



PROUDLY SUPPORTING PEOPLE WITH
ALL NEUROLOGICAL CONDITIONS

October 17, 2018

Open Day to help people with their NDIS plan

Winner, winner, chicken dinner was Nicolette Murphy's initial response after recently attending an NDIS information session organised by MSWA at the Clarkson Library. The 48-year old who was diagnosed with multiple sclerosis in 2010 said the session with MSWA's NDIS experts was more than she'd expected.

"I knew a little bit about the NDIS before I went, the session was incredibly informative and very professional. There was a presentation and a question and answer session, and I left feeling I knew so much more, which put my mind at ease. I have absolutely no reservations," said Nicolette.

"I didn't even know if I'd qualify for the NDIS because there are people worse off than me but thanks to MSWA, I now know I do. And it looks like some of the services that I'm currently paying for will be covered under my NDIS plan, like a window cleaner and a gardener. I'm so grateful, I couldn't talk it up enough."

Nicolette is also a regular visitor to MSWA's recently opened Joondalup facility, where she accesses personalised physiotherapy programs that includes weight training, Pilates, resistance training and boxing.

"I love it, I enjoy it so much, it's invigorating and exhausting at the same time. If I could go every other day I would. It's helped improve my balance and my fitness and strength," added Nicolette.

MSWA physiotherapist Ben Matthews said the Joondalup centre offers a range of services including physiotherapy, occupational therapy, speech therapy and exercise physiology and social welfare officers, counsellors and community access nurses are also on hand. The centre was designed to cater for people with a variety of neurological conditions including multiple sclerosis, stroke, Parkinson's and Huntington's disease, acquired brain injury and motor neurone disease.

"At MSWA we focus our programs on the specific needs of people living with a range of neurological conditions. While general exercise programs tend to address strength and endurance, our programs also incorporate exercises for balance and coordination which are so important for many of the people we support," said Ben.

"We tailor our programs to meet the needs of people with diverse physical capabilities – from people with high mobility and function, through to others who require mobility aids such as walkers and wheelchairs."



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MSWA's General Manager, Member Services Sue Shapland said community response to the new Joondalup centre has been incredibly positive.

"People living in Joondalup and surrounding areas have embraced the opportunity to receive services closer to home. The MSWA Joondalup centre is our latest addition to an expanding network of facilities providing services tailored to meet increased demand under the NDIS to support our customers with all neurological conditions," said Sue.

With the NDIS being rolled out in Joondalup and Wanneroo from October, MSWA is holding an Open Day at its Joondalup facility.

"We're inviting people to come and tour the facility, have a cup of tea and talk to us about their NDIS plan. We know that for some people the roll-out of the NDIS hasn't been an easy journey but our NDIS experts are here to help, with a very personalised approach. We offer a convenient one-stop shop, where we can help people understand the scheme and develop their NDIS plan. Once a plan is in place, you'll be assigned an MSWA Liaison Officer who will be your primary point of contact," added Sue.

MSWA's Joondalup Open Day is on Friday October 19 at Unit 6, 320 Joondalup Drive from 10am to 1pm. Activities include displays and demonstrations, a talk on mindfulness and complimentary refreshments. There is no need to register – just come along on the day. For more information go to <https://mswa.org.au/our-service-menu/facilities/opendays>

To find out how MSWA can help you on your NDIS journey, contact 1300 097 989, email ndisenquiries@mswa.org.au or visit www.mswa.org.au

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