

1. Staying safe

Are you currently self-isolating?
Are you receiving any help because you're registered as extremely vulnerable?
Do you know where to find the most up to date Government advice about coronavirus?

2. Community support

Do you have all the help you need with essential shopping?
Please make sure you only use voluntary help from trusted sources
<u>In England</u> volunteers registered with the NHS are now available to help vulnerable people who are self-isolating

3. Care and services

Are you able to get in touch with health and social care professionals when you need to?
Are you in contact with your MND clinical care team?
Do you have all the care and support you need at home?

4. Wellbeing, family & carer

How are you feeling?
If you are caring for someone with MND, how do you feel you are coping?
Do you need any support for children or young people staying at home?

5. MND Association support

Our financial support grants are still available, and we've also introduced a one-off emergency grant to help with additional living costs, as a result of coronavirus such as food shopping or bills
Remember you are not alone. If you need guidance about information, services or just need someone to listen, please contact our MND Connect helpline for support
Would you like us to keep in contact with you? Or would you prefer to make contact with us if you need to instead?
When should we contact you again?
Would you be interested in joining an online support meeting? Have you joined an online meeting before?