



Education and information sessions - Victoria July – December 2010

Education and information sessions are conducted across the ACT, New South Wales and Victoria. You are welcome to access programs that are convenient, regardless of where you live. The following table provides sessions held in Victoria from July to December 2010. MS Australia – ACT/NSW/VIC is committed to promoting equal access to all its programs and will not deny participation due to financial hardship. Please contact Andrea Salmon on (03) 9845 2700 to discuss.

Understanding MS	Location	Date
<p>Learn About MS Session</p> <p>This program will provide you with accurate information about multiple sclerosis (MS) and MS Australia services.</p> <p>A great way to have your questions answered and to meet health professionals and others living with MS.</p> <p>Discussion includes: A Medical Overview of MS, Management of Symptoms, Keeping Active with MS, Employment and Fatigue</p> <p>Particularly relevant for people recently diagnosed and their families.</p>	Blackburn (video link to Footscray)	Saturday 9 October 10.00am – 4.00pm
	Casey	Saturday 27 November 10.00am – 4.00pm
Staying well with MS	Location	Date
<p>Live well with MS</p> <p>An education and information program designed to encourage healthy lifestyle choices that will enable you to live well with multiple sclerosis. Family and friends are welcome to attend. An opportunity to ask questions and meet other people living with MS.</p> <p>Topics include; Medical Management, A Healthy Approach, Managing Fatigue, Diet and Lifestyle</p>	Blackburn	Sunday 5 September 10.00am – 4.00pm
	Footscray	Saturday 20 November 10.00am – 4.00pm
<p>Working with MS</p> <p>Explore managing MS in the workplace; your rights and responsibilities at work, as well as super, insurance and finance matters</p>	The Hub @ Docklands, CBD	14 and 21 July 6.00pm – 8.00pm
	Footscray	Saturday 6 November 10.00am – 3.00pm
<p>Taking control and planning ahead</p> <p>The law in Victoria gives us all a number of ways to ensure we have maximum control over how decisions are made when we are not in a position to make those decisions ourselves.</p> <p>The Office of the Public Advocate provides advice on various types of enduring powers of attorney, guardianship and administration.</p>	Blackburn	Wednesday 15 September 10.00am – 12.00pm
	Blackburn– (video link to Gippsland)	Tuesday 30 November 10am – 12.00pm
	Belmont Library, Geelong	Tuesday 19 October 6pm – 8pm

<p>Build confident communication Learn to manage the communication changes of MS efficiently and positively. Feel comfortable about your communication strengths Learn confident use of communication strategies. Find out how to keep your own communication style but make it work for you better.</p>	Blackburn	Wednesday 13 October 6.00pm – 8.30pm
<p>Get Active with MS This session is aimed at people with MS who are interested in exploring exercise, and is led by the MSA physiotherapists' health promotion team. You will receive advice about ways to get more physically active, increase fitness levels and build strength. We will also guide you through the steps of starting a program that suits you. Family and friends are welcome to attend.</p>	Ringwood Footscray	Tuesday 10 August 10.0am – 12.00pm Thursday 21 October 10.00am – 12.00pm
<p>Thinking and Memory This session will explore common MS related thinking and memory changes and their management in the context of both the larger MS symptom picture and every day cognitive management strategies</p>	Caroline Springs Blackburn (video link to Footscray)	Wednesday 4 August 10.30am – 1.00pm Wednesday 10 November 10.00am – 12.30pm
<p>Fatigue self-management program A six week program led by the occupational therapy team, focussing on fatigue and management strategies</p>	Blackburn	10, 17, 24 and 31 August. 7 and 14 September. 6.00pm – 8.00pm
<p>Fatigue information session A two hour information session that provides an overview of MS fatigue and management strategies.</p>	Footscray Geelong Mornington Blackburn	Monday 30 August 7.00pm – 9.00pm Wednesday 8 September 10.00am – 12.00pm Wednesday 20 October 6.00pm – 8.00pm Sunday 14 November 10.00am – 12.00pm
Family programs	Location	Date
<p>The Journey club A four week program for families with primary school aged children to learn more about MS and how to live with it. Come as a family and participate in a variety of fun and interactive learning activities.</p>	Caroline Springs Blackburn	17, 24, 31 July and 7 August 10.00am – 12.00pm 17, 24, 31 July and 7 August 2.00pm – 4.00pm
<p>MSA family camp – respite available if required A weekend away for families with primary school aged children where one parent has MS. An opportunity to meet other families, explore living with MS and have lots of fun activities supported by the YMCA. Expressions of interest are now being taken for this family camp.\$20 per family</p>	Anglesea	July 9, 10, 11

<p>Humour and caring – led by Carers Victoria This program shares how humour can be an effective tool in assisting in caring roles and how to maintain health and wellbeing.</p>	Footscray	Tuesday 20 July 7.00pm – 9.00pm
<p>Surviving carer stress – led by Carers Victoria Stress is part of everyday life. The stress associated with caring may have a cumulative effect which impacts on you physically and emotionally. We will explore stress and look at how to recognise possible indicators, the affect it can have on you and strategies to help reduce the impact</p>	Footscray Blackburn	Thursday 26 August 2.30pm – 4.30pm Friday 8 October 2.30pm – 4.30pm
<p>Change, loss and moving forward – led by Carers Victoria Changes wanted and or unwanted are an inevitable part of caring. This session provides a safe environment to talk about these changes and their impacts on us and have a conversation about what we can do to move forward.</p>	Blackburn Footscray	Tuesday 16 November 2.30pm – 4.30pm Monday 6 December 2.30pm – 4.30pm

Registration is essential as programs will only run if minimum numbers are reached.
For bookings or information please call Ruth Wilson or Andrea Salmon on (03) 9845 2700
or email educationvic@msaustralia.org.au

Program details outlined in this document are current at the time of printing; however, dates, times and venues may change - please ensure you check details when you register. All programs are offered free of charge, unless indicated. Families and friends are very welcome to attend all programs.

In 2010, video conferencing technology will be offered as an additional option to access education programs. Remote and regional clients will have priority as participation through video conferencing is limited. Contact us if you are interested in attending a session as listed.
Interpreters are available upon request.