

Practical help (this will be on www.livingwithms.uk)

- ❖ Use the services of Citizen Advice, Communicare & MS Soc to
 - complete claim forms – there is more behind the questions!
 - And reply as if on your worse day – don't under-sell impacts
- ❖ understand benefits you are entitled to – check yourself on www.entitledto.com
- ❖ RADAR/NKS keys – disabled/accessible toilets are locked to restrict access and ensure space is hygienically clean.
- ❖ Council Adult Social Care Occupational Health (OT) services
 - don't wait to have a fall to get grab rails!
 - Remember to **MANAGE YOUR CONDITION**



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Practical help (cont'd)

- ❖ Blue Badge – ask if you can get a carer ticket free-of-charge at theatres and events – ask at time of booking
- ❖ Disabled rail card – prebook for assistance
- ❖ Airports – prebook assistance
- ❖ I Have MS card & ACCESS card - clarity if challenged or need help
- ❖ CEA card – free carer ticket at cinemas
- ❖ Sunflower scheme for invisible disabilities
- ❖ Relapse / flare-up leaflet
- ❖ UTI handout from Workshop 1