



MS Therapy Centre Highland

long-term therapies for people living with long-term conditions

THE CENTRE AND ITS SERVICES

Inverness and District MS Therapy Centre opened in March 1992 and is one of 13 such units based in Scotland providing a range of therapies and support for people with Multiple Sclerosis. This Centre is a member of the MS Therapy Centres (Scotland) and follows the protocols laid down by them. The aim of the Centre is to encourage people to help each other through mutual support and to promote a better quality of life for people with MS, their families and carers.

We provide various therapies, and though they are not a cure, they help with the management of the disease and can help improve the quality of life of people with MS.



SERVICES OFFERED

PHYSIOTHERAPY

The Centre has a well-equipped Physiotherapy Department. Clients initially have a thorough assessment of their condition and thereafter, treatment and advice tailored to their individual needs in order to promote general health and to maintain/improve control and mobility of limbs.

Emphasis is placed on what people can do on their own, with assistance at home. Adjustments are made as required to each person's personal programme. All our physiotherapists are fully qualified.

HYPERBARIC OXYGEN THERAPY

Hyperbaric Oxygen treatment is not a cure for Multiple Sclerosis but it does seem effective over the longer term in helping to stabilise and manage the illness. In addition it often succeeds in improving bladder control and reducing fatigue symptoms. The initial treatment consists of breathing pure oxygen through a mask, while sitting in a pressurised chamber, for one hour a day over a maximum of 15 days. The chamber allows up to 5 people to be treated simultaneously.

Fifteen days of treatment is followed by "top-up" sessions, which may vary from once a week to once monthly. All sessions are individually monitored.

NUTRITION AND MS

There is a great deal of scientific evidence to suggest that diet plays an important role with MS. A healthy diet is of benefit to everyone with MS. It can help to fight fatigue and infection.

A special diet cookbook and recipe leaflets are available from us.

COUNSELLING AND ADVICE

We provide an individual, private and confidential counselling service for people with MS and also for their partners, carers, family and friends. Very often it is more difficult for the onlooker to come to terms with the situation than the person with MS.

For those who have problems with benefits etc., but have difficulty in getting to the Citizens Advice Bureau, we can arrange an appointment with an Advisor here at the Centre.

HAIRDRESSER

We have a Hairdressing Room where our resident hairdresser will be pleased to look after you and pamper you. This is a very popular and well used service.

MASSAGE AND REFLEXOLOGY

Both Massage and Reflexology can give the person with MS a sense of well-being. We have two therapists who are available for appointments for both therapies. Fuller information on this is contained in our Information Pack.

MINI BUS TRANSPORT

Thanks to the generosity of the Great Wilderness Challenge we have a Mini Bus which is adapted for wheelchair use and has an electrically operated hydraulic lift fitted to the rear. This is available to help people with transport difficulties.

VISITS TO THE CENTRE

We always encourage anyone with MS or anyone caring for someone with MS to visit the Centre. We can also arrange for any groups who may be interested in the Centre to be shown around. The Centre is open every day, Monday to Friday, and anyone wishing to call in will be made very welcome. Our therapies are available to all members, but if anyone feels that they only wish to have a cup of tea and a chat to other members, then they are very welcome to do this. For some people, this is the best therapy for them. No one is under any pressure to have therapies if they do not wish to do so.

FURTHER INFORMATION

Our Centre is open Monday to Friday 9 am to 4 pm. Please contact the Centre for more information or to obtain a more detailed information pack.

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