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The Scottish MND Association was founded in 1981 by John MacLeod and is the only charity providing care, information and funding for research to improve the lives of people affected by Motor Neurone Disease (MND) in Scotland. The Association changed its name to MND Scotland in 2009.

MND Scotland aims:-

- To ensure that the right help, care and support is available to everyone with MND and their families in Scotland
- To inform, educate and support health and social care professionals working with people affected by MND
- To raise awareness of MND
- To promote research into all aspects of MND

Providing Information

The charity now works under the name of MND Scotland and provides comprehensive, accurate, and timely information about MND to those with MND, those affected by MND, the research and healthcare communities, the media, our donors, and volunteers.

We communicate through several publications such as our newsletter, *Aware*, fact sheets and our extensive web site www.mndscotland.org.uk. In addition to being a source of on-line educational materials, the MND Scotland web site is a great place for you to find current, trustworthy information about key MND research, MND and other news,

advocacy initiatives, links to other Associations world-wide, other useful resource sites, and much more.

Providing Support

MND Scotland provides support through the following services:-

- Equipment Loan
- Counselling
- Complementary Therapy
- Library and Information
- Benefits and Welfare
- Education Service

In addition to the above we also offer practical information and support via family information evenings, grants schemes, study days, support groups and opportunities for holidays at our specially adapted caravan near St Andrews and chalet at Tralee Bay near Oban.

MND Scotland produces several publications and factsheets that are available to you. Contact our head office to find out what's available, or go to www.mndscotland.org.uk where most of them can be downloaded and printed.

MND Clinical Specialists

MND Scotland liaises closely with the team of MND Clinical Specialists who are linked to hospital neurology departments across Scotland. The MND Clinical Specialist is a highly qualified health professional who has specialised in dealing with patients with MND. They are very experienced in the problems that MND can cause. People with MND can arrange for an MND Clinical Specialist to visit them, their carers and their family at

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

home. The main aspects of their role are to:-

- Visit people with MND and their families at home to give support and advice.
- Support health and social care colleagues e.g. occupational therapists etc.
- Determine future needs and arrange loans of specialist equipment for people with MND.
- Co-ordinate the services provided to people with MND

Equipment Loan Service

As MND progresses it is probable most people may need access to specialised equipment. Most larger, more expensive, equipment is ordered as required by the professionals responsible for assessing your needs in that area, e.g. a District Nurse might order a specialised bed, an OT might order a riser recliner arm-chair. Our equipment loan service was created to fill the gap between a need being identified and the supply of your own equipment. Your MND Clinical Specialist can arrange for loans and delivery of most common pieces of equipment at no charge.

Counselling Service

MND Scotland offers emotional support and professional counselling for people affected by MND and relatives bereaved by the loss of someone to MND. Counselling normally takes place in a neutral setting close to your home. For those who are housebound or living in remote areas with no nearby counsellor a confidential telephone counselling service may also be available.

Library and Information Service

Our library contains books and resources on all aspects of MND e.g. specialist services or equipment, which are available to borrow by post or in person. Our information officer/librarian is also able to research any aspect of MND on which you need more information. Recent enquiries have included the best way someone with MND can travel from Scotland to Australia unaccompanied, disabled access holidays in the Norfolk Broads and the translation of one of our documents into Urdu.

Benefits and Welfare Service

As Scotland's social and health policies diverge from those of the rest of the UK entitlement to benefits becomes ever more complex. MND Scotland has Benefits & Welfare Officers who can offer advice and information about benefit entitlement to people affected by MND. Claiming benefits is not always a straightforward process and we aim to help make it as easy as possible. The services offered range from providing basic advice to helping complete application forms, liaising with various agencies on your behalf and finding different sources of financial help.

Education Service

Family information evenings are held at regular intervals across Scotland to provide an opportunity for families and friends of people with MND to learn more about the condition and the support services we offer. Families of those who have been recently diagnosed will be invited to the next available meeting in their area. If you have not been invited within six months of diagnosis please contact our education officer.

Support Groups

We have local support groups across the country where people affected by MND can meet socially and provide support and information to one another

Complementary Therapy

We offer a home based complementary therapy service offering Aromatherapy, Indian Head Massage, Reiki, Reflexology or Therapeutic Massage to people who have MND or their carers. While we aim to offer the service across the whole of Scotland, it is only available where we can recruit therapists.

Grants

For those affected by MND who encounter financial difficulties because of the disease, we can offer limited small grant. Such grants may be used to assist with the purchase of equipment which cannot be supplied by the statutory services or to help with the costs of making adaptations to the home of the person with MND. Grants may also be awarded to help with the costs of a holiday, respite care or travel insurance. For up to date information on our grants see our website.

Other Activities

MND Scotland is also involved in special events, public awareness, and advocacy

activities in which you and your friends and family members may wish to participate such as *MND Awareness Week* in June, fundraising walks, or lobbying efforts that focus on making changes to public policy to benefit persons affected by MND. Lobbying activities may involve anything from letter writing campaigns to strategic visits to the Scottish Parliament in Edinburgh. Contact our Head of Policy and Campaigns on 0141 332 3903 for more information and details of any upcoming events in your area.

Supporting Research

MND Scotland is dedicated to finding the cause of and cure for MND through promoting and funding quality research. Attracting new researchers to the MND field is an important strategy in meeting the mission and for this reason we are now funding several MND Research Projects. For more information on the specific research that is currently being supported by MND Scotland, please see Factsheet 26 Current Research.

Holiday Facilities

We own a caravan near St Andrews and a chalet near Oban; both are specially modified for people with disabilities.

Further Reading

Factsheet 1	What is MND?
Factsheet 26	Current Research Areas
Factsheet 20	Library and Information Service