

## Isolation Information – Tips, Links and helpful information for people living with MND

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One of the positive things to come out of the current health situation and social isolating is the innovation and push to move things into the virtual world. Many organisations are also offering special arrangements, priority services and whole new products aimed to make self-isolating easier.

The following information has been prepared to give you an overview of all the things we have discovered over the past few weeks, with the help of our disability and health networks, that we think you might find useful. We have tried to arrange the information into themes to make it easier for you to find the things you need or might be interested in.

This isn't everything that is available, so if you have something else you think someone may benefit from, then please send it to me via email [now@mndnsw.asn.au](mailto:now@mndnsw.asn.au) and I will make sure it gets included. We will also update this information from time to time and will let you know on our Facebook page when a new version is available.

Kind regards

Karen Martin

Manager, MND NSW Support Services

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### Latest Updates and Information

**MND NSW** are continually updating our [BLOG](#) and our Facebook page with new information and alerts as they come to hand. Make sure to follow us so you don't miss out on anything important!

**MND Australia** have the latest information about COVID – 19 which is updated regularly. Click [COVID-19](#) to head through to their update page.

**MND UK** have just released a new video resource which can be found by clicking [HERE](#). An expert panel of doctors and neurologists in the UK answer questions about MND and COVID – 19. They have also released this [SHORT VIDEO](#) about the things you need to know if you have MND and COVID-19.

**IDEAS** have launched a new [DISABILITY INFORMATION HELPLINE](#) which provides information and referrals for people who need help because of COVID-19.

Contact them on 1800 643 787 or through the National Relay Service on 133 677 if you are speech or hearing impaired.

The helpline operates Monday to Friday 8 am to 8 pm (AEST) and Saturday and Sunday 9 am to 7 pm (AEST). It's not available on public holiday.

## Feeling Bored? Why not indulge in a virtual outing or two?

Staying at home just might have some benefits when it comes to seeing the world. The following institutions have 'virtually' opened their doors so that we can still experience their offerings from the comfort of our own homes. Click the [blue](#) link in the headings below to explore the things that take your interest. You can also right click on the blue link and post into your preferred browser. *Remember to stay safe online and avoid clicking on ads or other pop ups!*



### Museums

[Guggenheim](#) Museum (New York)

[Museum of Modern Art](#) in New York

[The Tate](#) Museum (London)

[British Museum](#) (London)

[Victoria and Albert](#) Museum (London)

[Van Gogh Museum](#) (Amsterdam)

[Acropolis Museum](#) (Athens)

[Musee d'Orsay at de L'Orangerie](#) (Paris)

[Uffizi](#) (Florence)

[Hermitage](#) (St Petersburg)

[Smithsonian](#) National Museum – you can walk through every exhibit!

### Art Galleries

[National Gallery of Australia](#)

[National Gallery of Victoria](#)



[National Gallery of NSW](#)



### Libraries and Archives

[NSW State Library](#) are offering access online as well as some workshops and collections.

[Australian National Library](#) have a range of presentations and some behind the scenes look at some of their collections.

[British Library](#) as well as their own exhibits they are also collaborating to bring Harry Potter fan's a little magic as well. Cast your spell [here](#) or head to the Harry Potter Movie site [here](#).

[Trove](#) is a project of the National Library of Australia. This is also a great repository for reading through old newspapers and chasing up family history information. Users of this service can also contribute by editing documents, contributing photos etc. You can find more information about this [here](#).

[National Archives of Australia](#) offer online exhibits, family history and live updates. They also have some child friendly activities as well!



### Free Online Courses

[Free Courses Directory](#) This site will provide you with almost 3,000 free online courses from right around the world. MOOC stands for massive open online course.

[Ted Talks](#) also offer a wide range of topics and speakers, some short and others long but always entertaining.

[MND NSW](#) also offers many of their education events online via our YouTube channel. You can catch up with past 'Ask the Expert' sessions or listen to the speakers at our 2019 Living well with MND seminar!

[Preventing Dementia](#) is a free online course offered by the University of Tasmania and runs over 4 weeks. It is part of a series run by the University and will commence 12 May 2020.



### Music, Concerts, Documentaries, Theatre and more

Listen to a performance by the [Rotterdam Philharmonic](#) Orchestra

[Sydney Opera House](#) are offering a range of experiences under the 'From our House to Yours' initiative.

Listen to [Sydney Symphony Orchestra](#) performance or if you are in the mood for a little Bach [click](#) here.

[Broadway at Home](#) have a selection of recordings for you to enjoy and a special Home Edition Editorial as well as Club Broadway where you can hear excerpts from a selection of Broadway shows.

Tim Minchin has released his Broadway Show Ground Hog day online and you can listen to the soundtrack [here](#).

[Globe Theatre](#) in London is offering tours and events.

[Lady Gaga](#) Together at home concert highlights

### Zoo Adventures



[Victoria](#) Zoo

[Dublin](#) Zoo

[Baltimore](#) National  
Aquarium

[Taronga](#) Zoo

[Monterey Bay](#)

[San Diego](#) Zoo



## Documentaries and other interesting sites

[The Old Hume Highway](#) – this online book commemorates the 2013 completion of the Hume Highway and guides the virtual traveler along sections of the highway and offers experiences of local towns and scenery.

