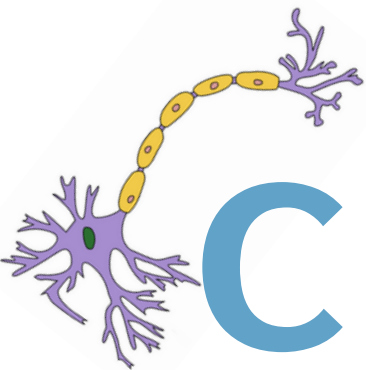




# Short Circuit



## A BETTER NDIS for people living with MS

## The \$250 Power Saving Bonus for Victorian households

Applications are open between 1 July 2022 and 30 June 2023. The Bonus is available to all Victorians households who visit the Victorian Energy Compare website.

(Page 6)

## An Online Educational Course for people with Multiple Sclerosis

Developed at the University of Melbourne this online educational course aims to improve the health and wellbeing of people with MS.

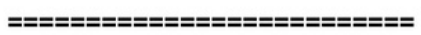
(Page 5)

## People with MS Vic Inc Spring Seminar and AGM

Have you made a will or set up a medical power of attorney?

(Page 7)

**MS Australia is campaigning for improvements to the National Disability Insurance Scheme (NDIS) to better meet the needs of people living with multiple sclerosis.**



To improve the NDIS for the MS community, we believe there are three essential areas for reform:

1. Better representation of people with MS and other progressive neurological conditions within the National Disability Insurance Agency (NDIA).
2. A better understanding of MS and the needs of people with MS.
3. Provision of disability supports and services regardless of age.

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# Letter from Nigel

## Winter 2022

Well, the election is over and now is the time to congratulate your new MPs and make sure they know what it means to have MS, and that they are well aware of the improvements people living with MS want to see in health and support services. I am glad to see we have a new government and am delighted that Bill Shorten is back as Minister for the NDIS and Gov't Services including Centrelink.

Did you manage to attend our conference in May or watch it on-line? If you didn't, you missed three excellent speakers talking about topics of interest to most people living with MS. If you missed it you can still watch it online. at

<https://kastio.com/pwms-070522>.

The first speaker was Dr Lisa Grech, who has MS herself, and is a registered psychologist and senior research fellow at Monash University. There she heads the Chronic and Complex Healthcare Services Research Group. Her research program aims to improve outcomes in people with chronic health conditions, mainly multiple sclerosis, and cancer; with particular attention to understanding why people do or don't stick to their medication programs; improving the detection and treatment of depression; and investigating the value of antidepressant medication for people with MS. Lisa gave an inspiring talk about her research and her journey with MS which influenced her research direction.

The second speaker was Ass Prof Anneke van der Walt; Director of MS and Neuroimmunology at Alfred Health & Head of MS and Neuro-ophthalmology at Monash Uni. Anneke spoke about current research and advances in treatment; for MS. She especially spoke about exciting recent research into the Epstein Barr Virus. A recent study has provided the strongest evidence yet that infection with EBV, which causes glandular fever, may also cause MS. In a cohort of over 10 million US military personnel, infection with EBV increased the risk of MS 32-fold,. This provides the strongest evidence yet that EBV infection is necessary for the development of MS.

It would follow, then, that preventing EBV infection could potentially prevent MS development. Anneke also spoke about COVID and why it is so important for people on immunosuppressive medication to have extra vaccinations; and about lifestyle and the importance of a healthy diet, vitamin D, and exercise. The third speaker was Natalie Francis, Executive Manager, Consumer Directed Care at MS-Plus. Natalie started out as a physiotherapist specialising in acute neurological conditions and early rehabilitation. She has since completed an MBA and has held several senior managerial roles in the Aged Care and Health Sectors. Natalie spoke about the role and importance of exercise in managing MS. Natalie discussed the reasons why people with MS should exercise as much as they can; and overcoming the common barriers to exercise. Natalie emphasised the importance of focussing on what you can do and what you enjoy, and the value of classes or finding a group of like-minded people to provide mutual support.----- Don't forget you can still view the conference on-line.

