



Ways to Take Action

GET INFORMED ON MS POSITIONS
nationalMSSociety.org/advocacy

JOIN THE ACTIVIST NETWORK
nationalMSSociety.org/getinvolved

FOLLOW THE MS ACTIVIST BLOG
msactivist.blogspot.com

SHARE YOUR STORY
nationalMSSociety.org/MyStory

CONTACT YOUR CHAPTER
FOR STATE ISSUES
nationalMSSociety.org/chapter

JOIN THE ONLINE MS COMMUNITY
MSconnection.org

FOLLOW ON TWITTER
[@MSActivist](https://twitter.com/MSActivist)

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Be an MS Activist

nationalMSSociety.org/Advocacy



We Are MS Activists

We move closer to a world free of MS every day.

STILL, PEOPLE AFFECTED BY MS
FACE CHALLENGING ISSUES:

- Affording costly drug therapies
- Obtaining Social Security benefits
- Guaranteeing disability rights
- Accessing long-term supports and services
- Obtaining affordable insurance
- Securing adequate MS research funding

We are MS activists. The National MS Society and individuals nationwide are together on the frontline to advance federal, state, and community policies and programs that could impact the lives of people with MS. Thousands of MS activists are part of the MS movement and are taking action.

Together, we help raise awareness for MS issues. We share our personal stories. We ask our public officials to make positive changes that benefit people living with MS.

Get Involved

- Stay informed and learn about critical policies affecting people living with MS.
- Share your personal story.
- Boldly ask public officials for support.
- Demand legislative progress for people affected by MS.
- Join with other MS activists in the community.
- Tell others about MS activism and post updates online.

I connect throughout the year with my elected officials. Forging these relationships helps our officials think of the impact their decisions will have on people with MS.

DONNIE, MS ACTIVIST, DIAGNOSED IN 2009

Being an MS activist gives me hope and purpose. I can fight back against MS and be part of the solution.

TAMMY, MS ACTIVIST, DIAGNOSED IN 2006



State and Community Activism

In your state and community, grassroots MS activists, supported by the Society's 50-state network of chapters, pursue local policies and programs to meet the needs of people living with MS. These efforts focus on accessibility, healthcare coverage, employment, transportation, long-term supports and services.

Federal Activism

In Washington, DC, we aggressively pursue federal legislative and regulatory solutions that will enhance the lives of people affected by MS. We advocate for increased MS research funding to better understand the causes of MS, discover effective treatments, and move toward a world free of MS.

Every time I meet with people affected by MS, their personal stories make an impression. They help me understand the systemic problems facing people with MS and drive me to be a part of the solution.

STATE SENATOR FRED H. MADDEN (NJ)



I applaud the tireless efforts of MS activists for their work to improve the lives of those affected with this disease. It is important that we work together to find a cure, and I'm glad to be part of that endeavor.

SENATOR MIKE JOHANNIS (NE)

Change Happens Through MS Activism

On behalf of all of the people living with MS nationwide, the National MS Society boldly champions issues at the local, state and federal levels.

WE ARE ALL ACTIVISTS

Whether you only have a few minutes or want to make a commitment, you can be an MS activist. You can join the thousands of individuals nationwide as part of a growing MS Activist Network. Over the past year, MS activists have:

- Built relationships with policymakers by inviting them to attend or participate in Walk MS, Bike MS and MuckFest MS
- Advanced MS-specific policy issues by sending thousands of emails to legislators
- Educated public officials through hundreds of face-to-face meetings
- Testified at numerous staff briefings and committee hearings

Activist Successes

- State tax forms in Delaware, Louisiana, Missouri, Oklahoma and Wisconsin now offer a voluntary designation to benefit people affected by MS. These efforts have already raised more than \$1 million for MS research and programs.
- Illinois passed legislation to offer instant scratch-off lottery tickets, so far raising more than \$3.9 million for MS research.
- Texas, Arizona, Virginia, Massachusetts and New Hampshire have secured state and/or federal funding for family caregiver respite.
- Colorado, Connecticut and Virginia provided utility coverage for people with medical conditions who would be adversely impacted by discontinuation of services.
- New Jersey created an MS Task Force, charged with developing strategies to identify and address the unmet needs of people with MS in the state.
- New Hampshire, Illinois and Missouri strengthened accessible parking laws by imposing fines for blocking access aisles and requiring more accessible parking spaces designated for vans.
- Secured new federal funding stream that has already yielded over \$20 million for MS research.
- Promoted increased awareness of MS on Capitol Hill by hosting legislative briefings and passing national recognition of MS Awareness Week.
- Raised understanding and established viable programs to support families who are caring for people living with MS.
- Led ongoing activism to improve affordable access to necessary MS treatment options and services.
- Added an aggressive form of MS to qualify for the "Compassionate Allowances Program" at the Social Security Administration.