

Motor neurone disease (MND)

How to find out more



In need of support?

If you or someone close to you has been diagnosed with MND, you may need information, advice or just a listening ear.

We are here to help.

The MND Association is the only national charity in England, Wales and Northern Ireland that funds and promotes global research into the disease and provides support for people affected by MND. Our vision is a world free from MND.

Our work is reliant on voluntary donations and the dedication and commitment of our volunteers.

This leaflet will direct you to our services, main publications and give you some essential points about MND.

We can help

Contact **MND Connect**

Telephone: **0808 802 6262**

Email: **mndconnect@mndassociation.org**



“ The MND Association provides a bridge to direct people to access care and support through its publications and helpline.”

What is MND?



MND is a progressive disease that attacks the nerves in the brain and spinal cord. This means messages gradually stop reaching muscles, which leads to weakness and wasting.

It affects up to 5,000 adults in the UK at any one time and six people per day are diagnosed with MND.

The disease can affect adults of all ages, but is more common between 50 and 70 years of age. A rare form of MND can be inherited, but the majority of cases do not occur more than once in the same family.

MND is a life-shortening disease. It is unpredictable and no two people will have exactly the same experience. The symptoms and rate of progression vary.

How will MND affect me?

MND can affect how you walk, talk, eat and breathe. In some cases it can also affect how you think and behave. However, not all symptoms necessarily happen to everyone and it is unlikely they will all develop at the same time, or in any specific order.

Although there is currently no cure for MND, symptoms can be managed to help you achieve the best possible quality of life.

If you are close to someone with MND, you may find yourself in a caring role. Their care needs will increase over time. If this is the case, you may need support to help you to manage all the different requirements of care.

People living with MND, and their carers, are advised to link into services to access care support, clinical care, benefits and entitlements as soon as they can after diagnosis.

This does not happen automatically with all types of service, so the earlier you explore what is available, the more support can be given to control symptoms and maintain quality of life as far as possible.



“ When I was diagnosed, I had no knowledge of MND. A friend gave me your telephone number. It was the most important call of my life.”

Who can help?

If you need advice, contact our helpline team, MND Connect, who provide practical and emotional support. The team can direct you to services that you are entitled to. Membership and our own services are free for people living with MND, their carers and partners.

Our regional care development advisers, volunteer Association visitors and a national network of branches and groups, are all focused on ensuring that people affected by MND get the timely support they need.

We also offer a limited amount of equipment loan and financial support, where statutory services cannot assist, and help fund MND care centres and networks across England, Wales and Northern Ireland, where specialist clinical help is provided.

You can find out more about our services on our website www.mndassociation.org or contact **MND Connect**, Monday to Friday 9am to 5pm with an evening helpline staffed by volunteers.

Telephone: **0808 802 6262**

Email: mndconnect@mndassociation.org

How we can help you

PEOPLE AFFECTED BY MND



Family

Carers

Living with MND

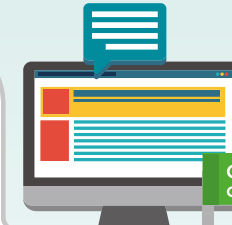


MND Connect Helpline

mndconnect
0808 8026262
mndconnect@mndassociation.org

MND Connect available
Monday - Friday
9am - 5pm and 7pm - 10.30pm

INFORMATION AND SUPPORT



Online care forum

Thumb
Print



Publications and leaflets

www.mndassociation.org

Website

EVERYDAY LIVING

Communication aids

Welfare benefits advice

Help with grants

Wheelchair service



Regional conferences

Association Visitors and Regional Care Development Advisers

LOCAL SUPPORT

MND care centres and networks across England, Wales and Northern Ireland

Branches and groups offer local support

Whether you're a person with MND, carer, family member, friend, volunteer or supporter... **WE ARE HERE TO HELP**

Further information

MND Association website

Our website **www.mndassociation.org** provides a wealth of information and most of our publications can be downloaded.

You can also order our resources through MND Connect (see *Who can help?*), including:

Information sheets These cover a wide range of subjects related to the management of MND.

Our online forum A safe forum for people affected by MND to share experiences: **<http://forum.mndassociation.org>**

Living with motor neurone disease Information about the disease and support services for people affected by MND.

Caring and MND: Support for you To support family carers or unpaid carers during the demands of the caring role.

Your local contact is:

MND Association PO Box 246, Northampton, NN1 2PR

Telephone: **01604 250505**

Email: **enquiries@mndassociation.org**

Website: **www.mndassociation.org**

Registered Charity No. 294354

Company Limited by Guarantee No. 2007023

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Last revised: 11/18 Next revision: 11/21 Version: 1

