What is motor neurone disease?

Motor neurone disease (MND) is the name given to a group of diseases in which the nerve cells - neurones - controlling the muscles that enable us to move, speak, breathe and swallow, fail to work normally.

There are several forms of MND. The most common form is amyotrophic lateral sclerosis (ALS). ALS is also known as Lou Gehrig's disease in the USA.

Early symptoms are often mild, and may include stumbling due to weakness of the leg muscles, difficulty holding objects due to weakness of the hand muscles, slurring of speech or swallowing difficulties due to weakness of the tongue and throat muscles. The effects of MND - initial symptoms, rate and pattern of progression, and survival time after diagnosis - vary significantly from person to person.

The cause of MND is not yet known. At present there is no effective treatment and no cure. However, encouraging progress is being made by coordinated research across the world.

Motor Neurone Disease New South Wales

MND NSW is a registered charitable not-for-profit organisation that provides and promotes the best possible support for people living with MND, their families and carers; advances research into MND; and raises community awareness about MND.

MND NSW is also a registered NDIS service provider for support coordination and assistive technology.

What services does MND NSW provide?

We offer a range of information, education and support services for people with MND and their families and carers living in NSW, ACT and NT, and for health and community care professionals.

- MND Info Line to answer questions about MND. Phone 1800 777 175 week days, 9am-4.30pm.

- MND Advisors who provide support and information to people with MND and help them to access services through the NDIS or My Aged Care

- Coordinators of Support who assist with enacting NDIS plans

- Online Information sessions for people who have been recently diagnosed with MND, their family and friends.

- Meetings, workshops and seminars for people with MND, their family and service providers involved in their care

- A monthly e-news that includes information on research and other MND news, stories and information on services available for people with MND and their families.

- Assistive equipment for people with MND following an assessment and referral from a health care provider. The MND NSW FlexEquip service includes a wide selection of items ranging from simple walking frames and wheelchairs to electric lifting hoists and communication devices.

- Local support groups in NSW and the ACT.

- Resource material and contact with media to increase awareness about MND.

- Advocacy on behalf of people with MND to increase awareness of needs and ensure equity of access to available services and resources.

What can be done?

- Assist people living with MND to maintain as normal a lifestyle for as long as it is possible.

- Assist families and carers of people with MND to understand and learn about MND so they can provide care and support and manage changes in lifestyle.

- Liaison with health and community care professionals to improve the care of people with MND.

- Active promotion of public awareness and understanding of MND.

- Support for vital medical research.

You may be eligible for financial assistance or benefits from government, semi-government or private organisations if you have motor neurone disease, or if you are caring for someone with motor neurone disease.

If you have been diagnosed with motor neurone disease and would like support from MND NSW, please complete our online intake form at www.mndnsw.asn.au/intake or **contact our Info Line ph. 1800 777 175.**

Get Involved

MND NSW supporters who organise events and activities that raise funds for motor neurone disease provide much needed funds for MND care, support and research. In the past supporters have organised golf days, trivia nights, bowls afternoons, shaving for MND, auctions, afternoon teas, balls, stalls, treks and walkathons.

Help us fight MND with your event. Contact MND NSW ph. 02 8877 0999.

You do not have to be a member to receive support and services from MND NSW. However, if you would like to become a financial member of MND NSW, then please complete and return this form.

I consent to become a member of the Company, a company limited by guarantee and registered under the Corporations Act 2001 (Cth) (the "Act"). I hereby confirm and agree:
(a) to guarantee the liabilities of the Company up to the amount set out below; and
(b) to be bound by the terms of the Company constitution available from MND NSW as the constitution of the Company.
Amount of guarantee: $1.00

Title .... Last Name ....

First Name ....

Address ....

.... Postcode ....

Phone ....

Email ....

Signed .... Date ....

I have MND   ☐Yes   ☐No

Tax Invoice

Annual Membership	$	20
I enclose a donation towards your vital work	$	
Total	$	

☐Amex   ☐MC   ☐Visa   ☐Cheque

Card Number ..../............./............./............

Card Expiry ..../...............

Signed ....

Motor Neurone Disease New South Wales
Gladesville Hospital, Victoria Road
Gladesville NSW 2111
Locked Bag 5005, Gladesville NSW 1675
Ph 02 8877 0999 or 1800 777 175 Fax 02 9816 2077
ABN 12 387 503 221

Mission
To provide and promote the best possible support for people living with motor neurone disease, their families and carers, to advance research and to raise awareness.

MND NSW is a tax deductible charity that depends on donations and support from the public. You can join in helping people living with MND by…

Giving donations
MND NSW relies upon the generosity of many members of the community to develop and maintain its work and to support research into MND.

Giving through your Will
Bequests are a way of providing for the future, ensuring that MND NSW can continue its work. A bequest can be a cash sum, a percentage, or the residue of your estate.

Giving in memory of a relative or friend
Gifts can be made in memory of a person to contribute to MND NSW services or to support ongoing research.

Giving your time
Many people volunteer their time to help with the work of MND NSW or join one of the many support groups. All these services rely upon people giving their time to help others.

Motor Neurone Disease NSW

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Ph **02 8877 0999** or **1800 777 175**
Fax 02 9816 2077
admin@mndnsw.org.au
www.mndnsw.org.au

NDIS registered provider 4050003523

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New South Wales

Information

Support

Assistive Technology

Education

Awareness

Advocacy

About
MND NSW

**Motor Neurone Disease
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