



Mito Guardians

An everlasting commitment to curing mitochondrial disease



mito⁺
FOUNDATION
Hope for mitochondrial disease

A Message From Our Chairman

My life's work is to improve the lives of those affected by mitochondrial disease (mito). Since its inception the Mito Foundation has worked tirelessly to improve research, advocacy, education and support for mito – and this would not have been possible without the help of bequests from people who care deeply enough to give, our Mito Guardians.

Mito is an awful disease: those susceptible can present at any age and without warning from new born through to late adulthood.

Many families experience extreme emotional and financial stress. The diagnostic process is difficult, usually long, frequently inconclusive and often fraught with misdiagnoses.

We know that mito is present in at least 1 in 200 people (about 1,200 Australians) and that around 1 in 5,000 births will develop serious life-threatening disease, often resulting in death by early adulthood. This makes our work urgent and important for both present and future generations.

The Mito Foundation is the peak Australian charity for people with mito. It provides support to the mito community, and funds research into improving diagnoses, developing treatments, and a search for cures.

Thank you for considering becoming a Mito Guardian. To do so is a wonderfully worthwhile means of helping people with mito and brings effective treatments and cures that much closer. We understand this could be a long journey, but we promise that with your help progress will come as rapidly as humanly possible.



Doug Lingard
Chairman, Mito Foundation

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It is because of our passionate Mito Guardians that we can continue our mission to cure mito.

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Leave a Lasting Legacy

The Mito Foundation relies heavily on donations to fund urgent research into this devastating disease and to support those with mito, and leaving a bequest is a simple yet enduring way to establish a legacy.

A bequest can be a wonderful way of expressing your passion whilst giving hope to current and future generations.

The Mito Foundation will find cures for mito. Your gift will guarantee progress towards this significant medical breakthrough.

Living With Mito - Carrera's Story



We are truly unsure what Carrera's future looks like. We don't know if she will walk, speak or be able to do things like most kids do. I hope Australian scientists will find a cure for our loved ones who are already suffering from this illness. The mito community need all the help we can get to give our loved ones hope for the future. The reason we are sharing our story is to help other families so they don't feel alone and helpless – and to build Carrera's legacy so she isn't going through this in vain.

Jen and Adam (Carrera's parents)

Your Will & The Mito Foundation

When the time is right for you and after taking care of your loved ones, we ask that you consider leaving a gift to the Mito Foundation in your will. You can include a bequest when you write your will or add it as a codicil to an existing will. Usually this is a simple process but we advise you seek professional legal advice to ensure your wishes are recorded in a legally binding fashion. Also, should your circumstances change, it is important you are able to readily alter your instructions.

There are several ways you can remember the Mito Foundation in your will and your legal adviser will be able to guide you with the right choice for your circumstances. For instance, you can leave a specific dollar amount, assets such as property or shares, or a residuary sum which remains after all personal commitments are honoured. Your gift could be paid as a lump sum or over time from proceeds of investments.

For a confidential discussion about available options or to specify how you wish your bequest to be used in the fight against mito, please call Doug Lingard on 0418 161 926.

Key Information

The following key information is required by your solicitor for the preparation of your will:

Legal Name: Australian Mitochondrial Disease Foundation Limited

ABN: 84 135 324 391

Address: Suite 804, Level 8, 28 Foveaux St, Surry Hills, NSW 2010

The Road to Curing Mito

The road to curing mito is long but filled with hope. Gene therapy offers real hope of cures in mitochondrial optic neuropathies, Mito Donation gives the chance to eliminate the passing of mito from mother to child, and several treatment medications are now in the pipeline. As of 2023, we have allocated over \$7m to research focused on three key areas:

1. Improve clinical care
2. Increase the rate of diagnosis
3. Develop treatments, prevention strategies and cures

Our commitment to finding a cure runs through our whole research funding program. Funding awarded today will contribute to cures found in the future, including:



Mito Foundation Research Fellowships

Research Fellowships encourage early career researchers to enter the field of mito research helping to develop experts who will lead groundbreaking research.



Mito Foundation Translational Research Grants

Our Translational Research Grants speed up the process of taking transformative research discoveries and applying them to clinical practices - boosting the treatments on offer.



Mito Foundation Clinical Trial Support Grants

Clinical trials in mito are almost non-existent in Australia. These grants supports the development of essential infrastructure to bring clinical trials to Australia.

Become A Mito Guardian

The Mito Foundation is the only Australian charity focused on mito and has been operating now on behalf of those afflicted since 2009. Today, Mito Foundation is the second largest philanthropic funder of mito research worldwide. We acknowledge that this is only possible thanks to the generous support of all our donors and their continued commitment to the mito community.

While much has been achieved, there is still a long way to go. Many sufferers have lost their battle while others have undergone significant debilitation and trauma. This reminds us our work is urgent and unfinished.

Once you complete the formalities to include the Mito Foundation as a beneficiary in your will, please let us know. You can contact us on 02 8033 4113. You need tell us only as much information as you wish, and it will not affect your right to amend or update your wishes if your circumstances change.

Knowing of your bequest allows us to plan our future distribution of research funds and develop support projects with more confidence. It also ensures we can acknowledge your donation on behalf of the mito community in a manner that's suitable to you.

You will become a Mito Guardian, a much-valued member of those who have chosen to leave the priceless gift of hope in their will.

We want you to feel satisfaction in knowing you will help the Mito Foundation continue its mission to seek cures, provide support to patients and their families, and educate medical professionals and the public about mito.

Your commitment now will be a lasting legacy for the future.

Wording Your Bequest

Below are three wording options to include a bequest in your Will. Each of these ensures that the real dollar value of your bequest is not eroded by inflation, meaning every dollar will continue the foundation's work to cure mito.

1. Wording for a residuary bequest

I give and bequeath the rest and residue of my estate both real and personal to Australian Mitochondrial Disease Foundation Limited (ABN 84 135 324 391) Suite 804, Level 8, 28 Foveaux Street, Surry Hills NSW 2010, for its general purposes and declare that the receipt of an executive officer at the time, shall be sufficient discharge of my executor's duty.

2. Wording to leave a percentage of the residue of an estate

I give and bequeath _____ per cent of the residue of my estate to Australian Mitochondrial Disease Foundation Limited (ABN 84 135 324 391) Suite 804, Level 8, 28 Foveaux Street, Surry Hills NSW 2010, for its general purposes and declare that the receipt of an executive officer at the time, shall be sufficient discharge of my executor's duty.

3. Wording for leaving a percentage of the total estate

I give and bequeath _____ per cent of my estate to Australian Mitochondrial Disease Foundation Limited (ABN 84 135 324 391) Suite 804, Level 8, 28 Foveaux Street, Surry Hills NSW 2010 for its general purposes and declare that the receipt of an executive officer at the time, shall be sufficient discharge of my executor's duty.