



## Motor Neurone Disease

**Motor Neurone Disease (MND)** is a progressive degenerative disease in which the nerve cells (neurons) controlling the muscles that enable us to move around, speak, breathe and swallow fail to work normally.

The most common presenting symptom is weakness and it generally starts in one muscle group, eg, from hand to arm or for others their speech and swallowing muscles are initially affected.

Most will experience major speech and swallowing difficulties by the later stages of the disease.

Progression of **Motor Neurone Disease** is rapid, creating high levels of disability and consequent need for support.

**Motor Neurone Disease** is a death sentence, there are no remissions. Average survival after diagnosis is 2 to 3 years or less. The cause of **Motor Neurone Disease** is not known and there is no cure.

### The MND Association of South Australia Inc.

The **MND** Association was founded in 1985 and its mission is to provide and promote the best possible care and support for people living with **Motor Neurone Disease**.

Its objectives are:

- Provide information and support services to persons with **Motor Neurone Disease**, their immediate families and to other interested persons.
- Sponsor, encourage and promote research into the causes, cure and treatment of **Motor Neurone Disease**.
- Promote public awareness through community education and **Motor Neurone Disease** research.
- Providing **MND** specific information and support to health and allied professionals.

## Client Support Services

The **MND** Association has a Client Support Coordinator, a qualified health professional, who facilitates a range of timely services to people and their families affected by **Motor Neurone Disease**. The services are available throughout South Australia and are free of charge.

They include:

- Information
- Support
- Counselling services
- Equipment
- Home visits
- Support to health professionals caring for a **Motor Neurone Disease** patient
- Promotion of awareness of **Motor Neurone Disease** in the community by speaking to interested groups
- Promotion of knowledge of **Motor Neurone Disease** by participating in workshops for health professionals, families and carers
- Assisting patients and carers with referral to other organisations that provide care, equipment etc.

## Information

The **MND** Association has an extensive range of current literature on **Motor Neurone Disease**. A newsletter is published quarterly with relevant up to date information about research and **MND** Association activities.

## Equipment

The **MND** Association has a limited amount of equipment available for loan to patients at no charge. The equipment will assist with mobility and communication and includes electric and manual wheelchairs and communication devices. It also refers clients to other equipment providers.

## Research

In Australia, the **MND** Research Institute of Australia funds research projects to find the cause and cure for **Motor Neurone Disease**. The **MND** Association of SA Inc is a member of the Research Institute and provides and seeks financial support for the Research Institute.

## Carers' Support Group

This group meets four times each year. Meetings and venues are notified to carers and clients during the year.

## Education

The Association conducts seminars and **MND** Association staff are available to talk to health professionals, service clubs and any group with an interest in **Motor Neurone Disease**. The Client Support Coordinator is also available as a resource to staff in nursing homes.

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[www.mndasa.com.au](http://www.mndasa.com.au)