Psychosocial and spiritual needs

People with MND, their families and carers often suffer considerable psychological and emotional distress.

The major challenges are coping with loss and living with change. Much can be done to alleviate this distress, help people to adjust and make the most of their coping skills.

McLeod and Clarke 2007

In light of the evidence showing that Quality of Life is dependent more on the psychological condition rather than on the physical condition, it behoves us to think seriously about how we integrate these aspects of care into the organisation of physical care.

Averill and others 2007

Adaptation to chronic illness is dependent upon a number of factors. These include the patient’s premorbid psychological health and the emotional, social, financial, and spiritual resources with which the patient and his or her family are equipped before the disease is diagnosed. Unlike many other types of chronic illness, deficits experienced in the context of ALS rapidly progress, and long-term survival and cure remain possibilities, but not realities, for the immediate future. In spite of this, anecdotal evidence suggests that ALS patients are similar to patients with other chronic diseases in the sense that many of them cope well with the progression of their disease and find positive aspects of living with ALS.