

What is motor neurone disease?

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

With no nerves to activate them, muscles gradually weaken and waste.

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 of MND 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 bowel, bladder, sight, hearing, taste, smell and touch are usually not affected by motor neurone disease.

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.

Getting multidisciplinary care, taking the medication riluzole and having good nutritional and respiratory (breathing) management have all been shown to help people living with MND to live better for longer.

The Motor Neurone Disease Association of 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.

We offer a range of information, education and support services for people with MND and their families and carers living in NSW and the ACT, and for health and community care professionals. These include the MND Info Line, information resources, regional advisors, support groups, education, advocacy and an equipment service.

MND NSW services

- Information and support for people with MND, families, carers and friends. This includes telephone contact and home visits (if wanted), and literature to assist in living with MND on an everyday basis.
- The MND Info Line to answer questions about MND. Phone 02 8877 0999 or freecall 1800 777 175 week days from 9am-4.30pm.
- Information evenings for people who have been recently diagnosed with MND, their family and friends.
- Meetings, workshops and seminars for people with MND, their family and others involved in their care, for the sharing of ideas, support and the knowledge of experts in the management of MND.
- Information and education sessions for health and community care professionals to promote the best possible care for people living with MND.

- A quarterly newsletter that includes up to date 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 written referral from a health care provider. The MND NSW equipment service, FlexEquip, includes a wide selection of items ranging from simple walking frames and wheelchairs to electric lifting hoists and sophisticated communication devices.
- Local support groups throughout 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.

Please register me as a member of the Motor Neurone Disease Association of New South Wales Inc.

1. Your Details

Title Last Name

First Name

Address

..... Postcode

Phone Numbers

Email

Signed Date

2. Your Membership Type Cost

I have a motor neurone disease and would like to become a member \$ Nil

Date of birth.....

Date of diagnosis.....

I do not have a motor neurone disease and enclose my annual subscription fee \$ 20

I enclose a donation towards your vital work \$ _____
All donations of \$2 and over are tax deductible

Total \$ _____

3. Payment Details

- Cheque
 Credit Card Amex MC Visa

Card number/...../...../.....

Expiry date of card/.....

Signed

TAX INVOICE

ABN 12 387 503 221

I would like more information about:

- My local support group Becoming a volunteer Making a bequest in my Will

Motor Neurone Disease Association of New South Wales Inc
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

I do not wish to receive fundraising mail from MND NSW

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.

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.

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Ph **02 8877 0999** or **1800 777 175**
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Information

Support

Equipment

Education

Awareness

Advocacy

About MND NSW

**Motor Neurone Disease Association
of New South Wales**