

## **We're here to help you thrive** – with a comprehensive suite of emotional and practical support

At MS Plus, we work to improve the wellbeing of people living with MS and other neurological conditions. Breaking down barriers at different stages of your journey is a team effort – always with you in charge.

Six decades of experience has taught us that it takes time to come to terms with a diagnosis. That's why we are here from the get-go, so no one faces a neurological condition alone. Whether you're unsure about your next steps or know exactly what you need – we understand and are just a phone call away.

We provide a comprehensive suite of emotional and practical support. From NDIS and allied health services through

our team of physiotherapists, occupational therapists, exercise physiologists, dietitians and continence nurses to employment programs, expert advice, wellbeing and peer support.

Whether you are in the CBD, the suburbs or a regional area – you can access our services virtually or face-to-face through one of our wellbeing centres.



**Plus Connect** – is the gateway to information, advice, support and services



**Plus Occupational Therapy** – provides equipment, technology, home modifications and strategies for daily living



**Plus Support Coordination** – helps you connect with your NDIS services



**Plus Physiotherapy** – helps you improve your physical wellbeing



**Plus Engagement** – helps you understand and apply for the NDIS



**Plus Continence** – empowers you to take control of your bladder and bowel



**Plus Advisor** – provides personalised advice from an MS nurse or social worker



**Plus Exercise Physiology** – helps you create an exercise plan tailored to your goals



**Plus Employment Support Service** – helps you succeed at work



**Plus Diet and Nutrition** – helps you feel your best with nutritional support



**Plus Peer Support** – connects you with a community of other people living with neurological conditions, their family and carers



**Plus Residential** – provides long-term living options with full time care



**Plus Education** – empowers you with support and information to build your skills and knowledge



**Plus Respite** – provides a chance for people living with neurological conditions and their carers to have a break



**Plus Financial Assistance Program** – provides one-off funds for financial crisis



**Plus Plan Management** – helps you manage your NDIS payments



**Plus Volunteering** – giving back to your community can improve your wellbeing and give you purpose



**MS Go for Gold Scholarships** – provide one-off grants to follow a personal dream

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