



PLUS
Neuro Wellbeing



Live the life you want

Your neuro wellbeing and
healthy ageing guide



Live actively & live well

Diet & nutrition

Support your overall health and wellbeing by making informed choices about food.

Physiotherapy

Better manage your symptoms to maintain independence and wellbeing.

Exercise physiology

Improve balance, strength and reduce falls risk.

Healthy ageing

Manage your aged care package and access allied health and home care supports for over 65s.



Live independently

Long-term accommodation

Our Specialist Disability Accommodation is specifically designed to support your high physical needs.

Occupational therapy

Feel safer and more independent at home and at work.

Employment support

Stay at work or find a more suitable role for your changing needs.

NDIS services

Maximise the benefits of your NDIS Plan with MS Plus Support Coordination and Plan Management.

Live confidently & stay connected

Nurse advisors

Easy to access and FREE expert advice on symptom management, medications and other supports.

Continence support

Improve your bladder and bowel health and regain your confidence.

Education

Access a range of programs and resources developed by neuro experts.



Peer support

Find your community: connect with others living with neuro conditions.

Respite accommodation

Short-term/respice accommodation is available for you to rest and recharge in style.



Find a class that's right for you

Plus Boxing

Our non-contact boxing program is designed for people living with neurological conditions, including MS, Parkinson's disease and stroke.

Benefits of Plus Boxing include improved:

- ▶ Range of motion
- ▶ Coordination
- ▶ Balance
- ▶ Gait
- ▶ Memory and concentration.

Plus Balance

Tailored group classes run for 6 weeks and are suitable for all ages and capabilities.

Plus Balance can help you:

- ▶ Move with confidence
- ▶ Increase your strength through tailored exercises
- ▶ Take back control of your body and balance
- ▶ Reduce the risk of falls.

“When I first encountered the people at MS Plus after diagnosis, they were fantastic. They basically just enveloped me in a blanket of care. They make it all seem doable and not so scary.”

MS Plus client, Meg

Plus Hydro

Hydrotherapy is a form of physical therapy that involves carrying out exercises and specific therapeutic techniques in warm water.

Benefits of hydrotherapy for people living with neuro conditions include:

- ▶ Reduce muscle tightness and stiffness
- ▶ Improve joint flexibility and increase your range of motion
- ▶ Develop motor control and improve your ability to perform daily activities
- ▶ Build muscle strength, improve balance and overall wellbeing.

Plus Pilates

Neurological conditions such as MS, Parkinson's, Stroke and Peripheral Neuropathy can affect the brain, spinal cord and nerves, causing changes to patterns of movement, and your ability to carry out day-to-day activities.

Plus Pilates can help you:

- ▶ Increase muscle strength and endurance
- ▶ Improve flexibility, coordination and balance
- ▶ Increase body awareness and confidence with movement.



How can we support you to manage your symptoms?

	Physiotherapy	Exercise physiology	Occupational therapy	Continence nurse	Diet & nutrition
Balance	●	●			
Thinking & memory		●	●		
Fatigue	●	●	●		●
Bladder & bowel	●			●	
Weakness	●	●	●		
Spasticity	●	●			
Physical & mental wellbeing	●	●	●	●	●



In person



Telehealth



Home visits



Wellbeing centres

Find your nearest neuro wellbeing hub



Blackburn Wellbeing Centre VIC



Footscray Wellbeing Centre VIC



Hobart Wellbeing Centre TAS



Lidcombe Wellbeing Centre NSW

Reach out today

Call our Plus Connect team **1800 042 138**

or email connect@msplus.org.au

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