

Our Commitment to Carers

- To provide support to help you cope with caring for someone with MND
- To offer opportunities to relieve isolation and improve wellbeing and resilience
- To help you access services and support provided by others

And for those who need it...

- To help you cope with bereavement and loss

The MND Association makes this commitment to you as the carer of a person with motor neurone disease

WE WILL:

- Provide information about caring and MND and make sure you know how to access this
- Gather up to date information about local services and support, and empower you to access the support you need
- Offer increased opportunities for peer support specifically for you, using online and digital resources
- Provide telephone and online support, and keep in touch if you'd like us to
- Support you to take time for yourself and share helpful online

opportunities and resources to improve your wellbeing and resilience

- Help you access support to cope with bereavement and loss, when you need it

HOW WE WILL DO IT:

- Develop online peer support groups and explore support specifically for bereaved carers
- Develop facilitated online events, and on-demand resources, such as videos, aimed at improving wellbeing
- Mobilise and recruit more

volunteers to:

- o provide direct one-to-one support
- o facilitate online support meetings
- o research, compile and share information about useful services
- Continue to promote our carers grants
- Continue to promote our online Forum for carers, and explore further use of social media support

- Work with partner organisations to explore delivery of their wellbeing services online