

Physical disabilities

A Jewish Care Interact Guide

Physical disabilities: at home

First things first. If you are thinking about making physical changes to your home to help make things a little easier, it might be beneficial to book in an assessment with an Occupational Therapist (OT). Ask your GP, nurse or member of your social services team to make the initial referral.

What can an OT do?

Your OT will explore all aspects of your life and suggest making changes to your physical environment or the way in which you complete a task to make day to day living more manageable.

Remember, your disability might entitle you to state funded practical support from social care services. [For more information on OT, visit the NHS Choices site and go to the Occupational therapy section.](#)

What other home accessories are available?

Alternatively, if you would rather explore equipment available online, here is a list of trusted resources. From specialised cooking equipment to aids assisting with getting dressed in the morning or larger items such as kitchen furniture and fittings, here are our go-to websites:

[Disability Living Foundation's Living Made Easy](#) provides what it says on the tin—"Clear, practical advice on daily living equipment".

[Find local advice in the Local advice overview](#) from Scope.

[How to find the help you need at home](#), from Age UK.

[Disabled Living](#), a charity that provides information about equipment and services.

[Essential aids](#), in partnership with the Stroke Association.

[Manage @ home](#), an online Medequip retail store.

Physical disabilities: at work

If you are looking for support with finding a job, your first port of call should be the local [Jobcentre Plus](#), the government funded employment agency.

Finding work

Branches of Jobcentre Plus can be found in most cities around the UK and are staffed by employment advisors. The service is open to anyone of working age who needs help with finding a job.

Your local Jobcentre can support you in finding work or gaining new skills through training. They may carry out an employment assessment with you to help explore your skills and experiences and the sorts of roles that might interest you. They may also refer you to a specialist work psychologist for extra assistance.

Jobcentres can also administer claims for benefits such as Jobseeker's Allowance and Employment and Support Allowance.

Work Choice

The government and other public organisations sponsor a number of activities that are specifically aimed to help people with disabilities into the world of work. Work Choice is a major national programme that can help you find and keep a job if you are disabled and find it hard to work. Your local Jobcentre Plus can help you join the programme.

Work Choice is voluntary, and the type of support you receive will depend on your personal circumstances. The support can last for up to six months or over a number of years.

Examples of things you can get help with include:

- Training;
- Building your confidence;
- Searching for a job; and
- Interview coaching.

Find out more about [what you'll get from the Work Choice section of GOV.UK](#).

Specialist Employability Support

Specialist Employability Support provides mentoring and training to disabled people who do not qualify for other government schemes like Work Choice.

To receive Specialist Employability Support, you must have a disability or health condition, be unemployed and of working age. Depending on your needs, two types of support are available:

- Short-term support and training which typically lasts for around three months; and
- Long-term help usually lasting for 12 months.

You are allowed to choose the organisation that supports you, whether it is your local Jobcentre Plus or a specialist disability employment agency.

[Check out the Specialist Employability Support section of GOV.UK to find out more about the scheme.](#)

Two Ticks

The Two Ticks symbol is used by employers in England, Scotland and Wales on job vacancy ads. Look out for the “positive about disabled people” symbol—these show that an employer encourages job applications from disabled people. Employers can only use the symbol after they have been given permission by Jobcentre Plus.

Organisations that have been awarded the Two Ticks symbol have made a number of commitments to current and prospective employees that ensure they adopt positive practice toward disabled people. One of these commitments is to make sure that all disabled applicants who meet the minimum criteria for a job vacancy are invited for an interview and considered based on their abilities.

Other supported employment opportunities

Some local areas in the UK offer supported employment opportunities which aim to get people with disabilities into work. Different service providers operate supported employment schemes, including Jobcentre Plus, adult social services and the NHS.

These services work with people who have a number of employment barriers, such as physical, learning or sensory impairments. The services may offer:

- Support with applying for jobs;
- Opportunities to take part in work placements;
- One-to-one support in the workplace; and
- Ongoing long-term support and monitoring.

Contact your local Jobcentre to find out about supported employment schemes in your area.

Useful contacts

There are a number of national charities that can offer you advice and support to find a job.

- [EmployAbility is dedicated to assisting students and graduates with all disabilities, including dyslexia or long term health conditions, into employment;](#)
- [Remploy exists to improve the lives of disabled people and those with complex needs through the power of work;](#)
- [Scope supports disabled people to find jobs, work experience and volunteering opportunities](#)

Disclosing your disability

You have a right to keep information about your disability private and to inform potential or current employers about your condition at a time of your choosing. You may want to wait until you are invited to an interview before discussing your disability with recruiters or even postpone disclosing the details of your condition until you have received an offer of employment.

