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
- In England 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 next?
- Would you be interested in joining an online support meeting? Have you joined an online meeting before?