

Parkhead Citizens Advice Bureau

Scottish Rare Diseases Advice Service



ATAXIA

Living with Ataxia in Scotland?

- ➔ Unsure of your benefit entitlements or how to plan financially for the future?
- ➔ Experiencing employment issues?
- ➔ Struggling to cope with the cost of living and soaring energy bills?
- ➔ Looking for more appropriate housing options or adaptations?
- ➔ Unsure what healthcare you're entitled to?
- ➔ Struggling with debt or budgeting and unsure where to turn?

Contact the Scottish Rare Diseases Project for free, impartial and confidential advice

to give you the tools and support you need to sort out any issues or problems!



Ataxia@parkheadcab.org.uk



0141 554 0004




The Scottish Rare Diseases Advice Service is run by Parkhead Citizens Advice Bureau in Glasgow in partnership with Ataxia UK to provide a nationwide advice service dedicated to meeting the needs of the ataxia community in Scotland. The service works alongside the Ataxia UK Helpline to provide welfare rights information, advice and support to empower the ataxia community in Scotland to:

- Access appropriate care and treatment and information on their **healthcare rights**.
- Claim and manage both **Scottish and UK benefits** including support with challenging benefit decisions and appeals.
- Have access to free **debt** and **money management** advice.
- Deal with **housing issues** and make appropriate housing choices including access to housing adaptations.
- Access advice and support with **employment issues**, including issues surrounding working hours, medical retirement, and reasonable adjustments.
- Manage **energy issues** and cope with the **cost of living**.

Contact us directly no matter where you are in Scotland Mon-Fri 10am – 4pm at:

 Ataxia@parkheadcab.org.uk

 0141 554 0004

Or contact Ataxia UK for a referral at:

 help@ataxia.org.uk

 0800 995 6037