Whenever you choose to tell your employer that you are disabled, you will be protected by the Equality Act 2010. This means they must take all reasonable steps to make the necessary adjustments to accommodate you and must not discriminate against you on account of your disability.

You should bear in mind that if you choose not to let your employer know about your disability, you will not be protected by the law. This is because an employer who was unaware of your disability cannot be judged to have discriminated against you.

In the workplace

Under the Equality Act 2010, employers must make reasonable adjustments to your job and place of work once they know about your disability. This can mean changing the way in which your employment is structured, removing any physical barriers and providing you with extra support to do your work.

Access to Work

Access to Work is a government funded grant programme that can pay for practical support if you have a disability or mental health condition. The purpose of the grant is to remove any significant expenses arising from your disability that either you or your employer would otherwise be required to meet in order for you to do your job.

Access to Work can fund items such as:

- Special computer equipment;
- Transport costs; and
- A personal assistant.

You can apply by contacting Access to Work directly.

Job loss and support

If your employer fails to follow proper procedures, your dismissal could be deemed unfair and illegal.

Redundancy

Your employer is legally obliged to make sure that the redundancy procedures they follow do not discriminate against you as a result of your disability. This applies to both voluntary and compulsory redundancies.

In order to avoid discrimination, employers must be able to show that they can objectively justify making their decision based on criteria such as length of service, absence records, working hours and training and qualifications. In the case of disabled employees, employers must also think about any reasonable adjustments they can make to ensure you are not being placed at a disadvantage for reasons relating to your disability.

Retirement

In the same way that employers cannot choose to make you redundant due to your disability, they cannot ask you to retire before you are legally required to do so.

Dismissal

It is illegal for your employer to dismiss you for reasons relating to your disability.

Know your rights

Under the Equality Act 2010, employees and job seekers with disabilities are legally protected against discrimination. From the initial recruitment process to promotion and pay—along with accessibility in the workplace—it is vital that you are clear on your legal rights.

For more information about your employment rights, please check out the following sites:

- [Disability discrimination section of ACAS \(Advisory, Conciliation and Arbitration Service\)](#)
- [Disability Discrimination from workSMART.org.uk website](#)
- [The Equality and Human Rights Commission also has a comprehensive site that covers disability](#)

Physical disabilities: technology

If you have a physical disability or experience reduced mobility in later life, assistive technology (AT) can help you to reclaim your independence and lead a more fulfilling life. The term AT covers a diverse range of equipment—everything from mobility aids, drinking mugs, cutlery and gardening tools with adapted handles to environmental controls that enable you to operate computers, door openers and other domestic fixtures...all from a single device designed to meet your needs.

The good news is that the cost of certain types of AT has declined and the power of personal computers has increased. Meanwhile, smartphones and tablets provide easy access to a wide variety of apps designed to make daily life a little bit easier. There are apps that help you to stay in touch with loved ones, plan your day, find your way around an unfamiliar place and even speak on your behalf.

However, choosing the equipment or software applications that match your needs can still be a challenge. Simply knowing that a problem you are experiencing could be resolved by AT can be an obstacle. And being aware of the possible benefits of AT may not be enough.

There may be many products that can meet your needs. Some products are very expensive. Occasionally, you might need to talk to an expert before buying new equipment.

But the benefits of the right piece of equipment can be huge, especially if technology can open doors to a more active social life as well as educational and employment opportunities.

Types of AT

There are so many different types of physical disabilities that it's not surprising that the range of AT is equally broad. There are a number of key categories of equipment that you should know about.

Mobility aids are possibly the most instantly recognisable form of AT. Wheelchairs come in many shapes and sizes, but one important feature is that they can either be manual (meaning that you can either be pushed or propel yourself using your upper body strength), or powered, allowing you to be in the driving seat regardless of any limited movement or coordination issues that might be caused by your disability.

Walking sticks and Zimmer frames represent another type of mobility aid that will allow you to walk if you require support.

Hoists are perhaps a less obvious member of the mobility aid family. These can help carers to lift you from, say, your wheelchair to your bed in a safe and dignified way.

