



This factsheet is nothing more than the collated contact details of all the organisations mentioned in this series of factsheets.

Support for people living in Scotland with MND

[MND Scotland](#)

MND Scotland is the only Scottish charity providing care and support to people affected by MND, as well as funding research into finding a cure. We campaign and raise awareness to make the lives of people affected by MND better, and provide hope for a world without MND.

[Care-MND](#)

Launched in 2017, the Care-MND website integrates clinical care, audit, research and evaluations to provide ongoing comprehensive monitoring of every person living with MND in Scotland

[Euan MacDonald Centre](#)

The Euan MacDonald Centre in the University of Edinburgh Centre supports and undertakes cutting-edge research into MND and related conditions, as well as training opportunities for the next generation of basic- and clinician-scientist research leaders.

Support and Information on Health Related Topics

www.nhs24.com

NHS24 is the national helpline for medical enquiries which is open 24 hours a day, 7 days a week. Telephone number 111 is the new free way to phone the NHS 24 helpline from landlines and mobiles.

<http://www.nhsinform.co.uk>

NHS Inform is Scotland's health information service. providing a co-ordinated, single source of quality assured health and care information for the people of Scotland. Telephone 0800 22 44 88

<http://www.careinfoscotland.scot/>

Care Information Scotland is a telephone and website service providing information about care services for older people living in Scotland. It is produced by NHS 24 and the Scottish Government.

MND Scotland is the only charity funding research and providing care and information for those affected by MND in Scotland.

Personal Experiences

[Patient Opinion](#)

Patient Opinion is an independent website where people can share their experiences – good or bad. These will be sent to health professional staff so that they can be used to improve services and make a difference.

www.patientslikeme.com

PatientsLikeMe was created in 2004 by Benjamin and James Heywood whose brother Stephen was diagnosed with MND at the age of 29. It is a site where patients can share their experiences of different treatments and therapies.

www.healthtalkonline.org

A website created in 2001 where people can share real-life experiences of over 90 different medical conditions including MND.

MND Scotland is the only charity funding research and providing care and information for those affected by MND in Scotland.

Carers Information

For a more comprehensive list of Carers' websites, please look at our webpage <http://www.mndscotland.org.uk/information/major-scottish-carers-organisations/>

www.carerscotland.org

Carers Scotland (part of Carers UK) is a charity which supports carers by providing information and advice, campaigning to make life for carers better and by influencing policies through research. Telephone 0808 808 7777

www.careinfoscotland.scot

Care Information Scotland offers comprehensive advice for carers in Scotland on issues such as how to get care services, care at home, care homes, your rights, support for carers and so on. Telephone 0800 011 3200

www.carers.org

Carers Trust A charity formed by the merger of The Princess Royal Trust for Carers and Crossroads Care in April 2012. Carers Trust works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Disability Information

www.dlf.org.uk

Disabled Living Foundation, DLF is a national charity providing impartial advice, information and training on independent. Helpline 0300 999 0004

www.independentliving.co.uk

Independent Living is a commercial site which provides comprehensive news, views and product information designed to assist with living independently.

<http://www.disabilityscot.org.uk/>

Disability Information Scotland Provides reliable, accurate and accessible information throughout Scotland on all aspects of disability.

<http://www.disabilityrightsuk.org>

Disability Rights UK (formerly known as **RADAR** Royal Association for Disability and Rehabilitation) is a charity offering help and advice on all aspects of disability.

www.independentliving.co.uk

Independent Living is a commercial site which provides comprehensive news, views and product information designed to assist with living independently.

MND Factsheet 43 Useful Organisations

<http://www.rica.org.uk/>

Ricability evaluate and report on equipment and facilities for older and disabled people

Help for Older People

www.age.org.uk

Age UK is a national charity formed in 2009 from the merger of Help The Aged and Age Concern. It supports older people with advice on money matters and health and wellbeing.

www.independentage.org.uk

Independent Age is a national charity offering help and support to older people on a wide range of topics such as finance, care assessments, housing and befriending. Advice Line 0800 319 6789

<http://www.thesilverline.org.uk>

Silverline (Scottish Helpline for Older People) is delivered in partnership with Age UK. Their free helpline offers information, friendship and advice. They link callers to local groups and services. Telephone 0800 4 70 80 90

Money and Finance

<https://www.gov.uk/>

Direct Gov Website is the official website for information on all government services.

