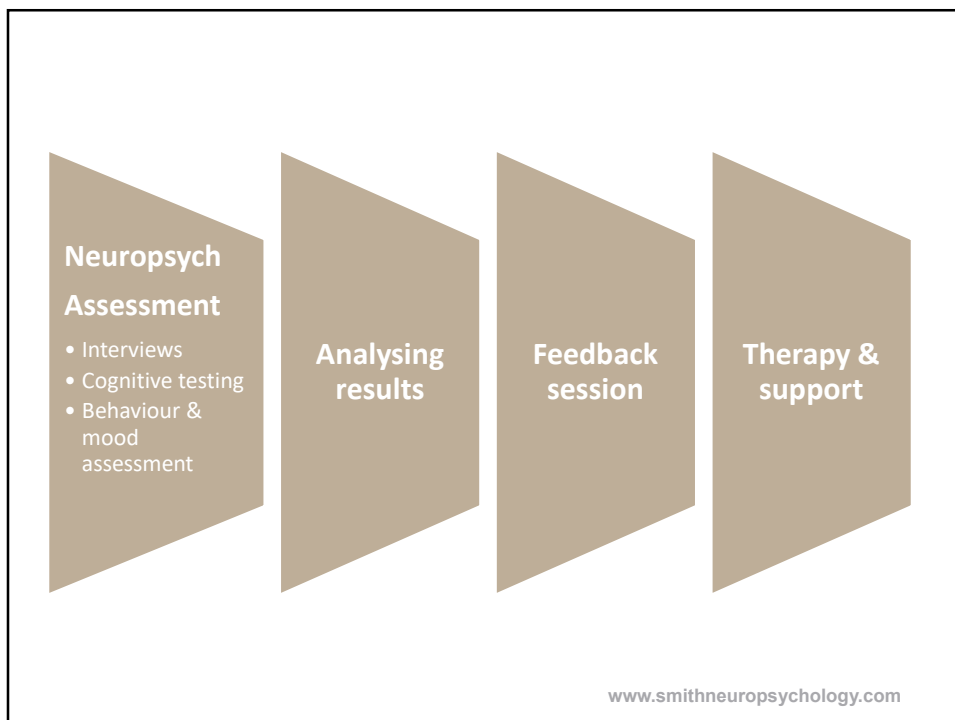
Have you noticed any
changes in your thinking &
memory?

