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*MND patient and  
campaigner*  
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# Motor Neurone Disease

## A Guide for MSPs

This guide aims to help you understand Motor Neurone Disease (MND) better and how you can support your constituents with MND.

# What is Motor Neurone Disease?

- Motor Neurone Disease (MND) is a rapidly progressing terminal neurological illness which stops signals going from the brain to the muscles, causing muscle weakness and wasting.
- Symptoms include losing the ability to walk, talk, eat and breathe unaided.
- Currently in Scotland over 450 people have MND. On average 160 new cases are diagnosed each year.
- MND can strike at any age but most people diagnosed are over 40. The youngest person with MND in Scotland is 22.
- From diagnosis, average life expectancy with MND is just 14 months.
- There is no diagnostic test, no effective treatment and no cure for MND.

## How you can help as an MSP

You can

- Support people with MND in your constituency or region if they require help accessing local services
- Raise awareness about the illness in Parliament by asking questions, writing and supporting motions and mentioning our work in speeches. We can support you to do this
- Meet with MND Scotland in Parliament
- Support our campaigning work
- Follow us on social media @MNDScotland and share our fundraising events
- Meet with people affected by the illness and hear first-hand their experiences at one of our support groups

# About MND Scotland

MND Scotland is the only charity funding research, providing support and information for people affected by MND in Scotland, and campaigning on their behalf.



Lucy Lintott, 22, has MND

## How we can help you

You can support your constituents with MND by directing them to MND Scotland for support and information. Our services include

- Welfare and benefits advice
- Counselling
- Complementary Therapy
- Education and Information
- Equipment and Communications Loans
- Accessible holiday accommodation
- Grants to help with financial hardship

# Get in touch

If you require more information about MND Scotland's work please do not hesitate to contact the Policy and Campaigns team on the details below.

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 [www.mndscotland.org.uk](http://www.mndscotland.org.uk)

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For information about any of our support services please email [info@mndscotland.org.uk](mailto:info@mndscotland.org.uk)

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