



Willing to conquer asthma and lung disease

How to change the world
you leave behind by making
a Bequest to the Asthma
Foundation of South Australia.

who we are

Our vision

To help people to breathe better.

Our mission

Working together to help people with asthma and linked conditions to breathe better.

Our purpose

To provide information, education, training and advocacy in the community and to promote research.

Linked conditions

The Asthma Foundation supports all South Australians who struggle for breath, including people who have asthma, chronic obstructive pulmonary disease (COPD), allergies, anaphylaxis and other respiratory conditions.

Priority goals

1 To fund research that identifies and informs best practice in asthma management and lung disease

We fund research and work with the community to promote research and communicate findings.

2 People with asthma and COPD and their carers understand and can manage their condition

We provide nationally consistent evidence-based information and education about asthma and linked conditions – through telephone and on-line services, brochures, community education programs and community events.

3 Services are available to communities with higher rates of asthma or with difficulties accessing appropriate services

We target programs and fundraising – working with communities to provide services for people at greatest risk.

4 Communities, organisations and services are asthma friendly

We provide education and training, and advocate for people with asthma and linked conditions – working with schools and preschools, communities and health professionals to create asthma friendly environments.

5 Asthma Foundation of South Australia grows through investment in national partnerships with the Australian public, governments, health professionals, business and industry

We work together nationally to deliver better services. We seek and build partnerships to expand our work to help people with asthma and linked conditions to breathe better.



"My first attack of asthma was when I was two, back in 1971. Back then society did not really understand what it was all about.

Now a mum of three, all of whom have asthma, it is great to see so much information available ... Your website is full of really relevant and helpful information for those not fully informed about how asthma affects children. Well done."

— Liz Shields

Helping Australia breathe better

Asthma is a complex disease that is partly genetic and partly environmental. It is a very individual disease which affects people in different ways.

Much mystery still surrounds asthma. Whilst some progress has been made to understand the causes of asthma, the picture is not complete, and there is still no known cure for this chronic disease. In Australia, asthma is particularly prevalent.

Research shows that Australia has one of the highest rates of asthma in the world: 1 in 9 children and 1 in 10 adults have asthma in this country. It is the leading reason Australian children visit hospital.

Australians, young and old, continue to die from asthma. The greatest tragedy is that many people are still relatively unconcerned about managing their condition or keeping an updated Asthma Action Plan. The truth is that people can live well with asthma – if it is well managed.

Chronic Obstructive Pulmonary Disease or COPD is a term used to describe conditions that include emphysema, chronic bronchitis or a combination of both these. COPD is the fourth most common cause of death in Australia.

Educating people not to be complacent about their conditions is one of the greatest challenges facing the Asthma Foundation of South Australia. Funding research into better and more effective treatment is critical. Finding the elusive cure for these deadly diseases is an even greater challenge!

Bequests play a critical role in funding this life-saving education and this life-saving research.



You can live a few weeks without food, a few days without water – but only a few minutes without air ...

Your Legacy, changing lives

Asthma education and research over the past five decades have changed the course of medical history. A half century of achievement made possible only by a generous community of supporters.

