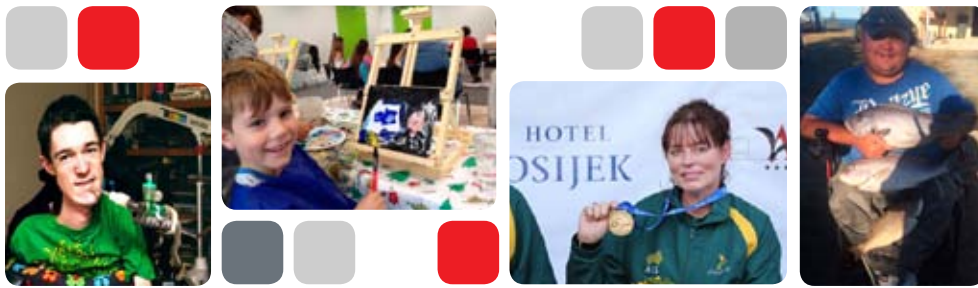




MUSCULAR DYSTROPHY QUEENSLAND

1149 SANDGATE RD, NUNDAH
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CLIENT STORY: OUT AND ABOUT WITH TYSON

Tyson loves the great outdoors and likes nothing better than going fishing with his mates. Living on the Central Queensland Coast, there are plenty of great fishing spots around but how do you get there when you rely on an electric wheelchair?

A few years ago Tyson did a fundraiser to get an offroad buggy to be able to get around outdoors but after a while found it was no longer suiting his needs...

"Getting around meant borrowing a van, which was not always available, and also meant I needed a carer to take me. After a lot of thinking and chatting to friends, I decided to try to sell the buggy and get myself a van that was already set up."

I spoke to a friend from school who works for the local taxi company and she told me that her brother had one that he was looking to sell. I couldn't afford to buy it as I hadn't sold the buggy yet but it turned out that the buggy would really suit him for getting around on his farm and the van would be great for me, so we came to a decision and swapped with each other!



Since having the van I've had a lot more freedom. I'm able to get out and about visiting friends and family as well going to different places fishing - some places I hadn't been to since I was a little kid! It's been the best feeling getting out and about and not being stuck at home. I can even take my dog with me and meet my brothers and friends out fishing."

Sometimes things can seem beyond your reach, but with a little creative thinking who knows what can be achieved. Talk to your friends and family about your goals and then call your MD Qld Caseworker. We can work through a Goal Plan with you and may be able to give some advice to get you started on your way.

NDIS ADVISORY GROUP

MD Qld recently hosted our first NDIS Advisory Group. Our special guest was Len Airey from National Disability Services who presented a review of the latest information. The group consisted of clients, parents of clients, MD Qld Staff and board members who met to discuss the priorities and expectations of clients and their families as well as how MD Qld may be able to provide the services that you want and need once the NDIS begins rolling out in July 2016.

We are thankful for all the attendee's involvement and look forward to future discussions. We value all our clients input and would love to hear from you, so please contact us if you have any suggestions or concerns that you would like to share.

It is very important to start thinking about the future as there will be radical changes to the current system. We would encourage every family to document ALL of the supports that you currently receive as well as consider whether these supports are actually meeting your needs. Think about your personal supports, accommodation, equipment needs, education and employment prospects and aspirations - what would it take to achieve these?

You can call your MD Qld case worker to discuss what the NDIS means for you. It is coming soon and we can help you to be prepared.

CAIRNS VISIT

Caseworker Maryanne Dover and Fundraising and Events Coordinator Celeste Baker will be in Cairns 28-30 August.

There will be an opportunity for individual meetings and casework as well as an informal dinner and an information session at The Rehab Store. The weekend will culminate with a social get together that will coincide with the finish of the annual Ride4MD. Maryanne has also committed to participate in the ride - so come along show the riders some support and join us for a sausage sizzle in the park!

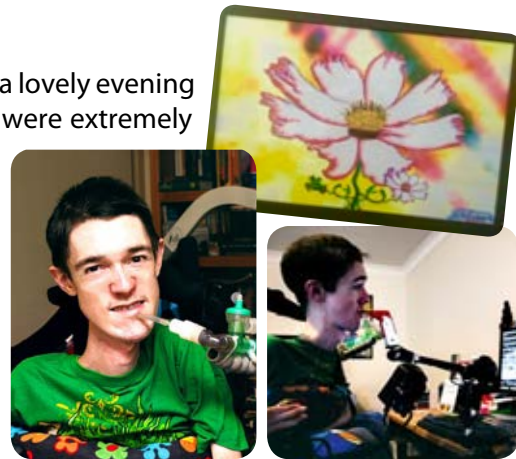
For further information and to register, please contact Maryanne Dover at maryanned@mdqld.org.au or call 3243 9700

SCOTT DONATES ARTWORK FOR OUR CHARITY DINNER

On 25 July, Muscular Dystrophy Queensland hosted our first Charity Dinner. It was a lovely evening attended by over 80 guests. Part of the night included a charity auction and we were extremely fortunate to have some lovely items donated - including a beautiful artwork by Scott Hanson.

