

# The vision for the Wellbeing Centres

Project  
*Wellbeing*



**The overall vision is enough specialist MS centres across Australia, for all who need them.**

The Wellbeing Centres are a crucial component of MS Plus's vision to provide a safe and supportive environment for individuals living with multiple sclerosis (MS). Our goal is to create multiple spaces where the growing number of people with MS can access a range of specialist supports that target both their physical and mental wellbeing.

## **The impact the Wellbeing Centres will have on the MS community**

The MS Wellbeing Centre at Lidcombe, and in other locations such as Footscray and Hobart, will bring together specialist support services in one location, including Allied Health, NDIS, Employment, Education, and Accommodation. This will enable easy access to staff with specialist neurological training and resources in key locations within the jurisdictions where MS Plus operates.

## **Why MS Plus is the best organisation to implement this**

MS Plus, with 60 years of experience in supporting people living with MS and leading in the funding of research, is uniquely positioned to actualise this project. The development of the Wellbeing Centre infrastructure has been informed by a range of MS specialist staff and consultants, ensuring a state-of-the-art physical response dedicated to people living with MS.

## **The urgent need for this to begin in 2023**

There is an urgent need to complete these projects by 2024. With advancements in treatment for people living with MS, we are in the best position to capitalise on those advancements by providing access to specialist staff, education, and equipment.

Within the complexities of the NDIS, people living with MS need to know there are supports available that cater to their specific needs and that the wellbeing centre they are attending is staffed by professionals with specialist knowledge about MS.

Alison enjoys walking again.





## How you will help in four key steps

- 1** Help to underwrite the costs of the project to ensure we can deliver the project on time and with the required resources to meet the needs of people living with MS in Australia.
- 2** By getting involved, you can help promote Project Wellbeing through your networks to not only generate additional support but also highlight the impact being made for people living with MS.
- 3** Your investment will ensure that MS Plus's reserves can be leveraged to support similar projects in other areas, helping more people living with MS.
- 4** Spread the word about the vast range of support programs and research MS Plus is involved with to give confidence not only to networks, but also to people living with MS, that there are services available to support them on their journey.

## How you will benefit people living with MS

The Wellbeing Centres will provide a whole of person approach to supporting people living with MS, providing a range of specialist services, care and support.

The facility's design has focused on creating a collaborative and inclusive therapeutic environment to ensure that users feel comfortable and able to build strong connections, rather than experiencing a medical environment.

The facility will provide a great user experience for clients with access to state-of-the-art equipment and clinicians across a range of Allied Health and Wellbeing disciplines.

The SDA Lidcombe accommodation will ensure that the facility is accessible to those living nearby and those in regional centres who can live on-site while engaging with specialists for face-to-face visits and then keeping in touch through virtual health sessions.

In summary, your support of the Wellbeing Centres project will help MS Plus deliver vital services that will make a significant difference to the lives of people living with MS. With your help, we can achieve our combined goal of creating a safe and supportive environment that will enhance the physical and mental wellbeing of those living with MS.