



# Multiple System Atrophy Trust

## Where To Go For What

This information resource provides an **overview** of some of the key services, support and equipment that may be useful to people affected by MSA. Who provides exactly what does vary across different geographical areas. The professionals referring you will know the local situation. **The Republic of Ireland in particular, may vary, so please contact your local MSA Health Care Specialist for guidance.**

How to access these services:

- Your GP can refer to all these services
- If you have a Parkinson's Nurse Specialist they can refer you too
- Your Consultant may refer you or ask your GP to do so
- If you access a local hospice, they may have their own professionals providing these services or can refer you to the local community service.

Services and Support	Examples of equipment provided
<b>Community Matron, GP Nurse Practitioner, District Nurse, Palliative Nurse Teams</b>	
<p>Community Matrons, District Nurses and Palliative Nurse Teams provide care planning, wound and pressure area management and dressings, blood testing, medicines and appliance prescribing e.g. catheter bags, catheter changing, bowel management interventions blood pressure recording.</p> <p>They can all refer on to other services in this information resource.</p> <p>Community Matrons are not available in all areas, and the roles of these Nurses may overlap with each other.</p>	<ul style="list-style-type: none"><li>• Profiling bed with sides</li><li>• Pressure relieving mattress.</li><li>• Continence supplies – e.g., pads / catheter supplies</li></ul>
<b>Physiotherapist with Therapy Assistants</b>	
<p>Physiotherapists assess and advise on movement and posture.</p> <p>They also recommend exercise programmes to maintain and improve mobility and advise on the provision of appropriate mobility aids.</p> <p>They will refer to orthotic services for bespoke limb and postural splinting.</p> <p>They also assess respiratory effectiveness and teach breathing, relaxation and lung expansion techniques.</p> <p>Physiotherapists can show people living with MSA and carers how to get up safely if they fall.</p>	<ul style="list-style-type: none"><li>• Walking aids – stick, tripod stick, crutches, frames, rollators</li><li>• Neck collars, limb splints</li><li>• Wheelchair - Referral to wheelchair service which may be Physiotherapy or Occupational Therapy</li><li>• Cough Assist / Airway Suction Machines / CPAP – Assessment from Respiratory Physiotherapy Team.</li></ul>

Services and Support	Examples of equipment provided
<b>Occupational Therapist (OT) with Therapy Assistants</b> (May overlap with Social Services OT provision)	
<p>NHS Occupational Therapists (OT) provide advice on how to adapt and manage everyday living activities when these are impacted by illness or disability.</p> <p>Advise on different ways to do things that you find difficult.</p> <p>They can assess, advise and provide aids that are appropriate to assist you to be as independent as possible in all activities. They can also advise and provide equipment to assist others to support you safely in everyday care needs.</p> <p>NHS OTs provide any removable aids or equipment that is not fixed to property.</p>	<ul style="list-style-type: none"> <li>• Moving and handling belt</li> <li>• Stand aid / transfer aid</li> <li>• Slide sheet</li> <li>• Head of bed raiser</li> <li>• Bed lever</li> <li>• Wheeled commode, shower chair, urinal (these are sometimes available from the District Nurse teams)</li> <li>• Shower seat / bath seat</li> <li>• Hoist and slings</li> <li>• Bath hoist / seat riser</li> <li>• Toilet raiser / frame</li> <li>• Long handled bottom wiper</li> <li>• Perch stool</li> <li>• Button fastener, sock or stocking aid, shoehorn</li> <li>• Posture supported seating</li> <li>• Pressure relieving cushion</li> <li>• Riser-recliner chair</li> <li>• Adjustable height over-table.</li> </ul>
<b>Social Services Occupational Therapy (OT) Teams</b> (May overlap with NHS OT provision)	
<p>The Social Services OT service assesses the living environment and provides fixtures and fittings that will support you to continue to live safely in your home environment. They can also help with supporting you to get out of your home. They can assist with applications for Disability Facility Grants to help with funding major home adaptations if you are eligible.</p> <p>Social Services OTs advise and provide any adaptations that will require alterations to buildings or fixtures to the buildings.</p>	<ul style="list-style-type: none"> <li>• Grab rails</li> <li>• Ramps</li> <li>• Wash-dry toilet</li> <li>• Double stair banister</li> <li>• Ground floor bed and bathroom</li> <li>• Through floor lift</li> <li>• Building adaptations and non-portable equipment e.g. through-floor-lifts and fixed installations.</li> </ul>
<b>Local Authority Social Services – Social Worker</b>	
<p>A Social Worker undertakes assessments for care packages. They identify the level of need and eligibility for funded provision of care, as well as assisting in finding appropriate care providers.</p> <p>They also assess the support and needs of the primary carer and advise about local resources and support available.</p> <p>The Social Worker can initiate assessment for NHS Continuing Health Care funding if they think the eligibility criteria is likely to be met.</p> <p>They can help with planning in advance for emergency care or providing unexpected emergency care, if required.</p>	<ul style="list-style-type: none"> <li>• Call assist community alarm</li> <li>• Care Needs and Carer Assessments</li> <li>• Identify care providers for the level of need assessed – for home care, day care or residential / nursing home care.</li> </ul>

Services and Support	Examples of equipment provided
<b>Speech and Language Therapist and Therapy Assistants</b>	
<p>Speech and Language Therapists are responsible for assessing changes to speech and identifying therapy programmes to maintain and improve speech.</p> <p>They assess and identify appropriate communication aids for individuals and support them to use these.</p> <p>The Speech and Language Therapist also assesses swallow and advises on techniques to maintain a safe swallow.</p> <p>They provide and advise on appropriate specialist eating and drinking aids.</p> <p>The Speech and Language Therapist would refer to the Assistive Technology Teams for access to specialist communication aids and environmental controls.</p> <p>They may also refer to Dietitian to advise on foods and supplements to maintain best possible nutrition.</p>	<ul style="list-style-type: none"> <li>• Communication aids</li> <li>• Voice Banking</li> <li>• Eating and drinking aids – cutlery, cups, plate sides, plate warmers (these may also be provided by NHS OT's).</li> <li>• Environmental controls – TV, Windows, curtains, door opening, phone answering (NHS OTs can also refer to assistive technology teams for environmental controls).</li> </ul>

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 – [www.msatrust.org.uk/support-for-you/hcps/](http://www.msatrust.org.uk/support-for-you/hcps/).

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References for this information sheet are available by contacting [support@msatrust.org.uk](mailto:support@msatrust.org.uk).

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