Scott uses computer software and a special mouse that is controlled through a mouthpiece as he has extremely limited muscle movement due to having Duchenne muscular dystrophy. Each artwork can take months to create and we are very grateful that Scott was willing to donate one to the auction.

Scott's works are inspired by hope and we are sure that the lucky bidder for this artwork will be inspired by it for many years to come!



FSHD SCIENTIFIC INFORMATION EVENING

FSHD Global Research Foundation is hosting a Scientific Information Evening Thursday 24th September 2015 at Bond University on the Gold Coast. Some of the world's leading FSHD clinicians and researchers will present on the latest advances in Facioscapulohumeral muscular dystrophy research.

Learn about recent research developments and progress into clinical trials and treatments, and connect with other people living with FSHD and their families by sharing valuable knowledge and insight into this debilitating disease.

MD Qld's CEO Helene Frayne and board member Helen Posselt will be attending the evening to keep us abreast of the latest information. See www.fshdglobal.org for more information.

ACCESS TO COMMUNITY CARE SERVICES

If you are under 65 (or under 50 for ATSI) and need help to stay living at home and in your community, you may be eligible for assistance from Community Care. This provides basic support (usually one to five hours per week) to people with a disability or condition that restricts their day-to-day living.

In-home services:

- domestic assistance, such as cleaning, washing and ironing
- personal care, including bathing, showering, dressing, and toileting
- home maintenance, including changing light bulbs, fixing leaks and lawn mowing
- home modifications, like access ramps or bathroom equipment
- meals and other food services, including provision of meals, help with food shopping and food preparation

Community-based services:

- centre-based group activities, including excursions, tours and classes
- social support, including help from a support worker to attend appointments, or do shopping or banking
- transport, for help getting to shopping, appointments, or community activities

Clinical services:

- nursing services, including help with medications and wound care
- allied health services, for example podiatry, physiotherapy, or advice from a dietician

Respite, counselling and carer support services:

- counselling support and advocacy, for you or your carer
- in-home or centre-based respite to support carers in their caring role

For more information go to www.qld.gov.au and search for **Access to Community Care Services**. To apply, phone your local Community Access Point on **1800 600 300**. You do not need a referral.

BRIGHT IDEAS: CAMPER HOIST

Marg and Leigh have recently had a hoist added to their camper trailer and wanted to share with you some pictures to show that it may be possible to go camping even if you require a wheelchair.

The lifter is one that is usually used in a motor vehicle. It is attached to the framework of the trailer with a sturdy removable bracket and is used to lift Marg from her wheelchair to the bed when the tent is set up.

Sometimes it pays to "think outside the square" so that you can enjoy the activities that you thought were no longer possible.

If you have any helpful tips, let us know!



TRANSLINK ACCESS PASS

The TransLink Access Pass is a travel pass for people with a significant permanent disability that provides users with unlimited travel on all TransLink bus, train, ferry and tram services (except Airtrain), for 12 months, for an annual fee of \$65.10.

You can get a TransLink Access Pass if ALL the following points apply to you:

- you are a permanent Queensland resident
- you have a significant permanent physical or intellectual disability
- you can travel independently on TransLink services without the need for a constant companion/guide/carer
- you've been assessed by a qualified health care professional as being unable to independently use the go card ticketing system. For instance, you may be in a wheelchair and have limited fine hand movement.

For more information about the TransLink Access Pass or to apply for a card, please visit <http://translink.com.au> or call 13 12 30.

PAINT YOUR LIFE WORKSHOPS



Paint Your Life are continuing to host free monthly art workshops for our clients on the Gold Coast. The last workshop was a huge success with our clients and their family members enjoying two hours of wonderful art therapy. Leisa O'Brien the art tutor was captivating and everyone by the end of the session had created a portrait on canvas. It was so lovely to watch the interaction between participants and the great sense of humour from everyone.



Muscular Dystrophy Queensland is grateful to the Paint Your Life Foundation for their generosity in hosting the free monthly workshops until November.

If you are interested in attending an upcoming free art workshop please contact Paint Your Life on 1800 106 440 for more information.

SHANE WARNE NECESSITOUS CIRCUMSTANCES FUND

The Necessitous Circumstances Fund is able to help individual families and children who apply to The Shane Warne Foundation for assistance.

Every year, families apply directly for funding for specialist treatment, custom made equipment, vehicle and home modifications and various other necessities to enrich their child's life, that they may not be able to get anywhere else.

If you believe that your family may be eligible, the next funding round for the NCF starts 1 November 2015. For further information go to www.tswf.com.au/necessitous-circumstances-fund

YOUNGCARE AT HOME CARE GRANTS

Applications for Youngcare At Home Care Grants in Queensland will open on Thursday, 13 August 2015.

Youngcare At Home Care Grants assist young people (aged 18 to 65) with high care needs who are living at home and are at risk of entering aged care. One-off grants of between \$2,000-\$10,000 are available for the provision of essential equipment, home modifications or services (e.g. respite/attendant in home care) that will improve a young person's chance of remaining at home.

