

# Ways to support MNDSA

## DONATE

All funds raised or donated remain in South Australia to support people battling this disease. Just go to: [my.mndsa.org.au/donations](https://my.mndsa.org.au/donations)

## PRIZES

We are always on the lookout for items that would make excellent Raffle Prizes and/or Auction items. If you can help us or provide the details of a potential business contact, please don't hesitate to call us.

## CONNECT OR SPONSOR

Can you connect us to a person or business who you think can help MNDSA? Please contact our Partnerships Department on 08 8234 8448.

## WORK PLACE GIVING

Workplace giving is a program for businesses and their employees to support charities like MNDSA. It includes payroll giving, donation matching, volunteering, pro-bono work and Value in Kind. Find out today if your workplace will engage with workplace giving for MNDSA.



## GIVING THROUGH YOUR WILL

Bequests are a way of providing for the future, ensuring that MNDSA has a financial security net in place to continue our work. A bequest can be a monetary amount or the residue of an estate.

## VOLUNTEER

We need volunteers for events, fundraising, office support and community visits.

## EVENTS

You can take part in an MNDSA event such as our annual Walk to D-Feet MND or conduct your own fundraising event. Give us a call if you would like to discuss your ideas and we'll help you set your event up for success.

*Get in touch*

Please email [fundraising@mndsa.org.au](mailto:fundraising@mndsa.org.au) or call 08 8234 8448 to discuss how you can get involved with our community.



Motor Neurone Disease Association of  
South Australia Inc (MNDSA)



Until there's a cure, there's care for South  
Australians with Motor Neurone Disease

Motor Neurone Disease Association of  
South Australia Inc (MNDSA)  
66 Hughes Street, Mile End SA 5031  
PO Box 2087 Hilton Plaza 5033

Tel: 1800 777 175 or 08 8234 8448  
Email: [admin@mndsa.org.au](mailto:admin@mndsa.org.au)  
[www.mndsa.org.au](http://www.mndsa.org.au)

*Call us now!*  
08 8234 8448



# About Us

## Helping People With MND

MNDSA is the only organisation in South Australia that provides dedicated support to people living with MND. We work closely with the MND Clinic at Flinders Medical Centre and our national MND Network, who provide access to their many resources.

## Information and Advice

MNDSA can provide information online, over the phone and in printed materials to people affected by MND. We offer education sessions for clients and their carers, as well as health and community professionals, work places and schools to raise awareness about MND.

## Coordination and Support

MNDSA Support Coordinators are qualified health and community practitioners, working exclusively with people affected by MND. They are a key point of contact and provide basic counselling, support and coordination for clients and families.

## Allied Health Services

MNDSA Occupational Therapists (OT) assess and support clients with mobility issues, to make their day to day activities as comfortable as possible. Our OT staff may suggest equipment, or home modifications, to assist the client and their carers. A qualified allied health assistant can follow up with training or programs.

## Advocacy

MNDSA advocates for change through raising community awareness about the needs of people affected by MND. We encourage people with MND, their families and carers to self-advocate to service providers and funders. MNDSA seek systemic change in community, state and federal government agencies to better meet the needs of people living with MND.

# About Us

## MNDEquip

We have a great range of equipment and assistive technology to support communication, mobility, respiration, bathroom and bedroom safety. When referred by a health practitioner, items may be subsidized to people with MND and these include:

- Beds, lifters and slings
- Shower chairs, toilet raisers and commodes
- Pressure care cushions and mattresses
- Walkers and mobility devices
- Manual and powered wheelchairs
- Scooters
- Communication and other access technologies
- Respiratory devices (suction and cough assist)

## NDIS

MNDSA is a registered NDIS provider. Our support coordinators will assist eligible clients to access the NDIS and then implement their support plans once these are in place.

## Aged Care

MNDSA provides specialist support, allied health and therapy services to older people with MND, living in several country regions, under the Commonwealth Home Support Programme (CHSP). For people accessing or waiting for a Home Care Package, MNDSA staff can provide support coordination and access to our specialist services.

## Research and Education

MNDSA support research as we work towards a world without MND. We promote research projects with our clients and facilitate events for South Australian researchers to collaborate and present their work. We also offer placements to tertiary students who may want a career that works with people affected by MND.

# About MND

MND is a terminal illness affecting adults of all ages where the neurones controlling the muscles stop functioning correctly. As the motor neurones fail, the muscles they control weaken, causing disability.

Symptoms of MND are different for each person. Some people need to use a wheelchair because they can't walk anymore. Others may use a device to communicate, because their speech is affected. There is no known cure or effective treatment for MND and the average life expectancy from diagnosis is only 27 months.

A diagnosis of MND presents many challenges. It is a confronting time and there is a great and urgent need for support, information, education and, as the disease progresses, equipment. Although there is currently no cure, a great deal can be done to maintain quality of life for the client.

At any given time, MNDSA support 150 clients. Sadly, as 4-6 people each month lose their battle with MND, we are contacted by 4-6 people recently diagnosed.

MNDSA are not for profit and we rely on donations, bequests, grants and fundraising to continue our vital support, assistance and care.

**"MNDSA work at ground zero...They come in and pick you up off the ground after being given a devastating diagnosis"..** (Greg and Jean below)

