



**NEURO
MUSCULAR
WA**

Guide to Self-Navigation



Being a member of the Neuromuscular WA community means access to services and support, which we call *Support for Life*.

Our services include social programs & events, capacity building programs, confidential counselling, advocacy, bereavement support, Empower grants, education sessions, loans of CoughAssist™ machines and NDIS support.



SELF-NAVIGATION

Congratulations on reaching the self-management phase of your system navigation journey. This brochure will highlight a number of important organisations and contacts that you may need to access in the future as you continue with new supports and services.

If you are unable to find the support or service you seek, you are always welcome to reach out to our Navigators. You can re-enter the program, have another meeting and develop a new action plan at any time.

You can contact our Navigators by phoning 9380 3400 or emailing systemnav@neuromuscularwa.org.au or contact them on their direct phone number or email.

This brochure is designed to be used alongside the Advocacy, Counselling and Support Groups Brochure.

The System Navigation Pilot Project was funded by WA Department of Health.

**WE'RE HERE
FOR YOU**

The Loop

To find more condition-specific information on the type of neuromuscular condition you have, visit www.theloopcommunity.org. The Loop is a comprehensive website which also includes information about many national services and supports you may benefit from accessing.

www.theloopcommunity.org.au

Support Hub

The Support Hub is a Neuromuscular WA initiative, developed specifically for the neuromuscular community of WA.

It is an online directory and information hub that includes a vast range of organisations with services & information you may need to access across your condition journey. The Support Hub is a self-navigation tool to support you in finding the services you need.

www.supportforlife.org.au

National Disability Insurance Scheme

The National Disability Insurance Scheme (NDIS) is a government funding scheme for people with disability who experience a significant functional impact.

For support to apply for the NDIS please contact your local NDIS office. These are listed on the NDIS website under Contact - Office Locations.

Neuromuscular WA can also provide support in NDIS access, if your local NDIS office is unable to assist you.

www.ndis.gov.au
Ph: 1800 800 110

Wanslea

Wanslea specialise in supporting children with their Early Childhood Approach program. This program is designed for children 9 years old or under living with a disability or developmental delay. Wanslea can assist with access to early intervention, therapies, services and accessing the NDIS.

www.wanslea.org.au
Ph: 9245 2441

My Aged Care

MyAgedCare government funding is available for people aged 65 years or older who have a medical condition or reduced mobility. Home care packages with different levels of support are available through MyAgedCare following an assessment of your needs.

www.myagedcare.gov.au
Ph: 1800 200 422

Genetic Services WA (GSWA)

GSWA provide a comprehensive diagnostic service through the public health system and offer confidential genetic counselling, including discussion around adjustments to lifestyle following a diagnosis, coping with results of genetic testing, decision-making on testing to undertake and family planning.

www.health.wa.gov.au/Atricles/F_I/Genetic-Services-of-WA

Centrelink

There are numerous payments and allowances you may be eligible for through Centrelink as a person living with a neuromuscular condition, or as a carer of someone with an NMC. These include:

- Carer allowance
- Health care card
- Mobility allowance
- Pharmaceutical allowance
- Numerous other allowances/payments you may be eligible to receive

www.servicesaustralia.gov.au/centrelink

Neurological Council of WA (NCWA)

NCWA deliver community neurological nursing in both metro and regional WA, providing education, clinical care and supporting applications for funding.

www.ncwa.com.au
Ph: 1800 645 771

Rare Voices Australia

Rare Voices Australia is a national organisation supporting people living with a rare condition, including NMCs. Their Rare Awareness Rare Education (RARE) Helpline can provide timely support in accessing information and connecting you with health services and providers.

To reach the RARE Helpline, call 0499 549 629 between 9am – 5pm (eastern states time) Monday to Friday. It is complimented by their RARE portal, an online service directory of organisations, supports and information about conditions.

RARE Portal: www.rareportal.org.au
Rare Voices Australia: www.rarevoices.org.au

Carers WA

Carers WA have a range of supports available for unpaid/informal carers of people living with a disability, including a range of support groups. The Carer's Gateway program can offer funding or support for someone who is impacted by caring duties, providing respite opportunities and a young carer's program.

www.carerswa.asn.au
Ph: 1300 227 377

Disability Gateway

The Disability Gateway is a government-run online resource containing information, services and supports for people living with or caring for someone with a disability.

www.disabilitygateway.gov.au
1800 643 787



9380 3400

info@neuromuscularwa.org.au

www.neuromuscularwa.org.au

**The Niche,
11 Aberdare Road, Nedlands**