Products that enable you to access computers have made much progress in recent years. With the help of adaptive switches, specialist joysticks, speech recognition tools or eye tracking devices, it is now possible to make the most of the digital age whatever your impairment. By combining

accessible hardware with onscreen keyboards and other software programmes that let you control the cursor and navigate the screen by alternative means, you are free to send emails, surf the Internet, watch movies and even play games.

Computer technology can also make you more independent by giving you control over your surroundings and helping you communicate with others. For example, telecare equipment can support you to live at home without the constant presence of a care assistant by providing you with ways of getting in touch with family, friends and support workers, if you need help.

There are also environmental control devices that allow you to operate everyday equipment in your immediate vicinity. This means you can control things like televisions, windows and curtains using a single control unit.

With so much sophisticated technology available, it is easy to become fixated on the flashiest pieces of kit. Fortunately, AT is not always big and expensive. Daily living aids such as grab rails for toilets and shower rooms, adjustable furniture and beds and adapted kitchen utensils and gardening tools are examples of the low-tech products that fall squarely into the AT camp.

Searching for AT

Finding the best place to go to purchase AT can be tricky. Not only are there many different types of equipment on the market, but there are also lots of different organisations and companies that supply their own range of products. Luckily, there are some useful resources you can turn to in your search.

[Independent Living](#) is a website that provides a catalogue containing a full range of aids to [daily living, mobility and independence](#). It also sends out a free newsletter covering the latest developments in independent living.

The [Disabled Living Foundation \(DLF\)](#) is a national charity that gives advice, information and training on independent living issues, including AT. It offers a range of online resources designed to help you navigate the different types of equipment, providers and sources of charitable funding.

If you own a Facebook account, the learning disability charity Norwood maintains a group that shares news and advice about AT. Just search Facebook for [Norwood Assistive Technology—PATHWAYS](#).

Publicly funded AT providers

Central and local government finance services are mandated to provide you with AT under certain circumstances. These services offer access to expert assessors and take the financial burden of acquiring and maintaining the equipment off your shoulders.

The NHS is required by law to ensure that you have access to certain AT if you need it. [The NHS can provide wheelchairs](#), specialist communication aids and environmental controls as long as you meet the relevant non-means-tested eligibility criteria. You can ask your GP for a referral to these services.

Charities that can help

There are a number of organisations operating around the UK that can support your access to AT.

[AbilityNet](#) is a national charity dedicated to helping disabled people access digital technologies at home and in the workplace by offering free services to disabled individuals and their families, friends, carers, teachers and employers.

Sometimes you will struggle to find anything on the market that does exactly what you want. A handful of charities employ creative engineers who will design and build a custom-made device that serves your specific set of requirements, usually free of charge.

One such charity is [Demand](#), an organisation that will work with anyone with a disability to create, modify or refurbish equipment that makes their lives easier or helps them to enjoy sports and leisure activities. [Special Effect](#) also helps to create customised devices but focuses on enabling disabled people to play video games. [Designability](#) also engineers bespoke AT, but prefers to do so when there is likely to be wider demand for the resulting product beyond your own situation.

Physical disabilities: out and about

In this day and age, there is absolutely no reason why you can't get the most out of your spare time. Knowing what to expect makes life a lot easier and less stressful, and keeping that in mind, we've pulled together some resources to help you enjoy travel and other leisure pursuits.

Travel

As we know all too well, travelling with a disability often requires careful and creative problem solving. Lack of accessibility, amenities and understanding are just some of the barriers we face as disabled travellers and companions. This guide has been designed to provide clear direction for before, after and during travel to ensure a trouble-free trip.

Flying (and why planning isn't optional)

As disability facilities and services amongst airlines vary widely, it is worth doing some research before you decide which airline to use. Here are a few pointers to bear in mind when travelling by air.

- On booking your flight, remember to notify the airline that you are disabled, require special assistance and intend to take your wheelchair with you. The dimensions and type of chair/scooter will determine whether it is stored in the hold or plane itself. Be sure to pass this information onto the airline.
- Remember to book an aisle seat; this makes life much easier when transferring.
- At least 48 hours before your flight departs, make sure you contact the airline asking for special

assistance. At this stage, you will often need to provide the airline with additional information about your wheelchair.

- At flight check-in, be sure to tell the ticket agent that you requested special assistance. In doing this, you will receive extra help at security, miss long queues (there have to be some perks!) and will receive assistance at the gate.
- If you are travelling with your own wheelchair, make sure you gate check your wheels so you can take it right up to the plane.
- Once at the entrance of the plane, you will be met by flight attendants and special assistants who will help transfer you from your wheelchair to an airport/aisle wheelchair. Staff may use the slide board and slide sheet to do this.
- Prior to landing, tell the flight attendant that you need your equipment taken to the gate to allow them to radio in advance and ensure necessary arrangements are in place.

