

Motor Neurone Disease



How we can support you

Farleigh Hospice offers a range of care and support for people diagnosed with motor neurone disease across mid Essex.



It is because you care that we can

www.farleighhospice.org

Registered Charity No. 284670

What is Motor Neurone Disease?

Motor neurone disease (MND) is a life-shortening and progressing neurological disease that affects the brain and nerves. **Although the disease will progress, symptoms can be managed to help you achieve the best possible quality of life.**

MND can affect adults of any age and there is a 1 in 300 risk of being diagnosed.

6 people are diagnosed with MND every day in the U.K.

Most people are diagnosed over the age of 50.

Men are at higher risk than women.

What are the symptoms?

Symptoms of motor neurone disease happen gradually and may not be obvious at first. Early symptoms can include:

- **Weakness in the ankle or leg, increasing the risk of falls**
- **Slurred speech, which may develop into difficulty swallowing some foods**
- **A weak grip**
- **Muscle cramps and twitches**
- **Weight loss – arms or legs muscles may become thinner over time**
- **Emotional lability – difficulty stopping oneself from crying or laughing in inappropriate situations.**

Individuals with MND may experience all or some of the symptoms as the disease develops and affects them.

What support can Farleigh Hospice provide to people living with MND?

Farleigh Hospice is committed to support people with MND in the mid Essex area. We offer a range of care tailored to meet your individual needs, to help you to manage your symptoms and maintain your independence.

Our healthcare professionals are here to provide as much support and help as you want.

Motor Neurone Disease Co-ordinator

Our MND co-ordinator is your first point of contact at Farleigh. They will co-ordinate services and signpost you to the right healthcare professionals within and out of Farleigh according to your needs e.g. adult social care, district nurses, speech and language therapists, MND care-centre. They also work in partnership with the MND Association and the Challenging MND Charity to access different types of grants and extra support.

Occupational Therapists (OTs)

Our occupational therapists will carry out environmental assessments to make sure you live in a safe place, advising and referring you appropriately to adapt your space according to your needs. They will help you to manage your energy levels so that you can continue to do the things you enjoy.

Physiotherapists

Our physiotherapists work with you to develop customised programmes designed to help you manage pain, balance, mobility, motor and respiratory functions. We also have a gym at Farleigh Hospice.

Specialist Doctors and Nurses

Our doctors and Clinical Nurse Specialist Team will support you from a clinical point of view and liaise with your own GP and other healthcare professionals.

Complementary Therapies

Our team can also provide complementary therapies including aromatherapy, massage therapy and relaxation sessions. These therapies work alongside your conventional medical treatment to help you feel and cope better.

Spiritual and Family Support

As part of our holistic approach, our team will promote and provide emotional, psychological and spiritual well-being. Our Family Support Service can help with practical and social difficulties resulting from your diagnosis and our specialist social workers and support workers can support and signpost you to the most appropriate advice and services.

Peer Support Group

We are currently running our social activities online. We hold a monthly support group through Zoom where Farleigh staff, the MND Association and our MND patients meet for an hour to socialise and have a chat about issues, concerns and general things about daily life. During these get-togethers, we also offer a brief relaxation session with our Complementary Therapies Team. We look forward to arranging face-to-face social events in the near future.

Farleigh Support and In-patient Unit

At our care setting in Chelmsford, we also have an in-patient unit (IPU) where we deliver palliative and end of life care as well as symptoms control respite care. We provide support to you and your family to help you plan for the future whilst making the most of the time now.



Contact Us

Please remember that you are not alone in this journey. Farleigh Hospice is here to help and support you.

If you have any questions about motor neurone disease and the care and support that we offer across mid Essex, please contact us:

- Call our Advice Line - 01245 455478 - 7 days a week, 8am to 8pm
- Email our MND Co-ordinator, Joseph Giuseppe Franco - Giuseppe.Franco@farleighhospice.org