As we move into winter, please remember that COVID is still with us and the prevalence of FLU has greatly increased. Unfortunately, we, people with MS, are an "at risk" community, so, it is important that we take advantage of the maximum COVID and FLU vaccines on offer. Also, despite what government regulations might indicate, I suggest it still makes good sense to wear a mask in busy places like a shopping centre or shop, on public transport or at the theatre or a concert. Try to avoid mixing with unvaccinated people, current research suggests an unvaccinated person is 10 times more likely to contract COVID and having caught it at least twice as likely to pass it on. Which means that if you choose to mix with unvaccinated people, you are 20 times more likely to catch COVID!!

Keep up the good fight and doing the things you enjoy!

Nigel Caswell O.A.M.  
President PwMS--Vic

## A message from the CEO

Multiple Sclerosis Limited (MSL) are so pleased to introduce our new brand – MS Plus.

Last year we shared the exciting news we would be changing our name – but it's so much more than that. MS Plus builds on our proud 65 years of experience as MS Societies and MS Limited and will be the catalyst for our future growth, offering more services and support than ever before.

### About MS Plus

At MS Plus, we want to see the MS community thrive and we want to help more people living with neurological conditions to do the same.

We are passionate about providing emotional and practical support for every stage of the journey. From NDIS and allied health services to accommodation, employment programs, expert advice, wellbeing and peer support. We provide services virtually or face-to-face through our wellbeing centres in the Australian Capital Territory, New South Wales, Victoria and Tasmania.

At MS Plus, we're able to ensure our clients feel empowered to manage their condition and achieve their goals, thanks to the support of thousands of Australians who are inspired to fundraise, donate and volunteer every year.

Together, we're on a journey to break down barriers, achieve goals and help people live life to the fullest – whilst driven by a belief in a future cure.

### What's new?

Our passion and dedication to helping people living with MS and their loved ones remains the same.

We're building on this commitment by:

- Expanding our services to people living with [other neurological conditions](#) including those over 65 years of age
- Building the first of our new [Wellbeing Centres](#) in Footscray VIC and Lidcombe NSW
- Developing a team of **Key Workers** – a dedicated contact to connect with our clients on their journey from day one
- Improving our support for people in their **first year of a new diagnosis**
- Implementing a new **Carers Support Plan** for the loved ones of people living with MS
- Launching our new [www.msplus.org.au](http://www.msplus.org.au) website – to make it simpler for people living with MS and other neurological conditions to find the information and services they need to live well.
- Funding cutting-edge research into finding a cure and better treatments for MS

### What does the “Plus” mean?

MS Plus builds on our proud, 65-year history and will see us offer more services, more expertise, more awareness and more research.

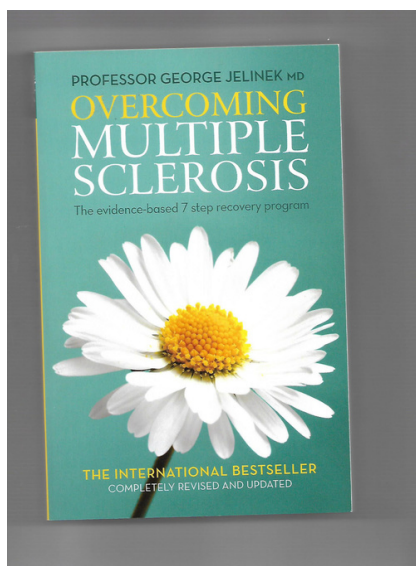
- MS '*plus*' other neurological conditions
- MS '*plus*' total wellbeing
- MS '*plus*' friends, family and loved ones
- ACT '*plus*' NSW '*plus*' VIC '*plus*' TAS
- In our Wellbeing Centres '*plus*' Home visits '*plus*' Telehealth
- MS '*plus*' research

### MS Plus Services

We're still providing all of our previous services and support, plus so much more.

