



Having a disease like MND can lead to the involvement of many different kinds of professionals each making many different appointments with you. Under these circumstances it can become confusing to remember who you are due to see when, particularly when they are the ones visiting you.

The pages in this document are intended to do two things. Firstly they are intended to help you keep track of who everyone is and how they can be contacted in case you need to make changes to appointments. Secondly they are intended to save you having to repeat the same information over and over again, particularly if you develop communication problems.

Almost everyone you meet will want to know the same things about you, so why not write them down, or get someone to write them down for you on the “**About Me**” and **Personal Details** pages. You can then refer people to this page at a first meeting so they can get to know something about you and save you a lot of repetition as most professionals will ask you the same kinds of questions at a first meeting.

The **Communications Record** will let you or your carer make brief notes about what is said and recommended during different appointments. That way other professionals can keep up to date with what is happening.

Different equipment might be loaned to you by different organisations. The **Equipment Record** is intended to help

you keep track of where things came from in order that you know who to contact in case you wish to return anything for repairs or servicing.

Every professional you are in contact with will want to know what other professionals are also involved in helping you. If you get each of them to complete their details on the **Professional Contacts** sheets each can see at a glance who else is involved in your care.

The **Medications List** is useful both for you and carers to keep track of dosages and frequencies and for other professionals, such as your care team member, to see what has been prescribed. Our care team are very experienced in dealing with MND and may be able to offer suggestions to your GP for medications you are not currently using. This list is also useful for recording “over the counter” remedies and supplements you might also be taking as some of these can have side effects when taken with other prescribed drugs.

The purpose of the **Appointments Record** is self explanatory. Like the other documents it can be useful to let professionals write in this themselves in order that they can see what other services you are currently accessing. You or your carer might also want to note down questions you want to ask at the planned meeting on this sheet too.

MND Scotland is the working name of the Scottish Motor Neurone Disease Association, the only charity funding research and providing care and information for those affected by MND in Scotland.

Professional Contacts

Title	Name	Address	Phone	Fax	e-mail
Family Doctor					
Neurologist					
MND Specialist					
District Nurse					
Occupational Therapist					
Physiotherapist					
Speech and Language Therapist					
Dietician					
Social Worker					

Other Professional Contacts

Title	Name	Address	Phone	Fax	e-mail

Personal Details

Name: Contact Information Address: Phone Number: Mobile Number: E-Mail NI Number	Date of Birth: Lives Alone Date MND Diagnosed Yes <input type="checkbox"/> No <input type="checkbox"/> Lives With Relationship Name(s) Dependents: Relationship: Name(s)
---	---

Informal Carers (Family Friends, Neighbours, etc)			Notes: (e.g. other conditions or allergies you suffer from)
Name	Address	Phone/E-mail	

About Me...

You can use this page to let people know about your individual needs and how MND currently affects you. This may be particularly helpful for nursing staff if you have a stay in hospital or a respite care facility, or require homecare. For example, you may wish to include what foods you can eat, signals you use to communicate, etc.