<https://www.gov.uk/browse/benefits/entitlement> Information about all state benefits can be found on this webpage.

www.jobcentreplus.gov.uk

The Jobcentre Website check-out employment opportunities and benefit entitlements.

www.publicguardian-scotland.gov.uk

The Office of the Public Guardian. This website has information about Power Of Attorney and how to register one. The office is Hadrian House, Callendar Business Park, Callendar Road, Falkirk, FK1 1XR, Telephone: 01324 678 300

Equipment

There are many on-line retailers of “accessible” equipment and ‘assistive technologies’. The following links are only a very small sample of some useful sites that might give you ideas.

| | |
|---|--|
| www.portaramp.co.uk/ | Ramps and similar |
| www.clos-o-mat.com/ | Showering, bathing and toileting aids |
| http://www.inclusive.co.uk/ | Inclusive Technology for information on a huge range of communication technology such as, speech amplifiers, telephones, tables, software and the like. |
| https://www.nrshealthcare.co.uk | Nottingham Rehab Supplies , supporting daily living. |
| https://www.pattersonmedical.co.uk | Patterson Medical , suppliers of a large range of medical aids. |
| www.toby-churchill.com/ | Toby Churchill Ltd Lightwriters & environmental control systems |
| www.tobii.com | My Tobii eye-controlled computer system |
| https://thinksmartbox.com/product/the-grid-2 | The Grid computer communication control system |
| http://www.tobiidynavox.com/ | Tobii DynaVox Systems Ltd Communications aids |
| www.possum.co.uk/ | The Possum Environmental Control System and phones |
| http://www.techcess.co.uk | Techcess , Communications equipment |
| www.aacmounts.com/ | Mounts & More Ltd secure mountings and switches for computers |
| www.malvernscientific.com/ | Malvern Scientific Solutions Ltd develop and supply bespoke AT systems for people with moderate to severe physical and/or cognitive disabilities. |

MND Factsheet 43 Useful Organisations

www.communicationmatters.org.uk/

Communication Matters is an umbrella organisation for communications specialists

www.abilitynet.org.uk

Ability Net, supporting independence through technology

Travel

www.accessibletravel.co.uk

ACCESSIBLE TRAVEL & LEISURE Holidays abroad tailored to your individual needs Tel: 01452729739 Website

www.tourismforall.org.uk

Tourism for All UK Tourism for All UK is a national charity dedicated to standards of world class tourism Tel: 0845 124 9971

<http://www.changing-places.org/>

Changing Places. The Changing Places website can be used to find accessible toilets for people with learning and physical difficulties.

www.sharedcarescotland.org.uk

Shared Care Scotland have developed a unique online short break information service. It provides information on home-based and residential-based respite, family placements, befriending projects, activity clubs, holiday breaks and more specialised guest houses and hotels.

www.visitscotland.com/guide/where-to-stay/accessible-scotland/

Accessible Scotland is part of Visit Scotland and is a website of searchable short breaks, holidays, and things to see and do.

Transport and Driving

Scottish Driving Assessment Service SDAS offers driving assessment for people who wish to commence, resume or continue driving after illness or injury, as well as advice on vehicle modifications to enable safe driving or passenger travel for those with a disability. It is based in Astley Ainslie Hospital, 133 Grange Loan, Edinburgh EH9 2HL Tel : 0131-537-9192 Fax : 0131-537-9193 Email : marlene.mackenzie@nhslothian.scot.nhs.uk

MND Factsheet 43 Useful Organisations

<http://www.dvla-contact-number.co.uk/dvla-medical-contact/> If you have been advised by your doctor to inform the DVLA of a recent diagnosis, you may use the DVLA Medical Unit contact number, 0870 600 0301

<http://www.disabledmotoristsfederation.org.uk> **Disabled Motorists Federation** is a national charity offering help and advice to disabled passengers and carers.

www.motability.co.uk **The Motability Scheme** enables disabled people to use their government-funded mobility allowance to lease a new car, scooter or powered wheelchair. Contact Motability's customer service number on 0300 456 4566

Centres for Inclusive Living

www.gcil.org.uk **Glasgow Centre for Inclusive Living**, 117-127 Brook Street, Bridgeton, Glasgow G40 5AP, Tel: 0141 550 4455, Fax: 0141 5504858, Textphone: 0141 554 6482, Email: gcil@gcil.org.uk

www.lothiancil.org.uk **Lothian Centre for Inclusive Living (LCiL)**, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY, Tel: 0131 475 2350, Minicom: 0131 475 2463, Fax: 0131 475 2392

Dundee

Dundee Independent Living Centre
Unit T, Charles Bowman Avenue
Claverhouse West Industrial Estate
Dundee, DD4 9UB
Tel: 01382 307631
Email: DILC@dundeecity.gov.uk
<http://www.dundeecity.gov.uk/socialwork/independentlivingcentre>

Edinburgh

Lothian Disabled Living Centre
SMART Centre
Astley Ainslie Hospital
Grange Loan
Edinburgh
EH9 2HL
Tel: 0131 537 9190
E-mail: lothian.dlc@1pct.scot.nhs.uk
<http://www.smart.scot.nhs.uk/disabled-living-centre>

MND Factsheet 43 Useful Organisations

Elgin

Moray Independent Living Centre

Maisondieu Road

Elgin

Morayshire

IV30 1RX

Tel:01343 559461

http://www.moray.gov.uk/moray_standard/page_40118.html

E-mail: info.dlc@comm.moray.gov.uk

Grangemouth

Dundas Resource Centre

Oxgang Road

Grangemouth, FK3 9EF

Stirlingshire

Scotland

Tel: 01324 504 311