

Publications List

The Multiple System Atrophy Trust produces a range of information publications for those interested in MSA. The information materials available are listed below in the following four sections:

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Section 1 - People affected by MSA, their Carers and Families

A Guide to Multiple System Atrophy

This 36 page guide is an overview of MSA covering introductory information about the disease. This is a valuable first stop for information about MSA. It can also be distributed to your health and care professional team to help them understand more about MSA. If you need more copies, please contact the MSA Trust office.

The Carer's Guide: Looking after yourself and the person you care for

This 20 page guide offers tips and advice to keeping yourself healthy as you look after the person you care for. It covers the practical, physical and emotional aspects of caring for someone and has a wealth of links to other sources of support.

Living with MSA – The Emotional Impact

The booklet (and web resource) gives suggestions and ideas for looking after your emotional wellbeing. It also includes information about the type of emotional support that is available and how to access help, whether you are living with MSA or supporting someone close to you.

My Special Activity Book: For Children Aged 4-11

This interactive resource for children aims to support children through a loved-one's diagnosis of MSA. It covers a range of symptoms and answers questions they may have through activities and fun illustrations.

MSA Trust Publication List

Factsheets:

The Trust produces a range of information materials covering different aspects of living with MSA. The following are currently available, with more factsheets in development. If you want to talk to someone about the content of the resources, then please contact the MSA Health Care Specialists.

Benefits and Entitlements

Benefits: Attendance Allowance

Benefits: NHS Continuing Healthcare

Benefits: Personal Independence Payments

Bladder Management in MSA

Bowel Management in MSA

Brain and Tissue Donation

Breathing and Possible Changes in MSA

Complementary Therapies and MSA

Diagnosis of MSA

Driving and MSA

Emotional Lability

Equipment: Communication - Eating and Drinking

Equipment: Personal Hygiene

Equipment: Posture and Mobility

Eye Health and MSA

Fatigue and MSA

Going into Hospital

Housing Adaptations

I Wish I'd Known That A Year Ago – England and Wales

I Wish I'd Known That A Year Ago – Northern Ireland

I wish I'd known That A Year Ago – Republic of Ireland

I Wish I'd Known That A Year Ago – Scotland

Monitoring Blood Pressure

MSA and Parkinson's Medication

Postural Hypotension

Relationships, Sex and MSA

Saliva Control

Sleep and MSA

Travelling and MSA

Tube Feeding

Understanding Palliative Care

MSA Trust Publication List

Leaflets:

Introduction to MSA

Easier-to-read Postural Hypotension

Hospital Information folder

I have MSA cards

Information for GPs on Managing Bladder Problems and UTIs in Multiple System Atrophy

MSA Health Care Specialist Service

MSA Services leaflet (A5)

Planning for the Future flyer

Services Poster

Top Tips for getting the most from your appointments

Voice Banking Flyer

Where To Go For What

Future factsheet developments:

Guide for Bladder and Bowel Advisors

Section 2 – Health and Social Care Professionals

Factsheets:

Guide to MSA for Professional Care Workers - booklet

Guide to MSA for Occupational Therapists

Guide to MSA for Physiotherapists

Guide to MSA for Speech and Language Therapists

MSA Guide for GPs

MSA Care Pathway

NHS Continuing Healthcare for Health and Care Professionals

Hospital Staff Admission Guide

Useful References

Webpages

Bereavement Support

Brief Guide to MSA

Financial Support and Welfare Benefits

Frequently Asked Questions

Planning for the Future

Symptoms

MSA Trust Publication List
Young People's Hub
Living with MSA: The Emotional Impact

Section 3 – Research

MSA Trust Research Strategy

An outline of research relating to MSA including: an overview of MSA, current MSA research, international research of MSA and the Trust's future direction of research funding.

[MSA-Trust-research-strategy_2021-1.pdf \(msatrust.org.uk\)](#)

Section 4 – General Publications

MSA Trust:

Impact Report

MSA News

Produced three times a year, our magazine covers a range of interesting and informative topics. It is free of charge and sent automatically to members of the Trust. Some previous editions are still available in print and a large number of previous issues are available for download from the MSA Trust website in the Magazine archive section.

Fundraising

Fundraising Pack

MSA Trust – supporting people with multiple system atrophy (MSA) A5 leaflet

Welcome to team MSAT – part of Fundraising pack

Gift aid declaration forms

Standing Order Mandate form

Contact Preference form for fundraising news and events

Collection Tin receipts

Coming soon.....

Impact Report for 2023/24

A4 poster for raising awareness of MSA and the work of the Trust

MSA Trust Publication List

If you need advice about any of the publications or would like to talk through any information you have read, please contact the MSA Health Care Specialists or our Social Welfare Specialist

The Trust's contact details

We have MSA Health Care Specialists that support people affected by MSA in the UK and Ireland. If you would like to find the MSA Health Care Specialist for your area, contact us on the details below or use the interactive map here – <https://www.msatrust.org.uk/support-for-you/hcps/>.

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