

The **Duke of Edinburgh's** Award

Muscular Dystrophy NSW is extremely proud to be running The Duke of Edinburgh's Award for those with a neuromuscular condition. This successful program enables our young people to participate in the Award whilst being supported by people who understand that their physical restrictions need not impact upon their desire to challenge themselves and achieve remarkable things!

Muscular Dystrophy NSW is registered to provide supports for National Disability Insurance Scheme participants

ACCESSING OUR SERVICES

MDNSW provides services for people living with a neuromuscular condition and their families/carers throughout NSW. These services are based on your needs. During periods of high demand you may be put on a waiting list until services can be provided or we will support you to connect to other services that may be able to assist you. Please contact our office directly if you are interested in any of our services and we can work together to find a service that best suits your needs.



FOR FURTHER HELP?

Do you have a hearing or speech impairment?

Call us via the National Relay Service on 133 677. This will be at no cost to you.

Need an Interpreter?

Call the Telephone Interpreter Service on 131 450. This will be at no cost to you.

If you have any trouble understanding or reading this brochure, please contact us and we can help you.



**MUSCULAR DYSTROPHY
NEW SOUTH WALES**

Improving the quality of life
for all people affected by a
neuromuscular condition



*We're here for you
when you need our help*

**MUSCULAR DYSTROPHY
NEW SOUTH WALES**

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Compliment, Suggestions or Complaints?

We value your feedback and welcome any comments about our services. You can provide us feedback or make a complaint via our:

- Office
- Postal Address
- Phone
- Email: feedback@mdnsw.org.au
- Web: <http://mdnsw.org.au/contact-us/>

If you wish to keep your identity confidential, please advise us and we will respect your wishes

MUSCULAR DYSTROPHY NSW

If your life
is affected by a
**neuromuscular
condition...**

We're here to help



**MUSCULAR DYSTROPHY
NEW SOUTH WALES**



About Us

Muscular Dystrophy NSW understands that living with a neuromuscular condition can sometimes be overwhelming for all members of the family for a variety of reasons.

We are here for you when you need our help and we can offer you access to a wide range of services and programs run by our dedicated staff. Muscular Dystrophy NSW is a not-for-profit organisation that works strongly towards enabling individuals to live a fulfilling life, rather than defining them by their disability.



We offer the following services to those living with a neuromuscular condition in NSW



Respite Funding

A chance for individuals and families to use FlexiRest funds to enjoy a well deserved break away from home

Information and Referral

Support to help you navigate through the maze of service providers and entitlements. Includes the provision of regional services via the Care for Carers program

Clinic Support Program

Face-to-face support at the Neuromuscular Clinic, offering advice and a listening ear - generally at the time of a new diagnosis

Social Group Opportunities

For carers and/or individuals with a neuromuscular condition to socialise and have a friendly chat

Medical and Information Seminars

Events where respected medical specialists present up to date information about the latest treatments and diagnoses in their particular fields

Advocacy

Protection and promotion of the rights of individuals and families so that they can fully participate in the community

Support to Service Providers

An information service to enable other service providers to better meet the needs of their clients who have neuromuscular conditions

Weekend Retreats

A chance for adults to get away for the weekend with someone special to enjoy some quality time together, whilst meeting others with similar circumstances to themselves



Equipment Funding

A unique service offering families access to funding to help with the purchase of essential equipment

Camps

A wonderful week of fun where people with a neuromuscular condition come together to meet new friends and experience teamwork, the thrill of a challenge and a huge sense of achievement

Event Program

A wide range of activities and events held all throughout the year including Boccia camps and competitions, The Gala Ball, Christmas Parties, The Royal Easter Show, Radio Control Car Racing workshops, and a range of other events designed for specific groups.

