

# YOU, ME & MND - CLIENT NEWS

UNTIL THERE'S A CURE THERE'S CARE

FOR SOUTH AUSTRALIANS WITH MOTOR NEURONE DISEASE



On Thursday 13th of October 2016 MND SA's You, Me and MND Session was held at the Hilton Hotel.

We had another great turn out this month and hope that the group sizes continue to grow. We are always looking for more people to attend, so join us for the next You, Me & MND on Thursday 17th of November 2016.



You, Me and MND sessions are a great opportunity to socialise with other MND SA clients and carers while learning about the many services available to the MND community. After the meeting you are welcome to have lunch with MND Advisors Pamela and Jerry to further discuss the topic of the session.

Andrew Scott from Foot Mechanics Orthotics (FMO) presented 'MND and Orthotics' where he discussed how an Orthotic Prosthetic Technologist uses custom made/non custom made orthoses on people to:

1. Stabilise or unload their joints
2. Support the person's motion stresses on tissue
3. How the orthoses can act as a substitute for the person's muscle weakness or paralysis.
4. FMO provides Orthotic services in Orthoses supports to the Foot/Ankle, Knee, Pelvis/Hip, Back/Spine, Shoulder/Arm, and Hand/Fingers.



Andrew is specialised in the Orthotics profession. He has been involved and worked in all forms of Orthotic care and treatment for over 30 years. He worked for many years as a senior Orthotic Technician in both Clinical and Technical roles within The Queen Elizabeth Hospital's Orthotic Services.

Items covered in the session:

- Andrew can design or convert existing orthoses to suit the individual.
- There is a huge range of different types for each area of the body, which makes adaption of the equipment more unique per person.
- The FMO website and the extensive range of items with details listed there.

The discussion covered all areas of the body, including

- Ankle Foot Orthoses (AFO)
- Knee Ankle Foot Orthoses (KAFO)
- Wrist Hand Orthoses
- Back

- Shoulder and neck.

Each device is the best of quality – made in Germany with the best materials, including:

- Carbon Fibre
- Polyethylene (ACH1000)
- Pneumatic joints

Types of specialised shoes and a detailed discussion of each part of a shoe and what is important about deciding on the right shoes for you.

Discussion on the phases of walking and how orthoses assist with this function.

Orthotics to treat specific conditions like:

- Foot drop
- Contractures etc
- Gender specific equipment

Andrew will individually convert the equipment in his workroom.

About FMO:

Foot Mechanic Orthotics provides over 30 years of knowledge and experience in the Orthotic profession and delivers a range of Orthotic care. Specialized in the Orthotics profession, trained and qualified as an Orthotic Prosthetic Technologist at the Royal Melbourne Institute of Technology RMIT University. Considerable emphasis is placed on care to ensure that the client and consumer receive the best possible treatment. A full assessment together with medical history is taken at the initial visit and appropriate treatment individualised to each person is discussed and agreed. Foot Mechanic Orthotics has a strong enthusiasm for offering Orthotic care and advice to clients throughout Adelaide. Foot Mechanic Orthotics delivers a professional service to all clients.

- Covered with most Private Health Funds
- Associated with Disability Services and Domiciliary Care Services
- Have specific prescription forms for each area of need to ensure appropriate development of equipment
- Will send out letters to GP and the client post review and prescription
- Initial consults (without Private Health, Disability Services etc) are \$75. Initial consults are in between 1.5 to 2.5 hours in length.

Foot Mechanics Orthotics

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Web: [footmechanicorthotics.com.au](http://footmechanicorthotics.com.au)

## **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 2017 with your ideas in mind!

# OUR NEXT MEETING ...

Thursday 17 November 2016 at the Hilton Hotel  
Special Guest Julia Grieg – Speech Pathologist

Julia Grieg is a highly skilled and experienced Speech Pathologist based at the Repatriation Hospital. She will do a presentation about how Speech Pathology relates to MND and what aspects they can assist with symptom management, treatment and assessment.

This will be a very informative session for anyone wanting to know more about Speech, Swallowing and oral secretions pertaining to MND. We hope to see you there.

To register please call us on 08 8234 8448.

## UPCOMING INFORMATION SESSIONS

If you would like to volunteer at a You, Me & MND session please let give us a call! You would assist with the set-up of the event and make coffee/tea for guests.

Thursday 17 November	11am	Julia Greig to discuss MND & Speech Pathology
Thursday 15 December	11am	Viythia Katharesan, PhD Candidate/Associate Lecture, University of Adelaide, Motoneurone Research Group.  SPECIAL EDITION with Xmas Lunch @ The Adelaide Sailing Club, 9 Barcoo rd. West Beach. <b>More details to come!</b>
Thursday 19 January	11am	Marianna from Physio Neuromoves
Thursday 16 February	11am	Mary-Louise Rogers from Flinders University – local SA based research update
Thursday 16 March	11am	Client Led Discussions – this is your time to get involved. This session will be open for topics and discussion pieces that interest you. If you would like to get involved and talk about a specific topic – please let us know.
Thursday 20 April	11am	Public Trustee – Wills, Power of Attorney and Advance Care Directives

**Don't forget to RSVP for our next session, Thursday 17 November.  
We want YOU to be there!**

**You, Me and MND:** 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 about MND and MND SA
- Network with others with MND, their Carers and families
- Socialise and share experiences
- 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!

## HOW FUNDRAISING MAKES A PROFOUND DIFFERENCE AT MND SA...



**\$250**

A CLIENT SUPPORT SESSION WITH A KEY NOTE SPEAKER FOR ATTENDEES TO LEARN ABOUT DIFFERENT SERVICES AVAILABLE IN SA FOR PEOPLE WITH MND.



**\$500**

TWO HOME VISITS AND A CLIENT SUPPORT PACK.



**\$1000**

COMMUNICATIONS EQUIPMENT (LIKE AN IPAD)

Email **Bianka** today about how you can host an event to raise funds for South Australian client services.

## DON'T DESPAIR! THERE'S STILL TIME!



Thanks to the overwhelming success of Every August Until a Cure, Host a Morning Tea for MND, **Vili's** will continue to offer **MND SA donuts** with blue icing until the end of the year.

Tell your family, friends and colleagues to get behind this delicious fundraiser and **order now!** Either call 8234 8448 or visit <https://trybooking.com/LSRH>

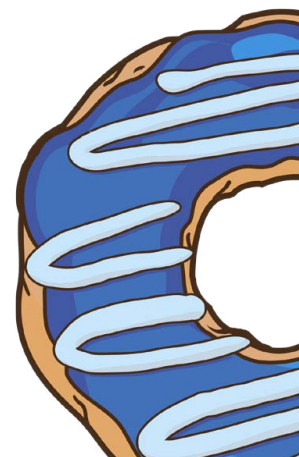
Qty	Price
100	\$225
200	\$400
300	\$570

Orders will be delivered in Adelaide metro area.

Until there's a cure, there's care and MND SA support the local community affected by Motor Neurone Disease.

With your help we will continue this important service.

[mndsa.org.au](http://mndsa.org.au)  
8234 8448  
[facebook.com/mndasa/](https://facebook.com/mndasa/)



## YOUR MND SA TEAM

### Executive Director

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