

Meeting the health needs of people with motor neurone disease



This is a **plain English** fact sheet for people with motor neurone disease. It gives **information from a study** on the health needs of people with motor neurone disease. This information could help you with your health.

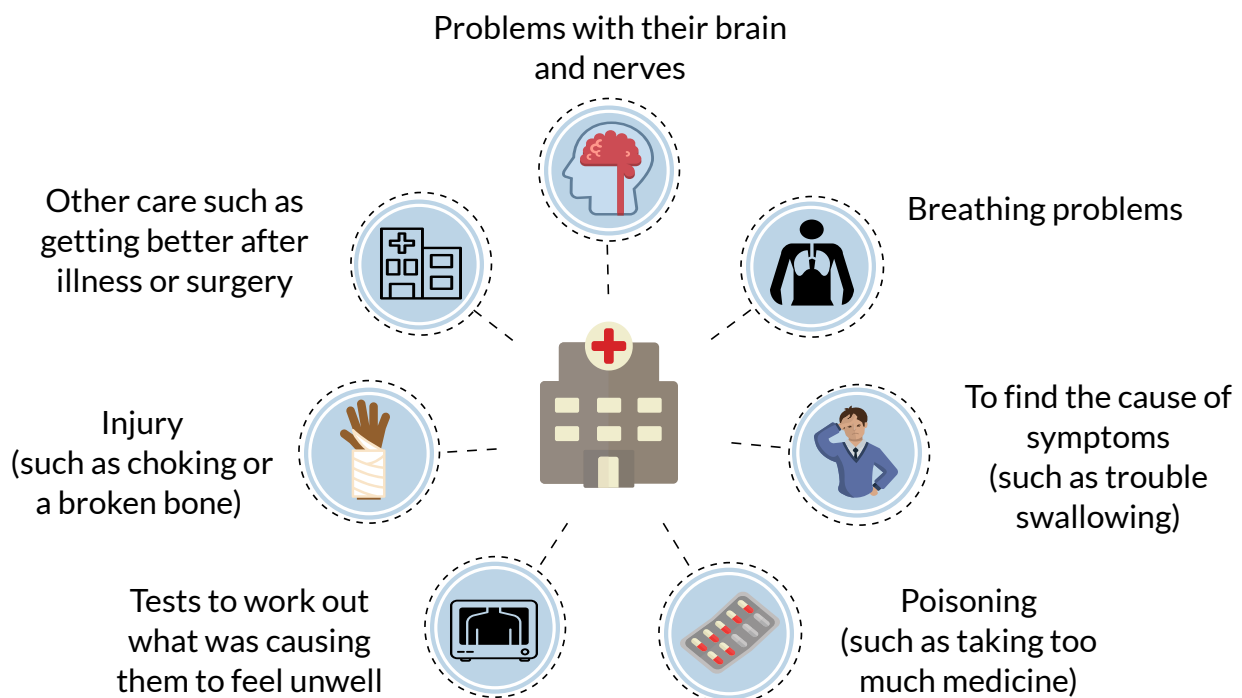


Main points

- Having support is important when people **first find out** they have motor neurone disease.
- Ask for **support** if you need help with your **mental health**. Mental health affects how we think and feel.
- If you need support, you could **speak to your family and friends or doctors**.

Reasons for going to hospital

The most **common reasons** people with motor neurone disease **went to hospital** were for



How this information can help you

- Speak to your doctors about how you can **avoid injuries** and **choking**.
- Your doctors can also help you cope with any **breathing problems**.
- Your [MND Association](#) advisor also has **information** on these topics.

Mental health and motor neurone disease

The most common mental health issues people with motor neurone disease had were



1 Physical changes in the brain which affects how it works (such as dementia)



2 Having very low or high moods (such as depression)



3 Feeling very fearful or worried (such as panic attacks)



How this information can help you

- Ask for help **early** if you feel **very down** or **worried**.
- You can **tell a family member or friend**.
- You can also talk to your **doctors** and [MND Association](#) advisor. They can support you and help you get the **right treatment**.
- You can also contact [Beyond Blue](#) (1300 22 4636) or [healthdirect](#) for other mental health helplines.

Links between mental and physical health for people with motor neurone disease

We looked at the physical health of people **with** and **without** mental health conditions. People **with** mental health conditions:



Went to hospital **less** often for physical health conditions



but spent **more** days in hospital each visit.



How this information can help you

- **Speak to your doctor** about how your mental health may affect your physical health.
- Getting help for your mental health may **help you cope better** with your **physical health**.

Further information can be found at these websites:

- 3DN Project page- <https://3dn.unsw.edu.au/project/using-big-data-understand-health-status-and-service-use-people-motor-neurone-disease> for more information.
- MND Australia information resources- <https://www.mndaust.asn.au/Get-informed.aspx>
- State MND Associations (1800 777 175)-<https://www.mndaust.asn.au/Find-help/Support-from-state-MND-associations.aspx>
- Beyond Blue (1300 22 4636)- <https://www.beyondblue.org.au/>
- healthdirect- <https://www.healthdirect.gov.au/mental-health-helplines>

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