



Help us achieve freedom from MS.

Imagine a life of absolute freedom... one where you're free to be, and do, whatever you choose. For the thousands of West Australians living with multiple sclerosis, freedom means many things; a life free from pain or fatigue so that they can work, run, play; and be free to become the person they want to be; a life free of the fear that uncertainty brings; a life where care and support comes without financial hardship.

Every dollar raised through our fundraising programs help us to work towards our vision, which is:

- A quality of life for people living with multiple sclerosis which is not compromised by their diagnosis; and,
- A cure for multiple sclerosis

Quality of life for people living with MS

Government funding, while greatly appreciated, does not meet the needs of those living at home with MS. We direct our own funds to engage physiotherapy, occupational therapy, nursing and in-home care to allow people to remain with their families in the community for as long as possible. We recognise the hugely important role that family carers provide, and can give them a well deserved break by allowing their loved ones to enjoy a holiday in our respite home. We also have camps for kids of parents with MS so that these very special people can take a break, have some fun and learn coping strategies at the same time.

And for others, where the disease has progressed, freedom means the ability to live a life of dignity in one of our care homes with others of the same age and healthcare needs. We have a solid plan for the further development of these facilities, including:

- Building a high-support accommodation and respite facility at Treendale, outside Bunbury, and
- Building a new centre in the northern suburbs of Perth to mix high support accommodation and respite, as well as allow the families of people with high support disabilities to holiday together with their loved one in a safe and comfortable environment.

A cure for multiple sclerosis

While there is research, there is hope of freedom from MS. On behalf of our supporters and those living with MS, we invest in many streams of applied and scientific research to uncover the cause, including studies into potential hereditary or immune system factors, and the environment. We thank the many pioneering research professionals that work tirelessly to find a cure for this disease.

Each year over 100,000 individuals and businesses support the MS Society of WA, through donations, fundraising events, donor appeals, regular gift giving, bequests, volunteering and sponsorships.

For this support, we are extremely grateful.

So, where does your money go?

\$30 - Pays for a telephone consultation with a health care professional for up to date information about MS and MS management.

\$65 - Pays for a hand rail to be installed in a person's home to assist walking up and down stairs as MS can affect balance.

\$120 - Pays for a person with MS to participate in a Managing your Fatigue teleconference program to learn how to better manage their symptoms.

\$250 - Pays for an individually tailored exercise program to improve the balance, strength and mobility of a person with MS.

\$500 - Pays for a professional Health & Lifestyle assessment for a person with MS and the development of an individual action plan to improve health, wellbeing & quality of life.

\$1000 + Additional funds will be allocated to assist with the building of our high-support accommodation and respite facility in Treendale, outside Bunbury.

A world free from MS. Your support is critical.