

Ticks of the trade

Sarah Lavender – Senior Occupational Therapist, Wisdom Hospice

Occupational Therapists guide

<https://www.mndassociation.org/app/uploads/OT-for-MND.pdf>

Psychological and emotional

<https://www.mndassociation.org/app/uploads/2020/07/Emotional-and-psychological-support.pdf>

Cognitive change, frontotemporal dementia and MND

<https://www.mndassociation.org/app/uploads/px018-cognitive-change-ftd-mnd.pdf>

Changes to thinking and behaviour

<https://www.mndassociation.org/app/uploads/2020/07/Changes-to-thinking-and-behaviour-with-MND.pdf>

Fatigue management

Pain in MND

<https://www.mndassociation.org/app/uploads/2021/08/P11-Pain-in-MND.pdf>

Muscle weakness and pain

<https://www.mndassociation.org/professionals/management-of-mnd/management-by-symptoms/muscle-weakness/>

Managing pain - 6C care resource

<https://www.mndassociation.org/app/uploads/2019/03/6C-Managing-pain.pdf>

Accessories – equipment solution - tricks

Suction grab rails (please note weight limit and aim for large pad types)

<https://www.mobilitysmart.co.uk/grab-bars-with-suction-cups-small-telescopic.html>

One way straw with valve - Pat Saunders

<https://www.healthcarepro.co.uk/eating-drinking-aids/cups-straws-beakers-mugs/the-original-pat-saunders-one-way-drinking-straws?sku=F17914&msclkid=7e8c7347aaa011ec84646694ab9b56fd>

Cuddle chair - <https://wealdenrehab.com>

Rented stairlift –

- Straight - <https://www.stairliftstoday.co.uk/>
- Curved - <http://www.bradshawstairlifts.co.uk/>

Bottle and bendy straw –

https://www.completecareshop.co.uk/kitchen-aids/drinking-aids/drinking-bottles/hydrant-1-litre-water-bottle-with-drinking-tube?sku=M10139&gclid=CjwKCAjwuYWSBhByEiwAKd_n_uJaT2e5z2ycpn7pGCNXDAMnadbkZnaPXy86U6G0I8KpKlwJJ5_UxoCZoAQAvD_BwE

Decorator neck support / brace – unfortunately this is no longer available

MND financial support grants

<https://www.mndassociation.org/support-and-information/our-services/financial-support-information-for-people-with-mnd/>

Needs assessment, home care and adaptations

<https://www.mndassociation.org/support-and-information/health-and-social-care-services-for-mnd/having-your-needs-assessed/>

Managing pain

Information and resources: Muscle weakness, equipment and adaptations

<https://www.mndassociation.org/app/uploads/2020/09/Muscle-weakness-equipment-and-adaptations.pdf>

Pain in MND

<https://www.mndassociation.org/app/uploads/2021/08/P11-Pain-in-MND.pdf>

Managing pain - 6C care resource

<https://www.mndassociation.org/app/uploads/2019/03/6C-Managing-pain.pdf>

Mobility and Movement

P2 - Wheelchairs for people with MND

<https://www.mndassociation.org/app/uploads/2021/08/information-sheet-p2-wheelchairs-for-people-with-mnd.pdf>

Information and resources: Muscle weakness, equipment and adaptations

<https://www.mndassociation.org/app/uploads/2020/09/Muscle-weakness-equipment-and-adaptations.pdf>

Getting around booklet – care resource

<https://www.mndassociation.org/app/uploads/2021/11/Getting-around-Final-V2.pdf>