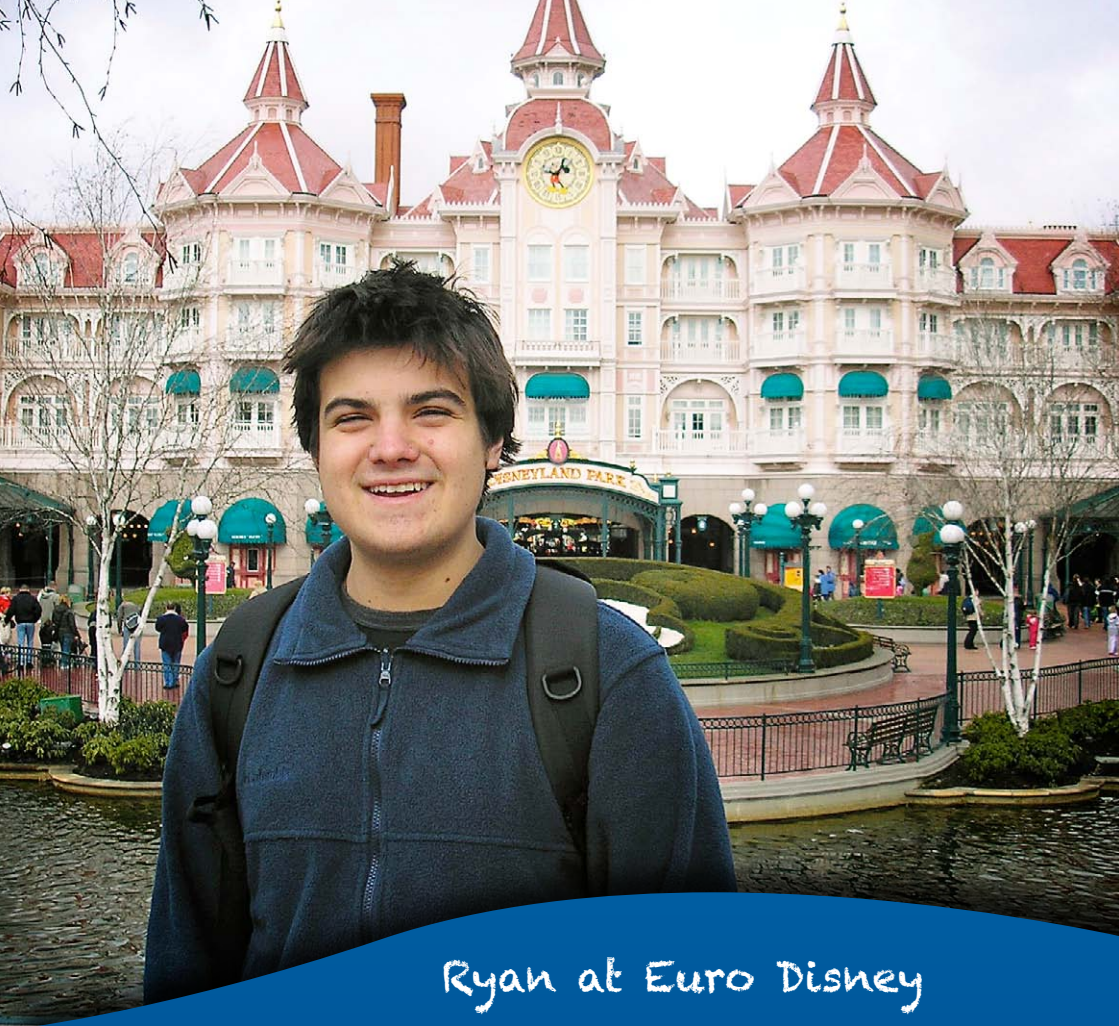
The Asthma Foundation of South Australia officially came into being in 1963. However, the nucleus of the organisation had already existed for almost four years in the form of the Asthmatic Children's Aid. The inspiration for the organisation and its activities came into being in the mid-1950s from the mind of one man – Dr Cyril Piper (1902 – 1961).

Dr Piper had a personal interest in allergy, as his wife was a severe sufferer of hayfever. However, it was his work with children who had allergies which convinced him that something needed to be done to ease the plight of asthmatic children and their families. From the mid-1950s he worked tirelessly towards the setting up of the Asthmatic Children's Aid, which was officially incorporated in January 1960. It was the first organisation of its type in Australia and went on to become known as the Asthma Foundation of South Australia in 1963.

Today the Asthma Foundation of South Australia works collaboratively with the Asthma Foundation in every state and territory to support people with asthma and other respiratory conditions to breathe better.

It is the generosity of our supporters which funds the vast majority of our work. The Asthma Foundation does not receive any state government funding and less than 15% of funding comes from the federal government. Bequests provide a particularly critical source of funding because, for many of our supporters, it provides a special opportunity to leave a gift of particular significance.

Despite the extraordinary advances in our understanding and treatment of asthma, there is still much to be learnt and there is currently no cure. But there is hope!



Ryan at Euro Disney

"No one EVER told me my child might die. You know, looking back, that might sound naïve - but Ryan had only ever had one serious attack before that.."

- Lenore Miller, Mother of Ryan, who tragically passed away due to asthma, at just 19 years of age.

Your Bequest to the Asthma Foundation of South Australia could fund the research project that might make important new discoveries in the treatment of asthma ... and possibly find that elusive cure.

Education and Research

Changing the course of respiratory health management and medical history

Sadly, deaths from asthma in Australia are high on an international scale.

Research has played a major part in halving the number of asthma deaths since the late 1980s. Thanks to the generosity of supporters around Australia millions of dollars have been awarded in grants and fellowships to hundreds of researchers in all areas of asthma research. Australian researchers are recognised internationally as leaders in many fields of asthma research.

Help us on the journey to fund important ground breaking research whilst we continue to provide services, education and training to reduce the impact of asthma and other respiratory conditions on day-to-day life.



Professor Paul N. Reynolds MBBS PhD MD FRACP

Consultant Physician in Respiratory and Sleep Medicine

Director, Lung Research Laboratory

RAH Chest Clinic

Chairperson, AFSA Medical & Scientific Advisory Committee.

Your Bequest could fund the next scientific investigation that might change the course of medical history.

Wording your Bequest

If you plan to include a Bequest to the Asthma Foundation of South Australia in your Will, please provide the following suggested wording to your Solicitor or Trust Advisor.

For a specific legacy

“I give _____ % share/residue of my estate or the sum of \$_____ to the Asthma Foundation of South Australia Inc., 300 South Road, Hilton, SA for its general purposes free of all duties and taxes payable upon my death. I direct that the receipt of the Company Secretary or other proper officer for the time being of the Asthma Foundation of South Australia Inc. shall be a good and sufficient discharge to my trustee/s.”