Further details including an Information Guide and link to the online Application Form will be available on Youngcare's website www.youngcare.com.au when the Queensland grants round opens on 13 August.

If you have any questions about the At Home Care Grants program please contact Youngcare Connect on 1800 844 727 or email: youngcareconnect@youngcare.com.au

If you would like help to apply for a Youngcare At Home Care Grant, please contact your Caseworker for assistance.

LET'S GET TECHNOLOGICAL :)



Did you know that we post regular updates on the NDIS, community events and news stories that may be relevant to our clients. It is also a great opportunity to have your say and share information with others. Currently our page is reaching 805 people! If you haven't already done so, just search for Muscular Dystrophy Queensland from your facebook profile and "like" our page to receive all the latest from MD Qld in your news feed.



MD Qld is committed to keeping our costs low so we would like to keep in touch by email as much as possible. If we have your email address you will have received the link to this update - thanks for clicking!

If you received this update in the post, we probably don't have a valid email address for you. Please let us know if you have an email address or would like to update any of your details to suziz@mdqld.org.au or call 3243 9700.

TRACEY SHOOTING 4 GOLD

A couple of years ago Tracey came to us looking for an opportunity to get into a sport...but she didn't want just any mainstream sport - she wanted to go shooting or drag racing! Our Sport & Recreation Coordinator at the time was able to organise a come-and-try day at the Belmont Shooting Range. Since picking up that rifle in March 2013 Tracey was hooked. Tracey seemed to have a natural talent for the sport and soon her competitive nature had her signing up for State titles.



What she has achieved in the few years since has been extraordinary - after rising through the State and National rankings, Tracey earned a place on the Australian Paralympic Team. Proudly representing Australia in England, New Zealand and Croatia, she now has a world ranking of 18th in her R4 category!



"I'm a 10m Air Rifle Target Para - Shooter. My shooting classification is SH2 (SH stands for Shooter and 2 stands for my ability as a shooter - I need to use a stand and I use a Loader). At present I am the ONLY female shooting in my classification for Australia (we have two other ladies who shoot for Australia with a SH1 Classification). I shoot with men, SH2 is a mixed shooting group.

I have just been made a member of the Aiming 4 Gold Performance Program with Shooting Australia. So I get to wear the GREEN and GOLD proudly for Australia. "

Wearing her first international Gold Medal!



The medals are piling up - Tracey took 2 gold at the Australia Cup in Adelaide and was the overall winner! She picked up a bronze at the New Zealand Cup and barely had time to celebrate before boarding a plane for a World Cup match in Croatia where Tracey won her first international gold medal!

Her busy schedule will soon take her to World Cup matches in Sydney and the USA where Tracey hopes to qualify for the Rio Paralympic Games!

The team at Muscular Dystrophy Queensland are very proud of Tracey's achievements and glad we were able to play a small part in starting her off on her quest for international success.

If you would like to follow Tracey's adventures, check out her website www.traceyshooting4gold.com or follow Tracey Shooting 4 Gold on Facebook.

With the Staff of MD Qld

If you would like to try your hand at shooting, please contact your Caseworker for advice.

ADULT SUPPORT GROUP: NORTH BRISBANE

The Adult Peer Support Group continues to meet in Brisbane on a regular basis. The new venue for upcoming meetings is the Kedron Community Church at 590 Gympie Rd (cnr Rode Rd), Chermside.

The next meetings will be:

- Saturday 22 August 11am-3pm
- Saturday 26 September 11am-3pm

If you would like to get involved please contact Maryanne Dover at maryanned@mdqld.org.au for more information.

LIFETEC REGIONAL VISITS

Trip Dates	Region	RSVP By
24-28 Aug	Darling Downs	24 Jul
20-24 Jul	Wide Bay/Burnett	7 Aug
27-31 Jul	South West Region	18 Sep
24-28 Aug	Mt Isa/Flinders Hwy	25 Sep

For further information about LifeTec, call our caseworkers. Appointments are essential. To book please call LifeTec directly on 1300 885 886 or email mail@lifetec.org.au before the closing date.

FAREWELL SUSAN



At the end of August we will sadly farewell our Client Services Manager Susan Ball. Since joining the team in 2010 Susan has been a passionate advocate for families living with neuromuscular conditions and she will be missed. We know that she has made many connections with clients from all around the state and I'm sure that she would appreciate any parting words that you may like to pass on to her.

"It has been very humbling working in the role of Client Services Manager and being able to work alongside so many clients and families of Muscular Dystrophy Queensland. It has been so rewarding and I have learnt so much from this rich experience.

Thank you to everyone for your support, too, which I have also appreciated particularly recently when my daughter, Anna, passed away in April. From the bottom of my heart, I wish you, and your families, all the very best for the future!"

As we move forward, our CEO Helene Frayne will take a more 'hands on' role in client services and is looking forward to meeting as many people as possible.