

Living well with MND

Motor Neurone Disease Association of NSW

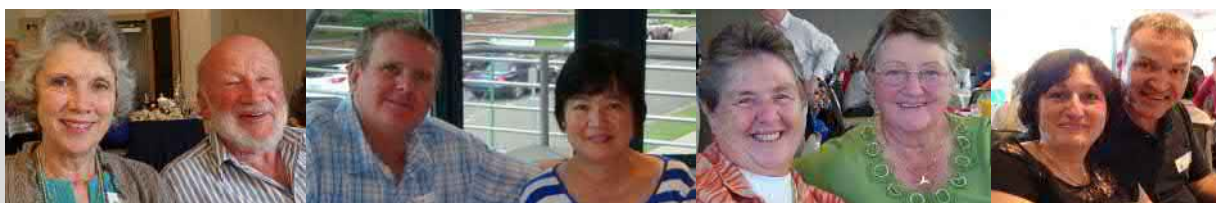
Tuesday 24 Sept 2019

10am to 3pm

Berry NSW



An information day about living well with MND for people with MND, their family and friends



"Attending Living well with MND was a valuable experience for all our family. It was great to meet others in similar situations. We learnt a lot and were quite surprised to enjoy ourselves as much as we did! We now feel much more aware of our choices and what we can do to make life easier."
(Partner of a person living with MND)

Location

St Patrick's Hall - Albert Street Berry, between George St and Edward St (there will be signage)

The venue is wheelchair accessible.
Lunch and refreshments included.
Please let us know if you have special dietary requirements.

Registration

There is no charge for you to attend this program but you will need to reserve your place. **RSVP by 20 Sep:** Email reg@mndnsw.asn.au or ph. 8877 0999 or Freecall 1800 77175. In 2019 Living Well with MND will also be held in Orange, Newcastle & Ryde

By the end of the day you will know more about:

- motor neurone disease
- improving the home environment
- living independently at home
- eating well with MND
- equipment that can assist
- communication and MND
- strategies for symptom management
- how to manage breathlessness and fatigue
- finding services and support.

You will also have the opportunity to:

- have your questions answered by a range of local health professionals with expertise in MND
- meet others who understand what it is like to live with MND.

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Program

9.30am	REGISTRATION Tea and coffee on arrival
10.00	Welcome and introduction to MND NSW
10.15	Overview of MND and interventions that can help - <i>Geoffrey M</i>
11.00	Maintaining communication, managing saliva and swallowing- <i>Ellen C</i>
11.30	Strategies for maintaining nutrition and MND - <i>Jessica M</i>
12.00pm	LUNCH
12.45	Physical management of MND and maintaining independence - <i>Helen M</i>
1.30	Respiratory matters - <i>Anna F</i>
2.00	Making the most of every day - <i>Laura P</i>
2.30	Sharing tips for living well - it takes a team - <i>Kristina and Ana</i>
3.00	Close

Guest Speakers

Geoffrey Murray - Divisional Director, *Rehabilitation Medicine, Illawarra and Shoalhaven*

Ellen Crookes - Speech Pathologist, *Port Kembla Hospital*

Jessica Mitchell - Dietitian, *Port Kembla Hospital*

Helen McMullen - Occupational Therapist, *David Berry Hospital*

Anna Fulford - Senior Physiotherapist, *Port Kembla Hospital*

Laura Pearce- Staff Specialist, *Palliative Care, David Berry Hospital*

Facilitators

Ana Petrovic - *MND Advisor, MND NSW*

Kristina Dodds - *Education and Carer Support Coordinator, MND NSW*