[Netflix YouTube Documentaries](#) – Netflix has made many of their documentaries available free of charge through their YouTube channel.

Searching for something else? Why not try...

[Google Arts and Culture](#). This is a great way to explore the world and find and create new things.



## Priority Services

[PRIORITY HOME SHOPPING EXPLAINED](#) is a short video letting NDIS participants know how they can access priority shopping from participating retailers.

We understand the following retailers offer priority assistance for both NDIS and others with a disability card.

Woolworths, Coles, IGA, Foodland IGS, FoodWorks and Harris Farm. Each will have a sign-up form. If you have any trouble accessing this, please contact either your MND Advisor or MND Coordinator of Support.

**Pharmacy and Prescriptions** – Pharmacies can offer free delivery on prescriptions to their customers. Simply phone and ask your pharmacist about this. You can also read this [DOCUMENT](#) which details this service.



## Utilities and Accommodation

[Finder.com.au](#) has a simple table showing several utility providers – electricity, gas, internet – their contact numbers and what they are doing to assist their customers during this time. If you are finding it hard to pay your bills, call your provider – ask what they can do for you. Click this [LINK](#) for details.

[NSW Department of Fair Trading](#) has advice for people in rental accommodation finding it tough. Or you can also find information from [NSW Tenants Association](#).

Australian banks have said they are ready to help if you're dealing with the impact of the COVID-19 pandemic. More information can be found [HERE](#).



## Health and Wellbeing

The good news is that the government has now made it possible for telephone consultations with your GP are now able to be claimed through Medicare. This is making life a lot easier for many of us.

**Telehealth Billing Changes** - the Health Department has made important changes to payment arrangements for telehealth services announced last week. Initially all telehealth services were bulk billed. This has been changed so that only services to Commonwealth concession card holders, children under 16 and COVID vulnerable patients must be bulk billed. See the [FACT](#) sheets, on the latest changes.

The Centre for Online Health, Uni of QLD, provide easy to follow [GUIDES](#) on telehealth.

Don't forget to look after your mental, emotional and psychological wellbeing either. The following organisations offer help also!

[Beyond Blue](#) Phone 1300 224 636 (24/7)

[E-Mental Health in Practice](#) This is a great repository of all things mental health

[Relationships Australia Time2Talk](#) this is a free telephone counselling session for anyone feeling the impacts of self-isolation. The number to call is 1300 022 966

[LifeLine Australia](#) Phone 13 11 14 (24/7)

[MensLine](#) Phone: 1300 78 99 78

[MindSpot](#) is a fully funded online resource providing online assessment, courses and treatment for anxiety and depression. A great free resource!

[myCompass](#) is designed to address symptoms of stress, anxiety, and depression through personalised treatments delivered entirely online.

[BITE BACK](#) is an online positive psychology program aimed at improving the mental wellbeing and resilience of young Australians between 13 and 16 years old.

[Black Dog Institute's Online Clinic](#) is a simple, safe and anonymous way to check in on your mental health giving you the right tools to take positive action.

[Quest for Life](#) is offering @Home with Quest on Facebook – a free service with daily check-ins on Facebook LIVE to settle anxiety and unease; Quest Connect on Facebook – a monthly discussion into a topic to help restore resilience; A Meditation Group – online every evening. You can connect with Quest for Life via this link [Facebook.com/QuestforLifeAus](https://www.facebook.com/QuestforLifeAus)

[Mindfulness](#) from The University of Melbourne's website. It explains mindfulness and guides you through some mindfulness, breathing and meditation exercises.

[The Mediation Space](#) offer Meditations, yoga and Tai Chi for every-body. They say they specialise in providing opportunities for those who think they can't and show them they can – even online!



## Just for Carers

[The Carers Gateway](#) and associated services are now live. Carers can access both financial help as well as counselling support through the new gateway. If you would rather call their number is 1800 422 737 and operates Monday to Friday 8am to 5pm.

Carers NSW are also offering some COVID related carer advice:

[Coronavirus \(COVID-19\) latest information for carers](#)

[Carers NSW fact sheet: What do social distancing rules mean for family and friend carers?](#)

## National Disability Insurance Agency (NDIA)



The NDIA is constantly updating their advice about COVID-19 and its impacts on their services. You can stay updated at [HERE](#)

They have some great advice around managing your health and safety and answer some questions about safely continuing with supports in your home. You can find this information [HERE](#)

Things the NDIA have already put in place to support participants:

- Flexible use of Core Support Funding to be able to access coordination of supports and low-cost AT.
- Automatic roll over of plans that are due to expire and may not need a plan review
- NDIS plans to be extended by up to 24 months.
- Planning meetings via video or telephone conferencing.
- A temporary 10% price increase to help providers continue to provide support.

More information can be found [HERE](#).

[PLAN PARTNERS](#) have prepared some answers to common questions around how your NDIS plans, services, budgets and payments may be impacted by these changes.

For those accessing the NDIS, there is a requirement for providers to ensure continuity of service, including finding a replacement carer to attend to a person needs. The NDIS has information on their [SUPPORT WORKERS AND YOU](#) page that can help.

**For More information or to speak to one of our Support Services Team**

Email: [now@mndnsw.asn.au](mailto:now@mndnsw.asn.au)

Or visit: [www.mndnsw.asn.au](http://www.mndnsw.asn.au)