Learn more from our [Services Flyer](#) or call Connect Plus on 1800 042 138.

# Professor George Jelinek's book Overcoming Multiple Sclerosis is available for \$15.00 to cover postage & handling.



Please email Michelle Raymond, Treasurer, PwMS-V Inc. with your details of where to post a copy and deposit \$15 into the PwMS Vic Inc. account at:-

PwMS Vic Inc. BSB 083-004 Account 04-636-6841

or

Post a cheque to: PwMS-V Inc., PO Box 1035, CRAIGIEBURN VIC 3064.

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## WELCOME TO ABILITY TECHNICAL CARE

### WHO ARE WE?



**ABILITY TECHNICAL CARE**  
Our Care Sees Your Ability

Our mission is to provide high standards of repairs for all mobility aids equipment. With our around-the-clock service, we aim to keep our customers happy at all times knowing that their equipment will run efficiently when needed.

### CONTACT US

<https://abilitytechnicalcare.com.au>

0466 493 493

0481 711 033

PwMS Vic Inc. is endorsed as a deductible gift recipient and a registered charity. Gifts of \$2 or more are tax deductible.

Privacy Policy is available from <https://pwmsv.org.au/privacy-policy/>



People with Multiple Sclerosis Victoria Inc.  
ABN: 73 104 198 752  
admin@pwmsv.org.au



**Developed at the University of Melbourne this online educational course aims to improve the health and wellbeing of people with MS**

**What is Involved for you?**

- Completing an online survey before the course
- Undertaking a free 6-week online course in your own time, taking 1-2 hours each week
- Completing follow-up online surveys after course completion

**To sign up contact us now!**

**E [neu-research@unimelb.edu.au](mailto:neu-research@unimelb.edu.au) [msonlinecourse.com.au](http://msonlinecourse.com.au)**

# **The \$250 Power Saving Bonus for Victorian households is now available to every household which uses the Victorian Energy Compare website**



Applications are open between 1 July 2022 and 30 June 2023. The Bonus is available to all Victorians households who visit the Victorian Energy Compare website; or if you are not a computer user then contact Victorian Energy Compare at 1800 000 832.

The \$250 Power Saving Bonus for Victorian households is now open. Before submitting an application for the bonus, please read the eligibility requirements.

Eligibility requirements:

You must be a Victorian residential energy consumer (i.e. have a residential electricity account).

You must be the account holder

Only one payment is available per household

As part of the Power Saving Bonus application process, we will present you with information about the best priced electricity offers available in your area. You are not required to switch offers or retailers.

The application process will take five to ten minutes of your time, and you will need to have a recent electricity bill with you.

[compare.energy.vic.gov.au](https://compare.energy.vic.gov.au)

1800 000 VEC (832)

A green background features a white wall outlet with a black plug inserted. To the left of the outlet, text is displayed in white boxes with red lettering. The text reads: "\$250 Power Saving Bonus Available Now to every household that uses the Victorian Energy Compare website".

**\$250**  
**Power Saving Bonus**  
**Available Now**  
**to every household**  
**that uses the Victorian**  
**Energy Compare website**



# People with MS Vic Inc Spring Seminar and Annual general meeting



Monday 21st November  
2022, 10.30am  
The Nerve Centre, 54  
Railway Road, Blackburn

For information contact  
Michelle on

Ph: 8351 9780  
M: 0435 085 827

Light meal will be served

## HAVE YOU MADE A WILL

## OR SET UP A MEDICAL POWER OF ATTORNEY

The keynote presentation at this year's PwMS Spring Seminar will address why "for your own peace of mind" it is important to have a will and medical power of attorney in place

# NDIS Class Action

## ARE YOU ADVERSELY AFFECTED BY THE NDIS BAN ON 65 & OVERS?

People with permanent and serious disabilities can apply to the National Disability Insurance Scheme (NDIS) - UNLESS they are 65 years old or over.

