



The MS Society of NSW/VIC

Services and support
for people living with
multiple sclerosis

Employment support

The MS Society provides assistance to people with MS and employers to minimise the impact of symptoms at work and create a positive working environment. A range of online and printed employment resources is also available.

Information and resources

Our library hosts a unique range of books, journals, videos, magazines, articles and web-based resources on MS including our lifestyle magazine Intouch.

Access to social programs

Being involved in the local community promotes independence and a sense of belonging. The MS Society offers social programs and provides information on external leisure and social activities.

Respite and accommodation support

We provide opportunities in both NSW and Victoria for short-term breaks for people with MS and/or their family caregivers.

Programs provided in Sydney, Melbourne and regional areas across NSW and Victoria.

Please contact us on
1800 CURE MS
(1800 287 367)

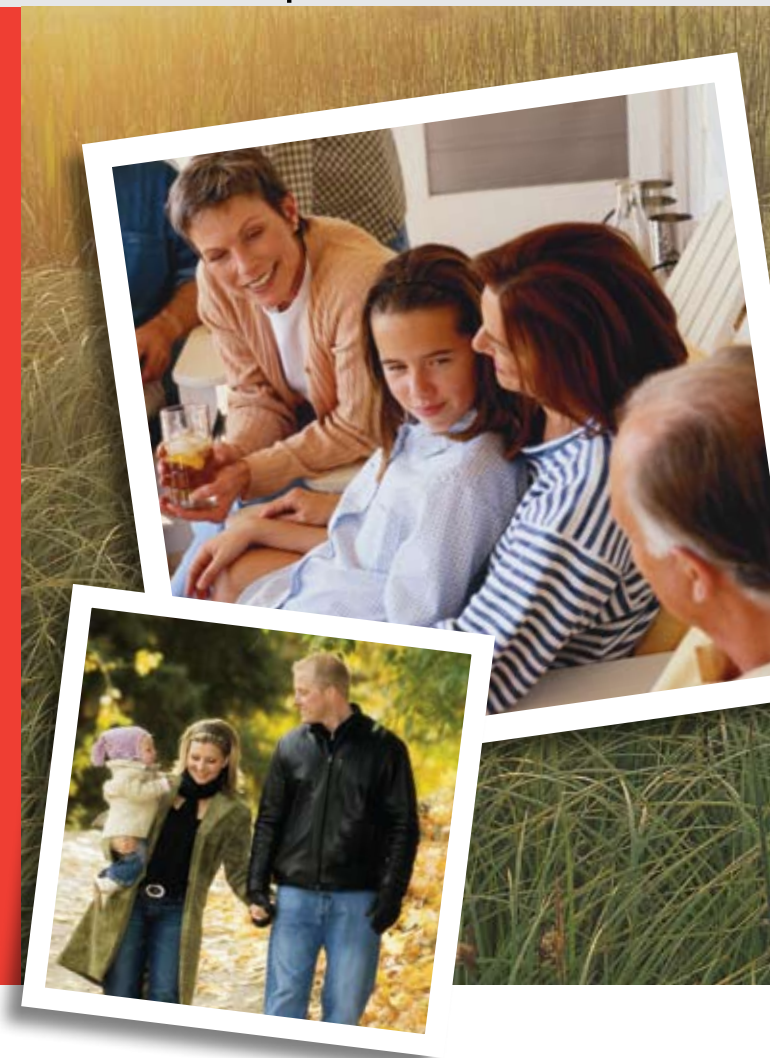
mconnect@mssociety.com.au (NSW)

infoline@mssociety.com.au (VIC)

For program information and regional
contact details visit

www.msaustralia.org.au/nswvic

© Multiple Sclerosis Limited
ABN 66 004 942 287
March 2007





“Getting in touch with the MS Society of NSW/VIC was a God-send for me. Rather than relying on the internet for information on the disease, I was able to speak with real people who are experts to get accurate information and help quickly.”



What is multiple sclerosis?

Multiple sclerosis (MS) is a long-term neurological condition that results in inflammation and injury to the myelin sheath surrounding the nerves of the brain and spinal cord. This damage can slow or block the nerve signals that control coordination, strength, sensation and vision.

Symptoms and their impact on health, lifestyle and wellbeing can be managed, and contrary to popular belief, most people with MS do not end up in a wheelchair and live a normal or near normal lifespan.

About the MS Society of NSW/VIC

The MS Society of NSW/VIC is an independent not-for-profit organisation expert in MS care. We provide a wide range of support services, information resources and educational programs to help people living with MS understand and manage the disease to achieve optimal health and wellbeing.

We work closely with other organisations to enable us to deliver quality services and to accelerate research to ultimately find a cure.

Newly diagnosed?

For anyone newly diagnosed with MS it can be a worrying and confusing time. The MS Society provides numerous programs and services for all who are affected by a diagnosis of MS, including family and friends.

Access to information and support

Face-to-face, email and telephone support is available via our team of trained health professionals. They can answer questions, provide reassurance and put people in touch with appropriate support services.

Have any medical questions?

The MS Society can help people with MS to find appropriate health and medical services such as specialists and local clinics. In addition, medical questions can be answered via our ‘Ask the Doctor’ email service or by contacting us directly.

Families need support too

To help manage the emotional and practical impact of MS on family relationships, we offer a range of programs and resources for families and can provide useful links to relevant community support services.

Improving health and wellbeing

Through a choice of programs, people with MS can learn about managing stress and fatigue, heat sensitivity, exercise, nutrition, memory, thinking and dealing with change.

Managing immunotherapy medications

Our MS specialist nurses are available to help individuals to self-administer their immunotherapy medications and successfully manage their treatments. Our nurses also provide information and support to those who are considering using immunotherapy medications.

Lifestyle assessment and planning

For people with MS who wish to improve their wellbeing, our multidisciplinary team of health professionals can develop a personalised plan to help manage symptoms and enhance lifestyle.

Connecting with others living with MS

The MS Society provides opportunities across both NSW and Victoria to share experiences and information through its increasingly popular peer support programs and online chat facilities.