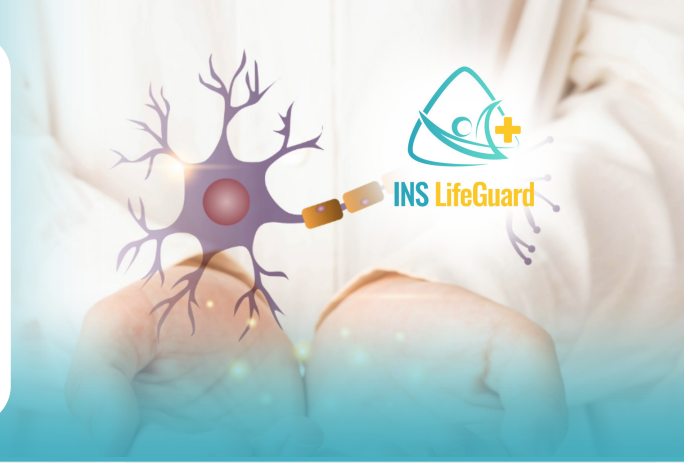


Living with Motor Neurone Disease

A practical checklist for changing needs at home

Motor Neurone Disease (MND) is a progressive neurological condition. As symptoms change, regularly reviewing mobility, communication, swallowing, breathing and support needs can help a person remain safer and better supported at home.



Changes to watch for

- ☐ Increasing muscle weakness
- ☐ Falls or near-falls
- ☐ Difficulty standing, transferring or getting out of bed
- ☐ Reduced hand or arm function
- ☐ Changes in speech or communication
- ☐ Coughing, choking or difficulty swallowing
- ☐ Breathlessness or a weaker cough
- ☐ Increasing fatigue
- ☐ Greater difficulty managing everyday activities

Questions to discuss with your healthcare team

- Have my symptoms or functional needs changed?
- Does my current equipment still meet my needs?
- Do I need additional allied health or personal care support?
- Is my communication plan still appropriate?
- Should my swallowing, nutrition or respiratory function be reviewed?
- Can I safely summon help if I am alone?
- Are my family or carers getting the support they need?

Support needs to review

- ☐ Mobility and transfer equipment
- ☐ Bathroom and bedroom safety
- ☐ Communication aids
- ☐ Personal care assistance
- ☐ Assistive technology
- ☐ Home modifications
- ☐ Ability to call for help when alone
- ☐ Emergency contacts and response plan
- ☐ Family and carer support

Personal safety at home

- ☐ Reach or use a phone from the areas of the home you use most
- ☐ Contact someone quickly if you fall or become unwell
- ☐ Communicate clearly in an emergency
- ☐ Access help if hand or arm function becomes more limited
- ☐ Keep emergency contact details current and easy to find
- ☐ Use a personal alarm if appropriate for your needs



Australia's only 24/7 nurse monitored personal alarms for home and away.

This checklist provides general information and does not replace individual medical advice, assessment or treatment. Discuss new or worsening symptoms with your healthcare team. In a medical emergency, call Triple Zero (000).