The ban has resulted in unfair and damaging victimisation of over 65s whose disabilities meet the Disability criteria in section 24 of the NDIS Act. This is happening in defiance of the UN Disability Convention, which prohibits discrimination against people with disabilities on ALL grounds. Even people whose disabilities date from childhood are banned if they are 65 and over when the NDIS was rolled out in their area.

The absurdity of this injustice is obvious to all. Consider two wheelchair-bound people with the same disability, one who is 64 and the other who is 65: the first can apply for access to the NDIS, the other is outlawed for his/her lifetime.

For years, victims of the ban have suffered arbitrary and totally unnecessary physical, psychological and financial harm and sometimes loss of life. Despite frequent exposure in the media, those responsible have kept very quiet, refusing to engage in discussion. It is high time such egregious conduct over 8 years is finally brought to account, including by recovery of damages arising from that conduct.

MITRY LAWYERS has been instructed to commence a CLASS ACTION on behalf of ANYONE who has been adversely affected by being excluded from access to the NDIS because of age.

The class action will include people with disabilities who feel they have been impacted, as well as their family members and carers. The class action is about the illegality and unfairness of this systematic NDIS exclusion and its effects on you (for example, adverse psychological, financial and health effects).

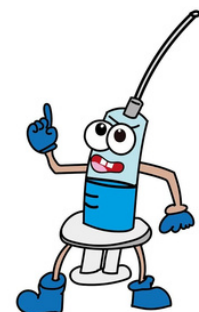
### How can you find out more?

Should you have any queries about this class action, please register your interest with either Rick Mitry, principal (rick@mitry.com.au), or Joel Reines, solicitor (joel.reines@mitry.com.au) by filing out our expression of interest form below, or call (02) 9222 2833 for a confidential discussion.

### Expression of Interest Form

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## The Disability Gateway



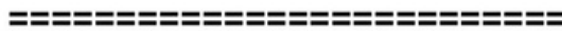
The Disability Gateway can assist you to access vaccines. Are you prepared for winter? Influenza and COVID19 vaccinations will help reduce your risk of serious illness and hospitalisation. For more info or help booking call us on 1800 643 787 Mon-Fri, 8am to 8pm AEST.





# A BETTER NDIS for people living with MS

**MS Australia is campaigning for improvements to the National Disability Insurance Scheme (NDIS) to better meet the needs of people living with multiple sclerosis.**



To improve the NDIS for the MS community, we believe there are three essential areas for reform:

1. Better representation of people with MS and other progressive neurological conditions within the National Disability Insurance Agency (NDIA).
2. A better understanding of MS and the needs of people with MS.
3. Provision of disability supports and services regardless of age.

The NDIS is Australia's first publicly funded national disability insurance scheme. Legislated in 2013, and in full operation since 2020, the scheme has provided life-changing benefits to many Australians.

However, the NDIS is not without fault or its critics. Over the last decade and across 28 policy submissions, MS Australia has actively advocated on behalf of people living with MS for improvements to the NDIS.

For every positive story of an Australian helped by the Scheme, there are countless others who have been left behind.

Now with a new Government promising to rebuild trust in the NDIS, to ensure fairness and bring forward a review of the NDIS, originally scheduled for 2023, there are many reasons for optimism.

MS Australia stands ready to support the new Labor Government's intent for significant reform.

Help MS Australia raise awareness by sharing the social media tiles below using the hashtag **#betterNDISforMS**; or <https://www.msaustralia.org.au/>; if you would like further information Contact MS Australia at Ph;1300 010 158, or [info@msaustralia.org.au](mailto:info@msaustralia.org.au)



Providing information, referral  
and support to people with  
Multiple Sclerosis.