If you have already included the Asthma Foundation of South Australia in your Will or are considering doing so, we are most grateful. It would be a great help in our future planning if you could let us know by completing and returning the form enclosed to the address on the back page of this booklet. Of course, completing the form does not commit you in any way and your response will remain entirely confidential.

Finally, please consider how your Bequest, or other major gift, can become a living memorial to your generosity. It may also act as an inspiration to others to consider their own part in ensuring the future wellbeing of so many South Australians.

Your Bequest to the Asthma Foundation of South Australia truly does have the power to change the world you leave behind.



Mem Fox

The Asthma Foundation of South Australia has been of inestimable importance and usefulness to me over the years. I've been a chronic asthmatic since my early teens and am now in my mid-sixties, living a very busy, fulfilled writing life.

It is with thanks to the Asthma Foundation of South Australia's information, support and advice that I am able to continue living my life to the fullest.

My lungs have been compromised for so long that they protest mightily when I put them through 14 hour flights to the USA or 30 hours to Europe, let alone a normal Adelaide to Sydney route. My work involves an enormous amount of travel and I was at a point where I thought I would have to give up on much of it because of the distress caused by my severe lack of lung-function on planes.

With thanks to the Asthma Foundation of South Australia's wonderful health educators and their Breathe Better Information Line, my quality of life has improved. I am calm in the knowledge that if the worst came to the worst, I would in fact be safe and sound, and breathing, from one end of a trip to another thanks to the battery operated nebuliser they recommended.

I am not the only one who is assisted by the Foundation. With over 200,000 South Australians struggling for breath as a result of asthma, their work has never been more relevant.

After providing for your family, please consider leaving a Bequest to the Asthma Foundation of South Australia in your Will. Your legacy will offer a gift of hope to future generations of South Australians living with asthma and other respiratory conditions.

On behalf of all of us living with asthma or chronic obstructive pulmonary disease, a huge thank you!

— Mem Fox, Children's author

Did you know?

Asthma is one of Australia's most widespread chronic health problems

Asthma affects over 2 million Australians

1 in 9 children and 1 in 10 adults have asthma

In 2008, 449 Australians including 40 South Australians died from asthma

Asthma is a major cause of school absenteeism and child emergency department attendance

At present, just over 2 million Australians are estimated to have Chronic Obstructive Pulmonary Disease (COPD)

In 2008, 16,004 Australians died due to COPD



"After providing for your family, please consider leaving a Bequest to the Asthma Foundation of South Australia in your Will. Your legacy will offer a gift of hope to future generations of South Australians living with asthma and other respiratory conditions."

– Children's author, Mem Fox



The Asthma Foundation of SA Inc.

www.asthmasa.org.au

Breathe Better Information Line **1800 645 130**

300 South Road HILTON SA 5033

Ph 8238 9300 Fax 8238 9303

PO Box 2035 HILTON SA 5033

info@asthmasa.org.au

ABN 29 187 159 478

**When I have an
asthma attack, I feel
like a fish with no water**

– Harrison, aged 5



Yes, I would like to support AFSA through my legacy...

- I have **already made** a Bequest to the Asthma Foundation of South Australia **in my Will**.
- I **intend making** a Bequest to the Asthma Foundation of South Australia **in my Will**.
- I **will consider making** a Bequest to the Asthma Foundation of South Australia **in my Will**.
- I would like to discuss the possibility of leaving a Bequest to the Asthma Foundation of South Australia. Please ask your Community Relations & Bequest Officer to contact me personally.
- Please send me more information about the work of the Asthma Foundation of South Australia and how my Bequest may help.

Title	First Name	
Family Name		
My Daytime Telephone Number		
My Email Address		
My Postal Address		
City	State	Postcode

- I have asthma
- Someone in my family has asthma
- I have COPD
- Someone in my family has COPD

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ABN 29 187 159 478

Donate online at www.asthmasa.org.au



How your Bequest will help us all to breathe better

We, at the Asthma Foundation of South Australia, rely on public donations, bequests and the support of corporate partners to fund 85% of our core community services and programs.

Your Bequest to the Asthma Foundation of South Australia has the power to touch future generations in many ways. Please help us on the journey to fund important ground breaking research whilst we continue to provide services, education and training to reduce the impact of asthma and other respiratory conditions on day-to-day life.

Your gift could fund a new initiative or program that will educate more people on how to manage their condition. It could also help to fund the expansion of our education and training programs throughout South Australia, including programs for:

- Schools, child care, sporting clubs and workplaces
- Health professionals
- Disadvantaged communities including rural, remote, low socio-economic, indigenous and multicultural
- Targeted support and education for families suffering from asthma and linked respiratory conditions

For so many people who struggle for breath, their future is in your hands.