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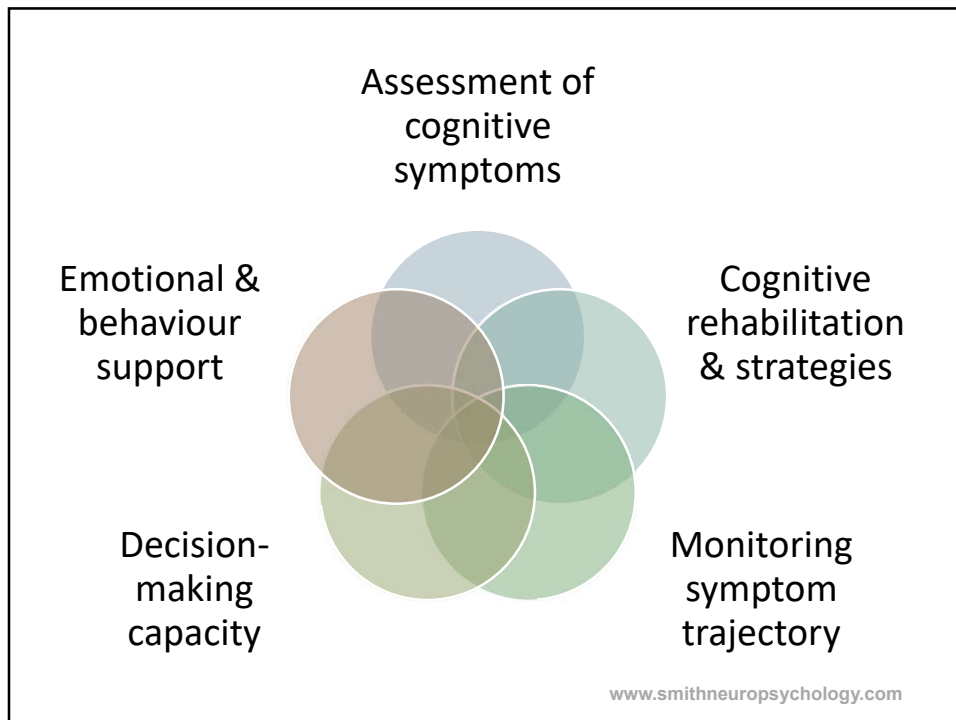
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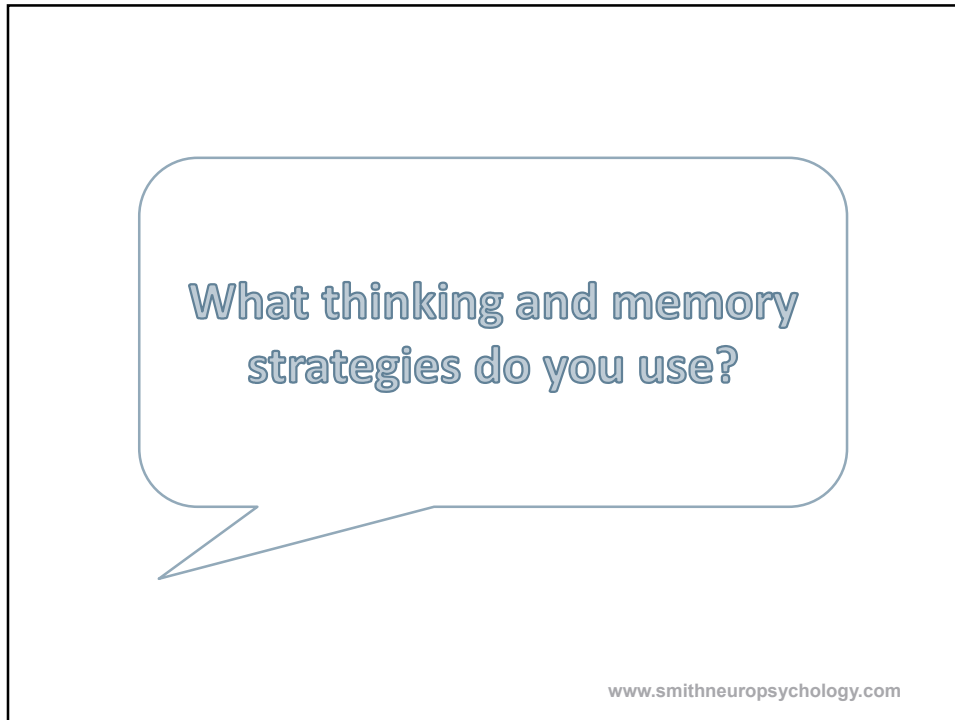
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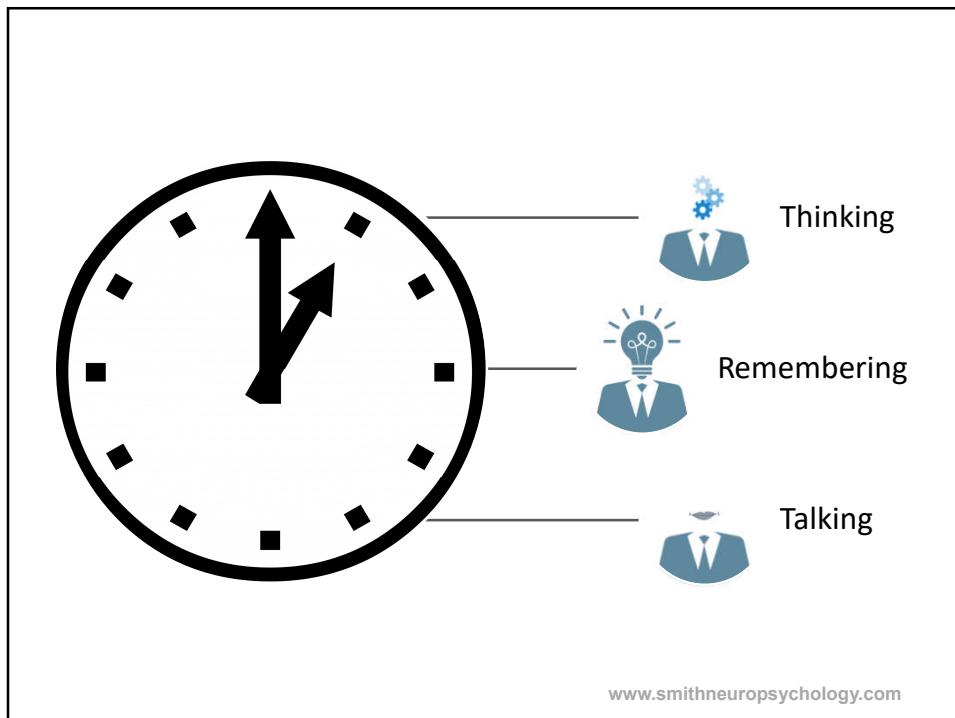
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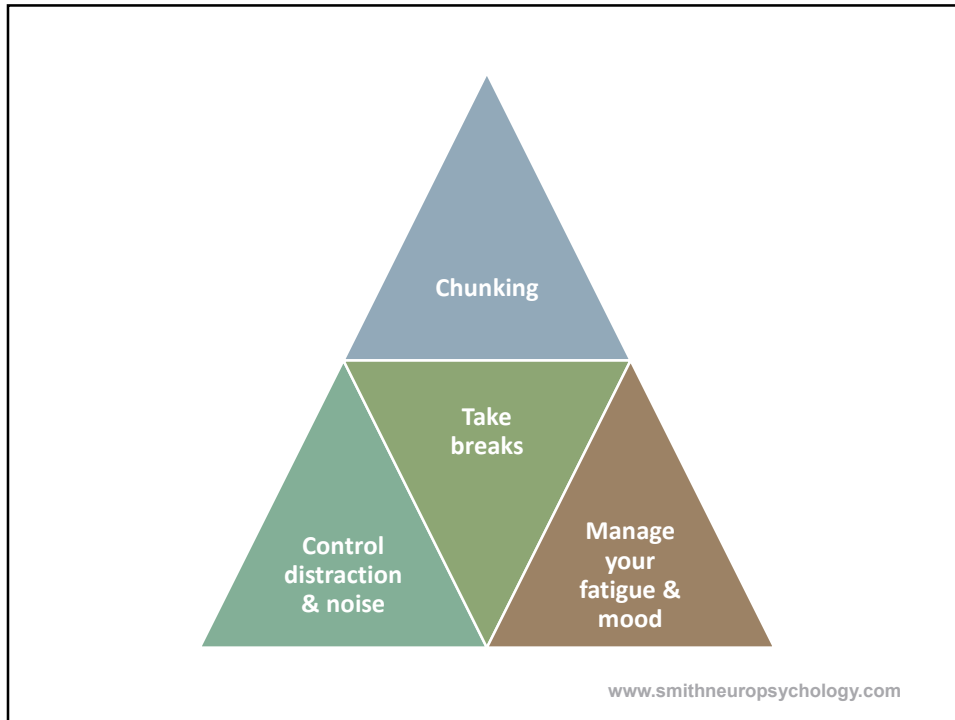
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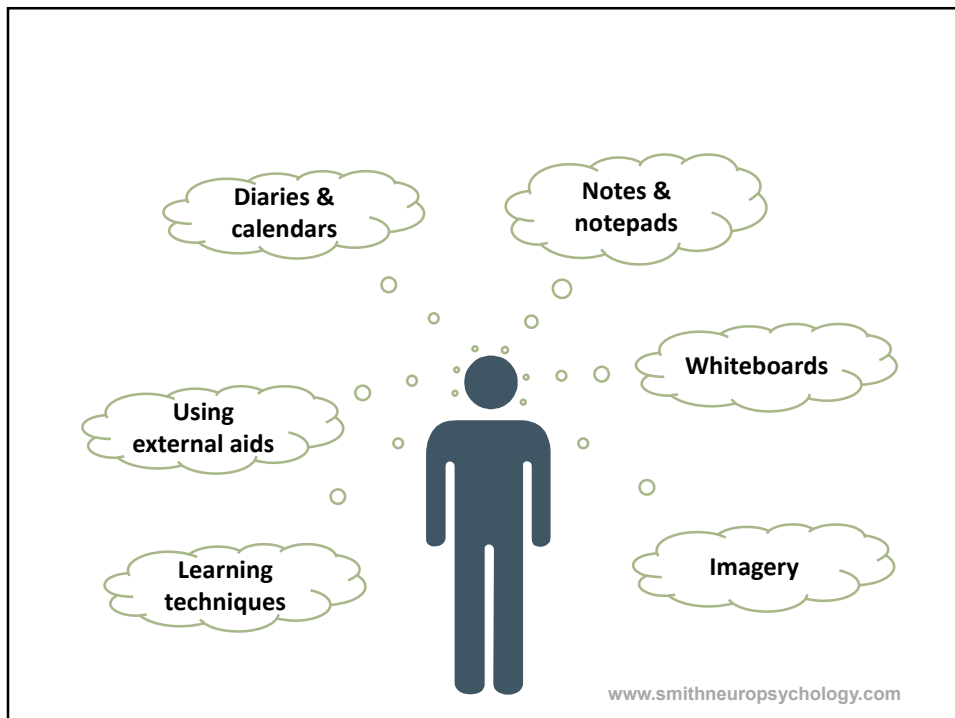
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What is the main memory strategy that you do/would use?

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Cognition Information Sheet

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Questions



MS Connect
1800 042 138
msconnect@ms.org.au



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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)
 - 2 in the ACT
 - 11 in Tasmania
 - 17 in NSW
 - 42 in Vic
- ❖ Telegroups
 - Currently running 12 telegroups
- ❖ Facebook groups
 - 3 groups – for people living with MS
 - for carers
 - for young carers – up to 25 years of age





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Get Your Act Together

- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search **Get Your Act Together**

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Employment Support Services

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Contact MS Connect for more information on free call 1800 042 138.



The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Are you having issues maintaining employment due to multiple sclerosis? The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

Who can help? The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

MS Employment Support Service
Take control of your working life

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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

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My Aged Care

My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Podcasts for Clients




PODCASTS

<https://www.ms.org.au/support-services/education/podcasts.aspx>

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Thank you



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

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