

# Motor neurone disease (MND)

## How to find out more



# In need of support?

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**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](mailto: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?

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**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?

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**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 staff for care, 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](http://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](mailto:mndconnect@mndassociation.org)

## PEOPLE AFFECTED BY MND



Family

Carers

Living with MND



MND Connect Helpline

**mndconnect**  
0808 80262

mndconnect@mndassociation.org

MND Connect available  
Monday - Friday  
9am - 5pm and 7pm - 10pm



Communication aids

## EVERYDAY LIVING

Welfare benefits advice



Help with grants



Wheelchair service



Whether you're a person with MND, carer, family member

# can help you



## INFORMATION AND SUPPORT

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0.30pm



Online care forum

Thumb  
Print



Publications and leaflets

[www.mndassociation.org](http://www.mndassociation.org)

Website

Association visitors and our regional staff contacts

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

## LOCAL SUPPORT

Regional conferences



Branches and groups offer local support

er, friend, volunteer or supporter... **WE ARE HERE TO HELP**

# Further information

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## MND Association website

Our website **[www.mndassociation.org](http://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: **<https://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** Francis Crick House (2nd Floor), 6 Summerhouse Road  
Moulton Park, Northampton NN3 6BJ

Telephone: **01604 250505** Email: **[enquiries@mndassociation.org](mailto:enquiries@mndassociation.org)**

Website: **[www.mndassociation.org](http://www.mndassociation.org)**

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