



A U S T R A L I A

Giving life back

Professional Development Program

2012

MS Australia—ACT/NSW/VIC

The Programs

Wellbeing Forum

1/2 day

Dr Craig Hassed, general practitioner and senior lecturer at the Monash University department of general practice, will talk about the Essence of Managing Chronic Illness which incorporates education, stress management, spirituality, exercise, nutrition, connectedness and environment. He will also lead participants in a mindfulness experience.

Thursday 23 February

9.30am – 12.30pm

Understanding ME / CFS

1/2 day

Facilitated by ME/ CFS Australia (Victoria) this session will explain Myalgic Encephalitis / Chronic Fatigue Syndrome and outline the services available to people in Victoria

Tuesday 17 April

1.00pm – 3.00pm

Supporting Vulnerable Families

1/2 day

Violence against women remains a serious and pervasive issue that affects individuals, families and communities. Women identified as having a disability experience violence and abuse at a much greater rate with compounding problems. How do we recognise and determine vulnerability and what services are available to support you to support your clients ?

This program, jointly led by the Family Violence Outreach program, Family Life and MS Australia will give you practical tools and strategies to assist you in your work.

Wednesday 2 May

1.00pm – 4.00pm

MS in the 21st Century

1 day

This program will support health professionals to understand what MS is, disease progression, current treatments, including symptom management. Services of MS Australia will also be discussed.

The presenters will be Dr Elizabeth McDonald, Medical Director and associated neurologists

An MS Ambassador will present their story and experience

In the afternoon participants will have the options of attending one of three concurrent seminars;

Promoting Physical Function for People with MS – led by the physiotherapists

Assisting your clients to manage their MS Fatigue – led by the OT's

Mood & Emotions in MS – led by the Clinical Psychologists

Thursday 31 May

9.30am – 4.30pm

Sexuality—talking to your clients

1/2 day

Chronic illness impacts sexuality physically and psychologically. What are the changes caused by chronic progressive illnesses such as MS? What help is available and how do you raise the topic with your clients?

This informative session will discuss the issues, provide some strategies and explore the practical aspects. Led by Dr Elizabeth McDonald, MS Australia and expert guests.

Thursday 21 June

9.30am – 12.30pm



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Managing Cognition & Behaviour Change 1 day

Common, but less recognized, MS-related cognitive difficulties include concentrating, learning & recalling information, thinking quickly, multi-tasking & planning efficiently. Common emotional changes such as depression can also affect thinking & memory. This session will explore common MS-related cognitive changes and their management in the context of both the larger symptom picture and everyday cognitive management strategies

This first half of this program will be led by the Neuropsychologists with a focus on exploring the changes that can occur

The second half of the day will be led by the Occupational Therapists focusing on managing these changes

Tuesday 24 July

10.00am – 4.00pm

Understanding Parkinson's Disease 1/2 day

Facilitated by Parkinson's Victoria, this session will explain Parkinson's Disease and explore strategies that assist clients to live well with this chronic condition.

- A general introduction to Parkinson's, including major and minor symptoms, cause, incidence, treatment options and current research, medication management and side-effects.
- Practical strategies used by Physiotherapists, Occupational Therapists and Speech Pathologists, to address concerns such as getting out of bed, improving mobility, help with "freezing", speech and swallowing.
- Information on Parkinson's Victoria, including the support services provided.

Information about community and Government services commonly accessed by people living with Parkinson's.

Friday 17 August

1.30pm – 4.30pm

Psychosocial Aspects of Chronic Illness 1/2 day

Developed by the MS Australia Social Workers in collaboration with Parkinson's Victoria & ME / CFS (Myalgic Encephalomyelitis / Chronic Fatigue Syndrome) Australia (Vic)

This session will provide you with resources and information to assist your clients in self-management.

Topics covered will include: maintaining relationships, work related issues, entitlements & planning for the future

Wednesday 17 October

1.00pm – 4.00pm

More Details?

All programs are held at The Nerve Centre, 54 Railway Road, Blackburn and are available to be web streamed. Call Andrea to discuss web streaming options.

Registration Fees : Full day programs = \$120, Half Day Programs = \$60, Full Time Students = \$25, Web Stream or Video Link = \$45

How to Register

Contact **Andrea Salmon, Education Program Coordinator** for a registration form.

Phone: 9845 2765

Email: educationvic@msaustralia.org.au