

Living well with MND

Motor Neurone Disease Association of NSW

Tuesday 25 September 2018

10am to 3pm

West Ryde



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

Ryedale Room

Ryde Eastwood Leagues Club

117 Ryedale Road, West Ryde

Parking available on site

The venue is wheelchair accessible.

Lunch and refreshments included.

Let us know in advance 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 September 2018.** Email reg@mndnsw.asn.au

Phone: 8877 0999 or 1800 777 175

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

- motor neurone disease
- improving the home environment
- living independently at home
- maintaining nutrition with MND
- equipment that can assist
- communication and MND
- strategies for symptom management
- managing breathlessness and fatigue
- finding services and support.

You will also have the opportunity to:

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

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Program

10am	REGISTRATION Tea and coffee on arrival
10.15	Welcome and introduction to MND NSW
10.30	Motor neurone disease and helpful interventions
11.15	Maintaining communication and managing saliva and swallowing
12.00	Strategies for maintaining nutrition
12.30	LUNCH
1.15	The right equipment at the right time
2.10	Respiratory matters
2.45	Sharing tips for living well
2.55	Evaluation and final questions
3.00	Close

Guest Speakers

Dr Shea Morrison - Medical Director | Medical Rehabilitation Unit, St Joseph's Hospital

Kate Lockart - Speech Pathologist | Inpatient Rehabilitation & Outpatients, The Sutherland Hospital

Kaitlyn Evans - Clinical Dietitian | Nutrition and Dietetics, The Sutherland Hospital

Maria Fuller - Senior Occupational Therapist | Home Based Therapy, Concord Hospital

Dr Collette Menadue - Senior Physiotherapist | Royal Prince Alfred Hospital

Facilitators

Michelle Malouf - MND Advisor | MND NSW

Kate Maguire - Education and Carer Support Coordinator | MND NSW

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