

# Living well with MND

Motor Neurone Disease Association of NSW

Friday 25 May 2018

10am to 3pm

Panthers at Port Macquarie



## Program

10am	REGISTRATION Tea and coffee on arrival
10 am	Welcome and introduction to MND NSW
10.15	Overview of MND and helpful interventions
10.40	Physical management of MND and maintaining independence
11.50	Living well as MND progresses
12.20 pm	LUNCH
1 pm	Strategies for maintaining nutrition and MND
1.30	Maintaining communication, managing saliva and swallowing
2.10	Respiratory matters
2.45	Sharing tips for living well, evaluation and final questions
3.00	Close

## Facilitators

Eileen O'Loughlen - MND Advisor, MND NSW

Kristina Dodds - Education and Carer Support Coordinator, MND NSW

## Guest Speakers

Kylie Ballantyne - Senior Community Physiotherapist Port Macquarie Base Hospital

Sally Tonkin - Senior Occupational Therapist, Port Macquarie Community Health

Elizabeth Levido - Registered Nurse - Palliative Care, Port Macquarie Community Health

Joanne Pretty - Manager, Nutrition Team Hastings Macleay, Port Macquarie Community Health

Kate Meredith - Speech Pathology Head of Department, Hastings - Macleay Network MNC LHD

Maree Kennedy - Respiratory Educator, Specialist Team, Mid North Coast LHD

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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

Panthers - Port Macquarie  
Rushcutter Room 1, 1 Bay Street Port Macquarie. The venue is wheelchair accessible.

Lunch and refreshments included.  
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 21 May:** Email [reg@mndnsw.asn.au](mailto:reg@mndnsw.asn.au) or ph. 8877 0999 or Freecall 1800 77175. In 2018 Living Well with MND will also be in Bossley Park, ACT and 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.