

# Multiple Sclerosis Ireland: A Health Professional's Guide

Multiple Sclerosis Ireland is the only national organisation providing information, support and advocacy services to people with MS, their families, carers or anyone interested in or concerned about MS. Our mission is “**to enable and empower people with MS to live the life of their choice to their fullest potential**”.

MS Ireland staff are often part of a multi-disciplinary team of people providing services or supports to a person or family living with MS. Our aim is to work with other team members to provide the best response possible for clients.

We have a range of **national services** which are open to anyone affected by MS in the republic of Ireland. We also have **local services** which provide a range of supports locally for people with or affected by MS. Overleaf you can find contact details for services operating in your area. Our staff are happy to chat through services which may be appropriate for your patients/clients.

We are a member-based organisation but membership is not a pre-requisite to receive support. Many people self-refer to our services and we also welcome referrals from health professionals.

The services outlined below are all services and supports you can refer your patients/clients to for information, support and contact with others affected by MS.

## National Services and Supports:

### MS Care Centre

The MS Care Centre is Ireland's only respite and therapy centre for people with MS. It offers short-term respite care, therapeutic services, neurological assessments and many social activities in a homely environment in the suburbs of Dublin.

It has 24 hour nursing and care staff in addition to a range of therapists and a doctor on call. Referrals can come from AHP, the family or the person themselves. We have an application form which needs to be completed with the person's GP. Our nursing staff process all applications to ensure the individual's needs can be catered for during their stay.

We welcome 12 residents every week. Each resident receives a care plan for the week and is encouraged to take part in the activities of the Centre. All residents have the opportunity to meet with our MS Specialist Nurse for an assessment.

### MS Information Line, 1850 233 233

Our confidential information line provides immediate information and support to those affected by MS. It provides emotional and practical support to the person with MS and their family. The Information Line is opened from Monday to Friday 10am-2pm. Contact 1850 233 233 or [info@ms-society.ie](mailto:info@ms-society.ie)

### Information and Education

Our information tools include a variety of booklets and information sheets, our website [www.ms-society.ie](http://www.ms-society.ie), our MSnews magazine, conferences, seminars and the valuable knowledge and experience of our staff. We provide educational seminars and tools to health professionals.

### Representation

MS Ireland advocates on an individual and collective platform for the improvement in services, resources and policies affecting people with MS. Current topics include access to treatments, neurorehabilitation, benefits and entitlements and general improvements in neurological care.

### Research

Our dedicated research fund annually finances medical and/or social research projects. We regularly update worldwide research information on our website and publications to keep our membership up-to-date with the latest developments in MS research.

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## Local Services and Supports:

We offer local services through the activities of our ten regional offices. Each office is staffed by a team of regional community workers and admin staff who provide services in each of the old health board regions. They work closely with all community and hospital based services in the area. Core work includes:

### Individual and Family Support

Our solution-focused model of casework revolves around finding appropriate outcomes on issues impacting the person or their family. Our trained and experienced staff work with the person to provide a range of responses including the provision of information, emotional support, advice on benefits and entitlements and assistance in accessing appropriate services e.g. housing, care packages, employment support etc

Our regional community workers meet clients in their homes, community centres, neurology clinics or work with them over the phone. They often liaise on behalf of clients and advocate for their needs.

### Living with MS Programmes

Group programmes, workshops and activities around the country provide educational and social opportunities for people. Types of programmes include newly diagnosed seminars, carers support groups, symptom management sessions, information events and a whole range of physiotherapy and exercise programmes. Our exercise programmes are run by physiotherapists/specially trained instructors.

### Voluntary Branches

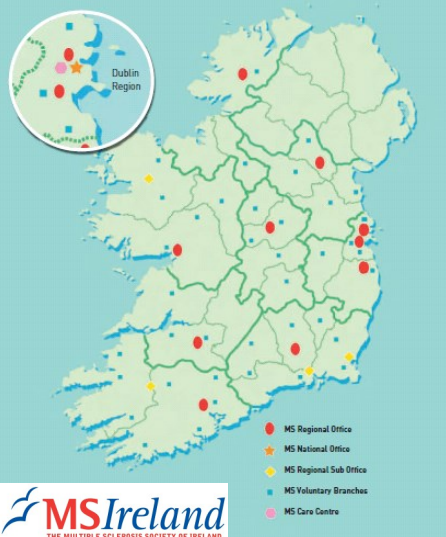
Our voluntary Branches are an informal support network for people and families living with MS in local communities. They are run by people affected by MS for people affected by MS. They provide a welfare service, access to various therapies and organise various social gatherings. They fundraise extensively and often support the work of the regional office they are connected with.

### Counselling

Professional and confidential counselling is offered, budget depending, for those who feel they may need more in-depth support in coming to terms with any aspect of their MS.

The Regional Office is also involved in raising awareness of MS, collaborating with other disability/neurological non-profits on policy and activities, AHP education/training and representing MS Ireland locally.

### SERVICES LOCATIONS



If you would like to know more about MS, get in touch with our services or support our work by fundraising, volunteering or becoming a member, contact us today:



01 678 1600

[www.ms-society.ie](http://www.ms-society.ie)

[info@ms-society.ie](mailto:info@ms-society.ie)

MS Info Line: 1850 233 233

Chy No.: 5365

### Regional Office Contact Details

To learn more about the services available to clients in your area get in touch with our staff today:

**North West Regional Office:** Providing services in Donegal, Sligo and Leitrim  
[northwest@ms-society.ie](mailto:northwest@ms-society.ie) (074) 9125017

**Western Regional Office:** Providing services in Galway, Mayo and Roscommon  
[western@ms-society.ie](mailto:western@ms-society.ie) (091) 768630

**Midwest Regional Office:** Providing services in Clare, Limerick, North Tipperary  
[midwest@ms-society.ie](mailto:midwest@ms-society.ie) (061) 303803

**Southern Regional Office:** Providing services in Cork and Kerry  
[southern@ms-society.ie](mailto:southern@ms-society.ie) (021) 4300001

**South East Regional Office:** Providing services in Kilkenny, Wexford, Carlow, Waterford and South Tipperary  
[southeast@ms-society.ie](mailto:southeast@ms-society.ie) (056) 77 77771

**Midlands Regional Office:** Providing services in Laois, Offaly, Longford and Westmeath  
[midlands@ms-society.ie](mailto:midlands@ms-society.ie) (090) 64 71137

**North East Regional Office:** Providing services in Cavan, Monaghan, Louth, and Meath  
[northeast@ms-society.ie](mailto:northeast@ms-society.ie) (042) 9754304

**North Dublin City and Fingal Regional Office:** Providing services in North county Dublin and city  
[na@ms-society.ie](mailto:na@ms-society.ie) (01) 4905933

**South East Dublin and Wicklow Regional Office:** Providing services in Wicklow and areas of south Dublin  
[eca@ms-society.ie](mailto:eca@ms-society.ie) (01) 2871704

**South West Dublin and Kildare Regional Office:** Providing services in Kildare and areas of south west Dublin  
[swa@ms-society.ie](mailto:swa@ms-society.ie) (01) 4905933