[For more information, check out the GOV.UK page for Transport if you're disabled, and see the section that covers planes.](#)

Travelling by train

The National Rail Service has worked long and hard over the last few years to improve its accessibility factor. From step free access, ramps, wheelchair availability and station staff assistance, rail travel is now one of the most accessible means of transport for anyone with a disability. With the right information, planning and know-how, travelling by train can be hassle free.

To start off, it is useful to identify the barriers that might affect your journey and then consider the different options available and next steps.

1. Are you a wheelchair or scooter user?
2. Do you have a sight impairment?
3. Do you find it difficult to walk long distances and get on/off trains?

If your answer is "Yes" to any of the above, you should book passenger assistance at least 24 hours prior to your journey. Whether it is help getting on and off the train, using a station wheelchair, installing a boarding ramp, buying tickets or getting guidance through the station, passenger assistance will have it covered.

If you are unsure which train company you need, take a look at the National Rail's list of Stations and Destinations. These pages will show you details of facilities available at each station under Accessibility and mobility access. [Visit the National Rail Service page for Information for disabled passengers and passenger assistance.](#) Alternatively, you can call National Rail Enquiries on 0345 748 4950.

To book passenger assistance, simply navigate to the Support and Information section on the

contact page of the train company you have selected. Once there, scroll down to Assisted Travel to retrieve the relevant contact details. When you're on the phone to them, be sure to outline your requirements clearly so they can tailor their services to your needs accordingly.

[If you would rather contact the rail company online, visit the Disabled Persons Railcard website](#) and look for the "Book Assistance for Future Journey" button on the page.

Taking the bus

The bus business is experiencing a boom these days, perhaps due to attractive fares and schedules. In terms of relaying information, buses have become more user-friendly.

As a disabled person, you may be eligible for a free bus pass—check with your local council to find out. At the very least, you are entitled to a free off-peak pass on any bus, which allows you to travel anywhere in England between 9.30 am and 11 pm Monday to Friday and anytime at weekends. For further details on this scheme, [visit the GOV.UK site and go to the section on Transport if you're disabled, where you'll find details on cars, buses and coaches.](#)

How do I apply for a bus pass? Simply contact your local council to find out who issues disabled bus passes. To apply for a disabled person's bus pass you first need to identify the appropriate local authority. Go to the [Directgov site and follow the steps on how to apply for a disabled person's bus pass.](#) This service is only available in England.

Getting on and off. Bus companies are legally obliged to make sure disabled people can get on and off buses in safety and travel in reasonable comfort. [Visit Citizens Advice to find out the Rights of disabled passengers using buses and coaches.](#)

In the near future, all public transport buses will have to meet specific disability standards set by the government. As we wait patiently for this special day, we will have to make do with the current provisions.

Vehicles and transport

If you are disabled you can apply for the following:

- [An exemption from paying vehicle tax](#) (to make your claim)
- [A Blue Badge](#) (to help with parking)
- [The Mobility Scheme](#) (to help you buy or lease a car)

Using public transport in London

Getting around in London by car is one thing, but using public transport is another. The good news is that there are many resources to help you tame the Tube and beat the buses.

Transport for London

In addition to all of the traditional services offered through the Transport for London (TfL) website, there is an entire section [devoted to transport accessibility.](#) For instance, did you know you could

request staff assistance at all Tube, TfL Rail, Overground stations, boats, the Emirates Air Line and Victoria Coach Stations? You can get assistance from drivers on trams and buses (on DLR trains, look for a Passenger Service Agent).

[TfL also offers a travel support card that you can download](#) and use in order to let people know what assistance you may need. And for information on fares, visit the [60+ London Oyster Card section of the TfL website](#).

Transport for All

[Transport for All \(TfA\)](#) is an organisation that is working to make it just as easy for you to travel on public transport as it is for anyone else. Formerly Dial-A-Ride and Taxicard users (DaRT), TfA is a great place to find how public transport is becoming more accessible to everyone, and it covers:

- Underground
- Buses
- Trains
- DLR
- Tramlink
- Riverboats
- The Emirate Airline (Cable Car)
- Airports

TfA also has information on getting travel training or mentoring and tracking down items that have been lost on London's transport system.

