

## Mito Connect Call – Tips

Mito Connect Calls provide a virtual space for members of the mito community to connect with each other. We hope they will go a little way to ease the isolation that many people experience, whether due to geographical location and/or health issues.

Mito Connect Calls are an opportunity for you to hear different ideas and perspectives about treatment, care, and the experience of living with mito, as well as to remind you that you are not alone. Whilst every individual mito patient is very different, many of the challenges faced by the community are similar.

AMDF understands that it can be daunting participating on a group call with people you may not have met. AMDF ensures that Mito Connect Calls are always friendly and supportive. You are welcome to talk as much or as little as you would like.

*“I enjoyed talking to others who have the similar conditions and knowing what they are going through, I can relate to them and I gain info from them as much as they do from me I hope” – Mito Connect Call participant.*

When you dial into the Mito Connect Call you will be welcomed by a member of the AMDF Support Services Team. After providing an overview of the call, participants will be invited to introduce themselves, their relationship to mito and what they are hoping to get out of the call. The call is then open for participants to bring up topics of conversation or ask questions.

Examples of what you may like to discuss in a general support Mito Connect Call:

- Practical tips for living with mito, e.g. for coping with fatigue and memory loss
- Accessing financial support, e.g. through Centrelink or the National Disability Insurance Scheme (NDIS)
- Ideas for coping with mito in the workplace
- Ideas for supporting children with mito at school
- Ideas on how to talk to family members and friends about mito

Remember this is your forum and you are free to bring up any relevant topic with the community. As well as practical ideas, Mito Connect Calls offer a safe space to receive emotional support from the others in the mito community.

*AMDF advises that patients seek individual medical advice from their primary healthcare provider prior to making any changes to their treatment.*