

## How you can help as an MP

### Become a friend of MND

Join or start a cross-party friends of MND group in Parliament to support people living with MND.

### Meet us in Parliament

MND Australia will meet you at Parliament House to help you understand more about MND, and the issues affecting people living with MND in Australia.

### Support people with MND in your electorate

People in your electorate may contact you to:

- Ask for your help when they face difficulties accessing suitable care and support services
- Ask you to champion a campaign we're running
- Ask you to help raise awareness and support local people with MND by attending an event or meeting
- Ask you to raise a national issue in Parliament or with relevant ministers
- Ask you to wear the national MND symbol of hope, a blue cornflower, in support of people with MND.

If you want to meet people with MND in your electorate and find out how you can support them, please contact the MND Association in your state.



### Support us on social media

Follow us on Facebook and Twitter to keep up to date with issues affecting people with MND.



@mndaustralia



/mndaustralia

Your state MND Association contact details are:

or freecall 1800 777 175

MND Australia

Tel: 02 8287 4980

Email: [info@mndaustralia.org.au](mailto:info@mndaustralia.org.au)

PO Box 117, Deakin West ACT 2600

[www.mndaustralia.org.au](http://www.mndaustralia.org.au)

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**Motor neurone disease:  
A guide for MPs**

## What is MND?

MND is a fatal and rapidly progressive neurological condition affecting the nerves from the brain and spinal cord that control movement.

In most cases, people with MND will become unable to move, speak, swallow and eventually breathe.

An estimated 2000 people are living with MND in Australia.

MND can affect anyone.

There are no effective therapies to stop progression of MND.

Each day in Australia two people die from MND.

Each day in Australia two people are diagnosed with MND.

Average life expectancy is 2.5 years.

## Until there is a cure, there is care

In most cases people with MND have complex and rapidly changing care needs. This combination of complexity and rapid progression poses a major challenge to care and support services.

There are many aspects of care for someone with MND including: in-home support, therapy, assistive technology, home modifications, respite, palliative care and health care. This complex web of support is essential to enable people with MND to maintain their independence and live better, safer and for longer. It is vital that the Government, practitioners and service providers understand the complex nature of MND and coordinate care and access to care in a timely and appropriate way.



## MND Australia and the state MND Associations

As the peak body, MND Australia is the national voice of people living with MND and works to inform decision makers about the issues people with MND often face.

MND Australia works closely with its members, the state MND Associations, to support people living with MND, their families and carers in Australia. The state MND Associations provide a range of services including support, information and equipment services for people affected by MND in their state. They employ MND Advisors who work to ensure people with MND receive the information, care and support they need to live better for longer.

