

Muscular Dystrophy Association of NSW (MDANSW)

Supports people with muscular dystrophy and other neuromuscular disorders and their families.

Muscular dystrophy is a disease that leads to the gradual and irreversible wasting away of muscles. There are many types of muscular dystrophy.

Approximately 6000 people in NSW are affected. There is currently no cure but much can be done to help improve people's quality of life.

Services available from MDANSW:

- Client Services Coordinator is available to offer support, advocacy and referral to appropriate services and discuss questions or concerns
- Facts sheets giving information on specific neuromuscular disorders
- Newsletter with information on events, activities, members stories, latest research and services
- Website: www.mdansw.org
- Support groups, social activities, events
- Funding or money for essential equipment, emergencies and respite (a break)

Care for Carers

Providing support for carers and families of people with muscular dystrophy and other neuromuscular disorders, through:

- Support networks
- Social support opportunities
- Information sessions
- Written information
- Advocacy and referral
- Telephone group counselling
- Culturally appropriate resources eg translate material and access to interpreters

Carers are usually family members who provide support to children or adults who have a disability, mental illness, chronic condition or who are aged. Carers may be parents, partners, brothers, sisters, friends or children. Carers may care for a few hours a week or all day every day.