In terms of door to door services, TfA can help you research the following:

- Dial-a-Ride
- Capital Call
- Community transport
- Patient transport
- Taxicard
- Taxi and Private Hire Vehicle

The organisation can also help you explore the following concessionary services:

- Blue Badge
- Freedom Pass
- Disabled and Older Persons Railcard
- National Express Coachcard
- 60+ Oystercard

Freedom Pass

To find out specifically about Freedom Passes, visit the London Councils Freedom Pass website.

Planning your accommodations

Most hotels and b&bs are delighted to reserve an accessible room for you, but when you ask them “What makes it accessible?”, the advisor at the end of the phone line is often hard pressed to give you specific details. What some folks think is accessible is downright laughable.

With this attention to detail in mind, we have compiled an accessibility checklist suitable for people with a vast majority of disabilities.

Accessible bedrooms

Do check whether all doors, lifts, corridors are a minimum of 830mm wide.

Don't forget, an average manual wheelchair has a turning circle of 1.5m. Electric wheelchairs often require even more. Is there space to turn around in the room?

Don't forget to ask which way the door opens out. This is important with respect to wheelchair turning space.

Do you need a hoist? Is there underneath bed clearance for a portable hoist? The bed must be raised to enable good positioning of the hoist for transfer to and from the bed.

If you don't use a hoist, do check if a wheelchair user will be able to get beside the bed.

Don't forget to check the height of the bed; it needs to be at least 450mm high. There should be at least one chair available with arms to help people who have problems standing

Accessible bathrooms

Do check that the shower room has no step and is level.

Do ask whether the bathroom door is 830mm wide.

Don't forget about wheelchair turning space in the shower room.

Do ask whether they have a portable shower chair and/or room for a commode.

Do check that the bathroom has level access with a nonslip floor surface.

Don't forget handrails. As an absolute minimum, there should be handrails around the shower and next to the toilet.

Equipment hire

If you're on holiday and need to rent equipment, here are some tried and tested resources.

[ABLEize](#) provides rental equipment in Spain, Lanzarote, France, Italy, the Canary Islands and more.

Additional resources can be found here:

- AJ Mobility
- Disability Holidays Guide
- Direct Mobility

- Mobility Equipment Hire Direct

Accessible adventures

We all know how frustrating it can be when a venue claims to be accessible when, in reality, it is far from it. Of course, what is accessible to one person might be inaccessible for another.

With this in mind, [DisabledGo.com provides the facts clean and clear so you can make your own informed choice](#). Developed by disabled people for disabled people, DisabledGo.com publishes detailed access information on over 125,000 places of interest across the UK and Republic of Ireland.

[Another useful resource is the Rough Guide to Accessible Britain.](#)

Physical disabilities: grants and benefits

As a person living with a disability, you might be entitled to a range of financial support programmes. This might include benefits, tax credits, payments, concessions and grants to help cover the extra costs associated with your disability. We know how confusing this can be, so we want to help you explore and understand exactly what you are entitled to and the different options available.

Below, we have listed some of the key benefits available to you once you complete an assessment with your local authority. This exercise will work out how much assistance you will get and will be revisited regularly to make sure you are getting the right support. For a quick overview, check out the [GOV.UK page on Financial help if you're disabled](#). This page outlines the main disability and sickness benefits available. You can even have a go on the [GOV.UK Benefit calculators](#) to help you gain a better understanding of what is offered.

You may qualify for the following:

[Disability Living Allowance \(DLA\)](#). This is a tax-free benefit for disabled people who need help with mobility or care costs. To learn more you can also [visit the Scope site and read more about DLA](#).

[Personal Independence Payment \(PIP\)](#). You may be entitled to a weekly payment from the government. This rate depends on how your condition has an impact on you.

[Attendance Allowance](#). A weekly payment to help with personal care if you are aged 65 or over. It is paid at two different rates, and it will depend on the level of care that you require.

[Carer's Allowance](#). A weekly payment to help you look after someone with extensive care needs. Please note, you don't need to be related to—or even live with—the individual you care for. You must, however, spend at least 35 hours per week caring for them. You must also be 16 or over.

[Employment and Support Allowance \(ESA\)](#). If you are disabled, you might be entitled to an ESA. Please note you can apply for this if you are employed, self-employed or unemployed.

[Industrial Injuries Benefit](#). If you became disabled or ill following an accident or disease caused by work (or when you were on an employment training scheme or course) you might be entitled to Industrial Injuries Benefits.

