



Right here with you

Introducing MND Scotland and
the support we can provide



We know that receiving a diagnosis of motor neuron disease (MND) can feel devastating for you, and your family.

The diagnosis may have come as a surprise, or you may have been discussing the possibility with your neurology team for a while. You may also feel a sense of relief that you finally have certainty about your diagnosis, so that you can start planning ahead with confidence.

There is no right or wrong way to feel right now, but during this difficult time you are not alone.

Here in Scotland, you will have access to some of the best MND care in the world, through a dedicated and specialised MND clinical team, and you will have the ability to take part in cutting edge research should you wish to do so.

Throughout all of this MND Scotland will be right here with you.







MND Scotland is here to support you and your family.

We were founded in 1981 by a family facing the journey you now face, who started the charity to support and connect people with MND, and later to fund research towards understanding and eventually curing the condition.

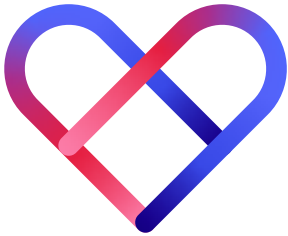
For more than 40 years, MND Scotland has been a helping hand of support for people just like you.

When you are ready, we're here for you and your loved ones.

“Just knowing MND Scotland are there to support me and my partner has been such a comfort to us.”

Person with MND

Ways MND Scotland can help



Wellbeing



**Money and
finances**



**Everyday
living**



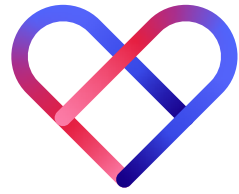


**Fighting your
corner**



**Funding
research into
effective
treatments
and a cure**

Help with your wellbeing



Whether you have MND, or someone you love has been diagnosed, you may be experiencing difficult emotions and seeking answers to many questions. But you're not alone.

Here are some of the ways we can help:

Meet others

Join our online support group for people with MND and their loved ones. Our group offers you an opportunity to connect with other people affected by MND who understand what you're going through and can give you strength.

Counselling

Access free sessions with a professional therapist to help you understand and manage your feelings. This service is available to you and the person supporting you.



Help with money and finances



A diagnosis of MND can significantly change your financial circumstances. You may find that your household income falls, that costs increase, or both. You may be able to access benefits, or insurance policies and pensions you have paid into.

Whatever your circumstances we have a dedicated team of experts who can help you maximise your income and plan for the future.

Our experienced team can:

- provide confidential advice and support to navigate the benefits system
- provide advice or support moving from employment to benefits
- provide support to access insurance policies and pensions
- help your loved one access financial support for carers

We may also be able to provide financial help through our grants programme, which reduces some of the costs associated with MND, such as adaptations to property, or supporting you to access specialist equipment.



Help with everyday living



Over time, MND may affect how you do things and get around.

From help securing essential home adaptations, to the loan or purchase of equipment to make your life easier, we're here to reduce some of the stress and physical burden of adjusting your life to cope with physical symptoms of MND.

“I think the support is amazing. I honestly don't know how my husband and I would have managed.”

Family member



Fighting your corner



You may find that MND throws issues your way that you find difficult, frustrating or upsetting.

Often these relate to the health and social care system, businesses and service providers not understanding MND and the urgency of your needs. When that happens we can support you to have choice and control in all decisions affecting you.

Our advocacy team covers the whole of Scotland and can help with a range of issues affecting you and your loved ones. Whether it's care packages, issues with your employer or insurance companies, with adaptations, our professional advocates can protect your rights, ensure you are heard and help you access the support you need.

Our policy and campaigns team also work to change the system so that individuals and families affected by MND can access services they need. We make sure the experiences of you and your loved ones inform the important work we do, to ensure politicians and decision makers listen and create real change.

“Having this illness and knowing you’ve got MND Scotland’s advocacy team fighting your corner has been invaluable.”

Person with MND



Help to find new treatments and a cure



MND Scotland is committed to finding new treatments and, in time, a cure for motor neuron disease.

We fund many types of research – from PhD studentships to major clinical trials, and there are often opportunities for people affected by MND to be involved.

Many people living with MND in Scotland are eligible to join MND-SMART – a ground-breaking clinical drug trial which aims to find treatments that can slow, stop, or reverse progression of motor neuron disease. Following major investment by MND Scotland, the trial is now the largest MND drug trial in the UK, with centres across Scotland. We are proud to provide ongoing support to this important trial, which is only made possible by our incredible donors and fundraisers.

If you would like more information about research and potentially taking part in a clinical trial, please get in touch with us or speak to your MND clinical team.



Contact us



If you have any questions about motor neuron disease, or the support MND Scotland can offer you or your loved ones, please get in touch with us when you feel ready – we'll be here.

Call MND Scotland

0141 332 3903

Email MND Scotland

support@mndscotland.org.uk

Visit us online

www.mndscotland.org.uk

Notes

You can use this section to keep a note of your key contacts or other important information.





www.mndscotland.org.uk



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