



MEE

MEE

Support for people living with a disability

For clients



**Do you need
someone to listen
and think along
with you?**

- I can manage very well, but I am at a loss now that my son is not developing 'normal'
- My disability requires adjustments to the house. Who can help me to apply for a stairlift?
- I would like to live on my own. How do I go about this?
- Now that I am on long-term sick leave I am getting caught up in a jumble of regulations and institutions. Who can show me the way?

Do you have a lot on your mind?
Are you faced with problems because of your disability or chronic illness?
Do you need to apply for an indication, but don't you know how to do it?
Do you have the feeling that your child is different, but don't you exactly know why?
MEE can answer your questions, recognizes your worries and can help you to find solutions.

So many different things you have to deal with

No matter whether it is about upbringing, school, work, housing, finances, friends or spare time: you always have to make decisions. Decisions that may raise questions. Sometimes you know exactly what you want, an aid for instance, such as a wheelchair. But often it is more complicated. Things are not going well at school or at your work, for instance, and you do not know exactly what causes the problem. Or perhaps you need parenting support.

When is it time to contact MEE?

Children or adults with a disability or a chronic illness most of the time want and are able to participate independently in our society. But there are these moments in life that things just do not come your way. For instance, in the following cases:

- when you feel that you do not know where you can go for help;
- when you are at home alone a lot, whereas you do not like that;
- when you are not able to manage the post and bills you receive at home.

Then do not hesitate to contact MEE. Our consultants understand what is bothering you and what you mean. They will discuss things with you and together you will be able to deduce what exactly the problem or question is. And you and the consultant will be looking for the answers together.

A temporary situation

We give information and advice, so that you will be able to carry on from there yourself. For that is our goal: to see to it that you participate in society as independently as possible. If this is not fully possible, then together we will try to find the support you need. Our principal rule is that we will not tell you what you must do, but what you can do. You are the one to decide what you need. You are the one to take the decisions, but you can count on our support.

Courses and groups

Perhaps something is bothering you and you have the feeling that you are the only person who has this particular problem. By talking to others you will often find that this is not true. Most of the time



this helps and you will find that it is pleasant to share your experiences with others. About matters such as parenting, friendships, relationships and sexuality, or how to handle your disability, for instance.

Perhaps you just want to learn something: how do I handle money, how do I make contacts, how do I make it clear in a pleasant way what I want and do not want?

MEE can help you with this. You can find us all over the Netherlands, so also in the area where you live. Do not hesitate to ask us what the

possibilities are. It may be that you are looking for a course or a group that does not exist yet. If more people need the same thing, we will arrange something. At MEE we focus on your needs.

Participate

As we stated above: we find it important for people with a disability to participate in society. This is why we also assist other organisations in setting up activities. Organisations such as sports clubs or recreational clubs that take account of your disability.

What MEE stands for

MEE is actively involved in society. Just as you are: self-reliant and independent. MEE is not on its own and neither are you. We know the possibilities and we can direct you to the right organisation or institution when you need long-term help. We will assist you until you have found the help that is satisfactory to you.

How to reach MEE

On workdays you can just drop in at the MEE office in your area. A referral from your doctor is not required. You will find an information desk there and someone who can answer your first questions. If you do not live in the area, you can also call or send an e-mail.

Expertise

Due to their knowledge of and experience with people with disabilities our consultants can provide excellent support. We especially focus on your abilities and not only on your disabilities!

Free of charge

No charge is made for the assistance MEE provides. It may be that you have to pay a small contribution to the cost of some of the courses.

Do you think that MEE can help you? Would you like some further information? Then please contact the MEE office in your area. You can find the details on www.mee.nl or you can call 0900 999 88 88 (local telephone rate).

Tekst: FullQuote

Vertaling:

TVcN Tolk- en Vertaalcentrum Nederland

Engels

Fotografie: Inge Hondebrink

© MEE, 2009