



If you are assessed to have a care need, you will be eligible to receive grants and benefits. These, collectively, are referred to as a care package. Social Services will assess your eligibility and needs, and will award individual grants and benefits accordingly. Anyone is entitled to an assessment.

### Our Advocacy Ambassadors' top tips

- 1. Seek help from specialists, whether that be your GP, physiotherapist or neurologist.** They can advise you on how to complete the form, use the right language, and make sure you have up-to-date information about your condition.
- 2. Before you apply for care, do your research.** Make sure you understand exactly what you need and where you can get it from.
- 3. Remain objective.** The application process does not have any room for emotional responses. Be factual and explain exactly what care you need, as well as why and how it will affect you if you don't have that care.
- 4. Think about the exact care you need.** Try and think about the extra support you may need and what you would be able to achieve if you had adequate help and support.
- 5. Keep all evidence of care.** Hold on to any information on care you already receive or evidence of the care you should be receiving. This could be a letter from a doctor, or a diary outlining your day-to-day needs relating to your muscle-wasting condition.

For any further information on care packages, please read our *Care package* and other factsheets. You can download these from our website or call our office and we'll send them to you.

Muscular Dystrophy UK Advocacy Ambassadors are here to provide support on independent living. Through their experience of living with a muscle-wasting condition, either their own or a family member's, they are able to provide great advice and support.

If you need advice getting the services, benefits or equipment you are entitled to, our Advocacy Ambassadors can help. Get in touch today:

**0800 652 6352** (freephone) or [ambassadors@muscular dystrophyuk.org](mailto:ambassadors@muscular dystrophyuk.org)