[Constant Attendance Allowance](#). There are four different weekly rates for this allowance. The amount will depend on your disability and your care needs. You can claim for this if you receive an Industrial Injuries Benefit or a War Disablement Pension.

[Housing Benefit](#). You will need to apply to your local council to claim housing benefit or local housing allowance.

[Disabled Facilities Grants](#). If you need to make adaptations to your home (such as installing ramps, improving access in and around your home or perhaps changing lighting and heating facilities), you might be entitled to a Disabled Facilities Grant from your council.

For more details on resources in Northern Ireland, [nidirect has a Guide to financial support for people with disabilities](#) that lists the wide range of options.

Physical disabilities: emotions and relationships

Living with a disability can have an impact on your emotional life. It can change the way you feel about yourself and those around you. For many, living with a disability is a constant struggle—both mentally and physically.

The physical limitations that you experience, as well as others' attitudes towards your impairment, can sometimes be very frustrating. You may also experience feelings of social isolation and loneliness, so having a good social and support network is vital.

Whether your disability developed earlier in life or later, there is a wide range of support out there that can help you manage your emotions and relationships. These services are available for both the individual, the family and carers.

You may find that you're able to talk it through with family and friends, or you may find that counselling is best for you. What matters is that you stay well and balanced, and take steps to ensure that feelings of sadness or depression are handled with care.

Counselling

The aim of counselling is ultimately to provide a safe and supportive space for individuals to discuss their concerns and fears with a trusted professional who will help them to explore ways of making

life more manageable. Counselling can take place face to face, individually or in a group, over the phone or even by email. There are so many options!

Depending on where you live, you may be able to get counselling via your GP. If this is not available, you can ask your GP to refer you to a local organisation that may be able to help.

If you prefer to find emotional support tailored specifically for Jewish people, contact [Jewish Care Direct](#) at 0208 922 2222. The Jewish Helpline can also assist you. That number is 0800 652 9249.

[For general emotional support any time of day or night, the Samaritans are there to help.](#)

Relationships with friends, family and colleagues

Disability influences relationships. Of course it does, but that's ok.

As with all relationships, communication is key. Take the time to talk, keep honest and be real. Share and explore your feelings together. Don't be afraid to speak out. Whatever the emotion, our advice is this: don't bottle it up.

Relationships, in general, are pretty complicated, so understanding and being in control of your needs ensures that having a disability does not make your relationships any more so.

Physical disabilities: charities

There are many charities in the UK that provide advice, support, products and services for people with disabilities as well as their friends, family members and carers.

[Aspire](#). Aspire is a national charity that provides practical help to people who have been paralysed by spinal cord injury.

[Arthritis Action](#). Arthritis Action is dedicated to helping people with arthritis to enjoy a more active life with less pain. This organisation offers healthy eating advice, provides hands-on physical therapies and assists with pain management.

[Back Up](#). This is a national charity set up to inspire people affected by spinal cord injury and help them to transform their lives.

[British Polio](#). The British Polio Fellowship is a charity dedicated to helping, supporting and empowering approximately 120,000 people in the UK who are living with the late effects of polio and post-polio syndrome (PPS).

[Cerebral Palsy](#). This is an organisation set up to support children, adults and their families affected by cerebral palsy.

[Jewish Care's Community Support and Social Work service](#). By supporting individuals, families and communities, this service enables people to identify care options that offer dignity and choice. It also advocates on behalf of people whilst offering advice and guidance. Call 0208 922 2222 or send an email to helpline@jcare.org.

[Limbless Association](#). The Limbless Association is the leading UK charity for people with limb loss.

[Muscular Dystrophy UK](#). Muscular Dystrophy UK (previously known as the Muscular Dystrophy Campaign) is the charity bringing individuals, families and professionals together to beat muscle-wasting conditions.

[Multiple Sclerosis Society](#). This is an organisation dedicated to research, grants and campaigns for change regarding MS. It also provides information and support and lends a listening ear to those who need it.

[National Rheumatoid Arthritis Society](#). This charity is set up to provide information and support for people with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA), their families, friends and carers, as well as health professionals with an interest in RA.

[Shine](#). Shine is a registered charity that was formed to help families and individuals affected by spina bifida and hydrocephalus.

[Spinal Injuries Association \(SIA\)](#). SIA is a national charity for spinal cord injured (SCI) people.

[Stroke Association](#). The Stroke Association works to prevent strokes and achieve life after stroke through providing services, campaigning, education and research.

