



THE NATIONAL ASSOCIATION  
OF LARYNGECTOMEE CLUBS



# Information for Laryngectomy Patients

## **FREE PRESCRIPTIONS**

All laryngectomees, whatever their age are entitled to free NHS prescriptions. If you are under 60 you will need an exemption form.

Applications should be made on form FP92A which is available from GP surgeries and NHS hospitals.

There are companies who distribute the laryngectomy supplies direct to your home.

## **HOSPITAL FARES**

You may be able to get help with your parking or travel costs:

- If you receive certain benefits
- Have a blue disabled badge
- Some areas have schemes that help with fares and travel
- Visitors may also be able to claim if it's a close relative or partner
- Parking in Northern Ireland is free if you are having radio or chemo therapy. In Scotland and Wales most hospitals are free. Some hospitals in England have reduced parking costs.

Always check with the hospital and find out their parking policy.

## **BENEFITS**

You may be entitled to benefits when you have been affected by Cancer. It is advisable to speak to a benefits advisor to see what you may be

entitled to. Macmillan Cancer Support has welfare rights advisers that can help you access benefits you may be entitled to.

For information telephone 0808 808 00 00.

Laryngectomees may qualify for benefits that cover their care and or mobility needs, these benefits are not means tested:

### **PIP – Personal Independence Payment**

This is a benefit for people aged 16-65. PIP replaces an older benefit called Disability Living Allowance – DLA. To apply for PIP you must have had difficulties for a minimum of three months. PIP is based on how your condition affects you, not the condition you have. To apply for this benefit you or a carer must call 0800 917 2222. You will need your national insurance number, bank details and GP details. The operator will ask a series of questions. If you are unable to speak on the phone you may ask someone else to do it for you but you must be present when they call.

### **ATTENDANCE ALLOWANCE**

This benefit is for people aged 65 or over. For an application form call DWP's Attendance Allowance helpline on 0800 731 0122 or textphone 0800 731 0317. You can also download the form from the website [www.gov.uk](http://www.gov.uk)

## **MACMILLAN GRANTS**

These are small, mostly one off payments to help people with costs caused by or related to their cancer.

You can apply for a Macmillan Grant if you have cancer, or are still affected by your illness and if:

Your savings amount is no more than £6000 if you are single or £8000 as a couple or family. Individual circumstances are taken into account.

To apply for a Macmillan grant you need to apply through a health or social care professional, or Macmillan nurse. They will help you to fill in the form. For further details contact Macmillan on 0808 808 00 00.

## **EMERGENCY IDENTIFICATION**

These items give information about a laryngectomee's medical condition. They advise that breathing is through an opening in the neck and that, in cases of need, mouth to neck resuscitation should be applied.

### **Emergency Resuscitation Leaflet**

**LIFE** – Laryngectomy Information for First Aid and Emergency Treatment DVD

**Emergency Card** – This is a credit card size card which is red & blue explaining the emergency procedure for laryngectomees.

**Emergency Car Stickers** – Self-adhesive white stickers for display on car wind-screens. Gives

instructions that mouth-to-neck resuscitation should be given, in case of an emergency

**Emergency Wristbands** – Red rubber wristbands with the words: Resuscitate Via Neck Stoma Neck Breather!

**Emergency SMS** – If you cannot make voice calls, you can now contact the 999 emergency services by SMS text from your mobile phone. You must register to use this service. For more information visit:

[www.emergencysms.org.uk](http://www.emergencysms.org.uk)

Emergency Cards, Car Stickers and Wristbands are available from NALC. Please email [info@laryngectomy.org.uk](mailto:info@laryngectomy.org.uk) or call 020 7730 8585.

## **PUBLICATIONS**

NALC has a range of publications that are available to download from our website [www.laryngectomy.org.uk](http://www.laryngectomy.org.uk) or can be requested and sent via the post.

**CLAN** NALC's newsletter is published quarterly and has articles from both professionals and those who have had a laryngectomy.

NALC produces three DVDs entitled:

**LIFE 2 – Laryngectomy Information for First aid and Emergency treatment 2**

**NALC – Nursing and Laryngectomy Care**

**TALK – Talking it Through**

## TRAVELLING

### **Bus pass/disabled persons pass.**

These are available from your local council.

**Rail Card** – you may qualify for a disabled persons rail card. You and your carer would travel for 1/3 off the normal fare. A yearly card costs £20 or a 3 year card is £54.

For holiday travel, please contact NALC for an up to date list of insurance companies.

## SWIMMING

Currently we are not aware of centres offering swimming training for laryngectomees.

## NALC CLUBS

NALC have a number of clubs for laryngectomees throughout the British Isles. The object of these clubs is to enable patients, in the company of relatives, friends and interested professional people, to meet regularly in a relaxed social atmosphere.

For further details please contact NALC.

## USEFUL ADDRESSES

### **The National Association of Laryngectomee Clubs**

c/o Ludo Press Ltd  
Unit 18  
Wimbledon Stadium Business Centre  
Riverside Road  
London SW17 0BA

020 7730 8585  
[www.laryngectomy.org.uk](http://www.laryngectomy.org.uk)  
[info@laryngectomy.org.uk](mailto:info@laryngectomy.org.uk)

### **Macmillan Cancer Support**

89 Albert Embankment  
London SE1 7UQ

0808 808 00 00  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

### **Carers Trust**

[www.carers.org](http://www.carers.org)  
[info@carers.org](mailto:info@carers.org)  
0300 772 9600

### **Age UK**

[www.ageuk.org.uk](http://www.ageuk.org.uk)  
0800 055 6112

### **Citizens Advice**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
Advice lines: England 0800 144 8848  
Wales 0800 702 2020

### **Citizens Advice Scotland**

[www.cas.org.uk](http://www.cas.org.uk)  
Advice line: 0800 028 1456

