

About our funding

This service is free. It is funded and supported by the Transforming Self Management in Scotland Fund.

This fund is provided by the Scottish Government and administered by the Health and Social Care Alliance Scotland.

With this funding we will enable and empower people with neurological conditions to:

- access information
- develop skills to find out what is right for them
- maintain their self-esteem, positivity and sense of wellbeing

If you'd like more information or think you'd like to access the service please get in touch:

Call: 01224 896 339

Email: outreach.support@sueryder.org



Sue Ryder provides incredible hospice and neurological care for people facing a frightening, life-changing diagnosis. We do whatever we can to be a safety net for our patients and their loved ones at the most difficult time of their lives. We see the person, not the condition.

For more information about Sue Ryder

call: 0845 050 1953*

email: healthandsocialcare@sueryder.org

visit: www.sueryder.org

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This document is available in alternative formats on request.

incredible hospice
and neurological care

*Calls cost 5p per minute plus your telephone company's network access charge.

Sue Ryder is a charity registered in England and Wales (1052076) and in Scotland (SC039578).
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Sue Ryder

Self-management service

Support to manage
your neurological
condition



Supported by



About the service

Our free self-management service is for people with neurological conditions living at home in Aberdeen city. We can support people with conditions such as multiple sclerosis, Parkinson's disease, stroke, Huntington's disease and Motor neurone disease. Our service has been designed to offer support over the phone, within your home and in the community, depending on what you wish to achieve.

Our self-management service is based at Sue Ryder Dee View Court in Aberdeen.

What is self-management?

Self-management means giving people the skills and support they need to take a proactive role in managing their own health and wellbeing. We aim to support people to live their lives as fully as possible by helping to improve physical and mental health.

We believe that self-management means that people are:

- better informed about their condition
- better prepared for everyday challenges
- better supported when they need to be

What we offer

We can support you with whatever you wish to achieve. We offer:

- company and conversation
- emotional and psychological support
- leisure or educational activities
- help to get back in touch with your community and friends
- information on other services that could help
- support if you have been in hospital
- support to build relationships
- support to understand your condition better
- support to maintain your hobbies and interests

Support for carers

To fully support you, we know your carers need to be supported as well. Our staff and volunteers can provide emotional support for your carer, or give them the opportunity to take a break.

Who provides the service?

Our specialist nurse and support workers offer short term support, including practical support, advice, and information to help you manage your health and wellbeing.

If you require longer term support, this can be provided by one of our volunteer befrienders. This type of support is more than just a sitting service. It can enable you to form real relationships and have a companion to boost your confidence and help you achieve your potential.

Get in touch

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