



When you have a muscle-wasting condition, there are often extra things to consider when finding a new home. It needs to be accessible and appropriate to your needs. Sometimes there is a wait for homes with disabled access to become available. The application process and housing procedure can vary substantially between different areas of the country, so find out from your local council about their usual procedures. Have a look on their website or call them directly.

Our Advocacy Ambassadors' top tips

- 1. Make a list of all the features your new home will need.** This might include no steps at the front door, or wider hallways, for example.
- 2. Always photocopy and keep electronic copies of completed forms.** Do this before sending them in so you have a record, and can refer to them later.
- 3. Plan ahead.** Think about what you're going to need your home to be for the next five years. Keep that in mind throughout the process.
- 4. Consider the time frame of getting rehoused.** Sometimes you can get rehoused more quickly as you may be a medical priority, or you may require essential adaptations.
- 5. Contact someone to help you if you are confused.** Housing officers can advise you, as can the Muscular Dystrophy UK Advocacy team and the Advocacy Ambassadors.

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**