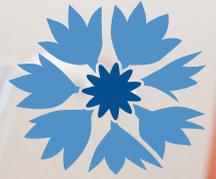


**MND**  
Scotland



Supporting people affected by Motor Neurone Disease

**MND Scotland**  
**We're here to help**

## Support

We're here to support every family in Scotland affected by Motor Neurone Disease (MND).

## Research

We fund research throughout the UK which is taking us closer to a cure and improves the lives of those living with the condition.

## Campaigning

We campaign and raise awareness to make the lives of people affected by MND better, and provide hope for a world without MND.

To find out more about how we can help you, or how you can support us, please visit our website at [www.mndscotland.org.uk](http://www.mndscotland.org.uk), call **0141 332 3903** or email [info@mndscotland.org.uk](mailto:info@mndscotland.org.uk).



**Ruth Williamson**, from Edinburgh, was diagnosed with MND in 2017

## What is MND?

Motor Neurone Disease (MND) is a rapidly progressing, muscle wasting, terminal illness. MND stops signals from the brain reaching the muscles.

This means the muscles start to waste and weaken, and eventually stop working. This may cause someone to lose the ability to walk, talk, eat, drink or breathe unaided.

Some people may also experience changes which affect their behaviour and ability to think and plan. Not everyone will develop all symptoms and how it affects individuals can vary significantly.

## How can we help?

If you or someone you know has been diagnosed with MND, we are here to help.

All of our services listed below are available to people affected by MND in Scotland.

### Our services include:

- Advocacy
- Equipment Loan
- Grants
- Benefits Advice
- Complementary Therapy
- Emotional Support
- Physiotherapy
- Accessible Holiday Accommodation
- Support Groups
- Education Service
- Information Service

You can find out all about our services, more about MND and get advice on different aspects of living with MND, by getting in touch with our Information Officer on **0141 332 3903** or by emailing **[info@mndscotland.org.uk](mailto:info@mndscotland.org.uk)**.

## Advocacy

If you're dealing with a problem, we're here to help. We have a passionate team whose job it is to help resolve issues you may be experiencing.

Our Advocacy Workers are your key contacts if you are facing delays, disputes or roadblocks of any kind. We are here to take your side and to take these matters forward with you.

If you wish, we can also speak to organisations on your behalf, to take stress away and to make the whole process easier for you and your family.

## Equipment Loan

Specialist equipment can be recommended by health or social care specialists to help you or your loved one live more comfortably – for example seating, mobility, and eating and drinking aids. We may also be able to lend specialist communication aids if you need assistance speaking or writing. This is called AAC (Augmentative and Alternative Communication) equipment.

Sometimes it can be several weeks before equipment is supplied from the NHS or Social Work department, and some equipment may not be available in certain areas. Our Equipment Loan Service may be able to help in both cases.



**Jim Brown**, from Fife, was diagnosed with MND in 2010.

## Grants

Living with MND can bring with it additional expense. We offer three different kinds of grants for people affected by MND to lighten this extra financial burden.

- **Hardship Grant**

This grant is available if you are on certain welfare benefits which you have been financially assessed to receive. It can be used to cover many different costs associated with the illness, such as, clothes, utility bills or power of attorney fees.

- **Time Out Grant**

This can be used to help give you and/or your loved one a break from usual routine. This could be used towards holiday costs or other activities that give people affected by MND some time out.

- **Equipment and Adaptations Grant**

This aims to help with meeting costs for adaptations to someone's home, which are not covered by local council grants. It can also be used towards the cost of purchasing equipment that is required, and which cannot be supplied either by the local council, health service or our own equipment loan service.

## Grants for Professionals

- **Professional Development Grant**

This can help MND professionals meet the costs of attending relevant conferences and training courses. The grant can be used to cover event fees, registration costs, travel and accommodation.

- **Gordon Aikman Scholarship**

This grant allows health and social care professionals to investigate and test out new ways of supporting people with MND. Those affected by MND can contribute ideas on anything they think should be explored by getting in touch with us.

## **Benefits Advice**

A diagnosis of MND can bring additional expenses, such as the costs of hospital visits; turning up the heating at home because someone is less mobile; or replacing household items for others that are more accessible.

Most people with MND are entitled to some state benefits regardless of income or savings. Our Welfare and Benefits Officers can help you apply for benefits and find out what you are entitled to.

## **Complementary Therapy**

The treatments on offer are not medical but many people find they may assist with stress management, pain relief, muscle cramps or relaxation. Available treatments include; aromatherapy; therapeutic massage; Indian head massage; reiki; and reflexology.

## **Emotional Support**

Receiving a diagnosis of MND, or having a loved one receive a diagnosis, can be extremely overwhelming. We offer different types of support to help you cope better with the different emotions and changing behaviours that can come with a diagnosis. This includes counselling, CBT (Cognitive Behavioural Therapy) and Hypnotherapy.

## **Physiotherapy**

Physiotherapy can help people with MND stay independent for longer and improve your quality of life. It may help manage pain and maintain existing movement of limbs. Physiotherapists can use a range of techniques, which may include movement and exercise; manipulation and massage. Physiotherapists can also provide advice on manual handling and techniques on how to avoid falls or rise up from a chair.

## **Accessible Holiday Accommodation**

Our accessible holiday accommodation can give people affected by MND a break from their daily routine. We offer two specially adapted holiday chalets for use by people affected by MND and others with physical disabilities, one near St Andrews, and one near Oban. Our accommodation can be booked by anyone, however people affected by MND will receive a discount.

## **Support Groups**

Our support groups take place across the country and bring together people currently affected by MND, including carers and family members. Our meetings are informal and give people a chance to have a chat over a cup of tea.

## **Education Service**

We provide an education service to those who wish to learn more about MND and the services we offer. This could be people affected by MND, health and social care professionals, or employers, such as care agencies and social work staff.

## **Information Service**

We provide information on all aspects of living with MND to people with MND, carers, family members, and health and social care professionals. We cover topics ranging from disability issues and palliative care, to finding accessible holiday accommodation and where to find travel insurance.

## **Carers and Families**

We are here to support not just people with MND, but also their loved ones, including those who are helping to care for them. You may not see yourself as a 'Carer' but if you are a friend or family member who is helping to care for someone with MND, unpaid, you may find some of our support services helpful. We offer lots of support for Carers including; counselling, complementary therapy, support groups, information and more.



## Get in touch

To find out more about how we can help you, or how you can support us, please visit our website at [www.mndscotland.org.uk](http://www.mndscotland.org.uk), email [info@mndscotland.org.uk](mailto:info@mndscotland.org.uk) or call **0141 332 3903**.

 [facebook.com/MNDScotland](https://www.facebook.com/MNDScotland)

 [@MNDScotland](https://twitter.com/MNDScotland)  [@MNDScotland](https://www.instagram.com/MNDScotland)

Produced: April 2019

MND Scotland, 2nd Floor, City View, 6 Eagle Street, Glasgow, G4 9XA  
Company limited by guarantee, registered in Scotland. Company number SC217735. Scottish Charity number SC002662.