

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.

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?

Our therapists provide tailored support to help patients maintain mobility, preserve independence, and assess equipment needs, all aimed at promoting an active lifestyle. They also offer expert guidance in managing complex symptoms, such as fatigue and anxiety, ensuring comprehensive and compassionate care.

Our healthcare professionals are here to provide help and support every step of the way as you navigate your diagnosis.

We support you and your family to help plan for the future while making the most of the present.

Motor Neurone Disease Co-ordinator

Our MND coordinator will be your first point of contact at Farleigh, connecting you to the right healthcare professionals and services, including social care, district nurses, therapists, and MND care centers. They also collaborate with MND charities to provide additional support.

Occupational Therapists (OTs)

Our occupational therapists will carry out home assessments to ensure your living space is safe and suited to your needs, providing advice and referrals for necessary adaptations.

Physiotherapists

Our physiotherapists work with you to develop customised programmes designed to help you manage pain, balance, mobility, motor and respiratory functions. We have a gym at Farleigh Hospice, where our physiotherapists can assess patients and help them develop exercises to suit their needs.

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, whether that's in the community or at the hospital where you have been seen by a consultant.

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 provide emotional, psychological and spiritual wellbeing. Our Family Support Service and specialist social workers offer practical assistance and guidance, connecting you to the right services.

Peer Support Group

We host a monthly Peer Support Group at Farleigh. Here, you can meet our MND coordinator and our therapy team specialists, alongside other people living with MND. We invite representatives from the community services that you may be under the care of, along with our local Motor Neurone Disease Association community support coordinator.

Farleigh Inpatient Unit

Our hospice, near Broomfield Hospital in Chelmsford, offers a welcoming Inpatient Unit (IPU) providing palliative, end-of-life care, and symptom management. Our 10 private, comfortable rooms each feature en-suites and private patios leading to beautiful gardens. With your consent, friends and relatives can visit at any time.



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 team at contactteam.fh@nhs.net



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