

You, Me and MND

On the 28th of January 2016 the MND SA You, Me and MND Session was held at our new location, the Hilton Hotel.

There were many new faces at the meeting which gave us an opportunity to get to know more members of our community. Participants socialised and exchanged stories and some stayed after the meeting to have lunch.

The theme for this meeting was 'Palliative Care and MND' with guest speaker, Heather Broadbent, a Nurse Practitioner from the Southern Palliative care Services of SA and the MND Clinic based at the Repatriation Hospital. She presented an interactive session about Palliative care in hospital, at the MND Clinic and within the community, where many questions from clients were answered.

Heather discussed:

- The types of palliative services available to clients, their carers and their families across the state
- How to access Palliative Care Services when in need
- What the following steps are after a referral is received by their service
- Advance Care Directive and the importance of having one set up
- Access to their services in residential care as well as within the community
- Heather also broke down the 'Taboo' subject of Palliative care and how it is a great service, not just for end of life care and preparation, but also as a whole life support service
- Other multidisciplinary members involved within the services including members of the MND clinic and Occupational Therapists, speech Pathologists and Psychological support services etc.
- The role of Palliative Care services and where it fits into the current community environment.



Palliative Care Services in South Australia cover all areas of the state. They have outreach clinics and services remotely throughout the state – to varying degrees of support. To obtain a referral for this service for someone with MND, please either notify your Neurologist, GP, MND Clinic or MND Advisor and we can arrange a referral for service.

We have had loads of positive feedback from our clients about their experiences with Palliative Care Services. Thank you for letting us know!

If you require any further information about the various Palliative Care Services in South Australia, please do not hesitate to contact MND SA for further advice and information.

If you weren't able to attend the meeting and would like to know more, please contact us.

Alternatively you could contact Palliative Care SA for information, please see details below:

Palliative Care South Australia (PCSA) is the peak body for palliative care in South Australia. PCSA is a not for profit organisation dedicated to supporting people living with terminal illness and those who care for them. PCSA grew out of the Hospice Association of South Australia and members include the general public, future and present consumers, professionals, clinicians and academics with an interest in caring for people who are dying.

What PCSA does

Our mission is to influence, foster and promote the delivery of quality palliative care for all. We advocate for the needs, rights and interests of people who are dying and those who care for them, to ensure no-one in our community is overlooked when they are facing death. We bring an independent voice on Palliative Care issues and have a key role in bringing together major stakeholders – service users, practitioners, professionals and the public.

Palliative Care Council of SA (PCSA)

Address: Suite 3b, 62 - 66 Glen Osmond Road, Parkside SA 5063

Postal Address: PO Box 435, Fullarton SA 5063

Phone (08) 8271 1643

Fax (08) 8271 7494

Email pallcare@pallcare.asn.au

Web www.pallcare.asn.au

New Equipment – 10 for 10

December 2015 saw MND SA run the 10 for 10 campaign. We needed \$10,000 to purchase 10 iPads and with your support we reached that goal in record time. MND SA were able to organise the iPads in early January and our clients are reaping the benefits. iPads enable communication and this is vital for a client that is losing their speech. Thank you to our supporters that donated toward the 10 for 10 campaign, you have made such a difference to MND SA and our South Australian clients.



If you are a client that would benefit from the loan of an iPad, contact us on 8234 8448 or alternatively talk to your MND Advisor.

Our next meeting ...

Thursday 17 March 2016 at the Hilton Hotel

Special Guest Nick Carusi, TADSA.

Technical Aid to the Disabled [SA] (TADSA) which is a state-wide not-for-profit, voluntary organisation that as one major objective - to improve the quality of life for people with disabilities, and the aged, by creating, modifying or repairing devices where there is no other solution readily available. TADSA can also offer specialised technical advice and information to people with disabilities and those who care for them. In short, TADSA exists to apply innovative technology so that the lives of people with disabilities may be significantly improved. We have in the past asked TADSA to do things like modify equipment like switch buttons so that our clients are able to use them.

It is always our goal to provide an open and welcoming environment for all participants that is full of important information, along with an opportunity to share experiences and socialise.

These sessions are so important to the South Australian community affected by MND and all are welcome to attend.

The meetings are an open informal format and provide an opportunity to:

- Gain useful information
- Network with others with MND, their Carers and families
- Socialise
- Find out about new supports and assistive equipment
- Speak with the MND Advisors in a group setting.

Join us for a cuppa and a chat and stay for lunch!!

What would you like to talk about?

We welcome your feedback, so let us know what topics you are interested in and we will plan 2016 with your ideas in mind!



Proposed dates for 2016

Thursday	19 May 2016	11am
Thursday	21 July 2016	11am
Thursday	22 September 2016	11am
Thursday	17 November 2016	11am



8234 8448



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