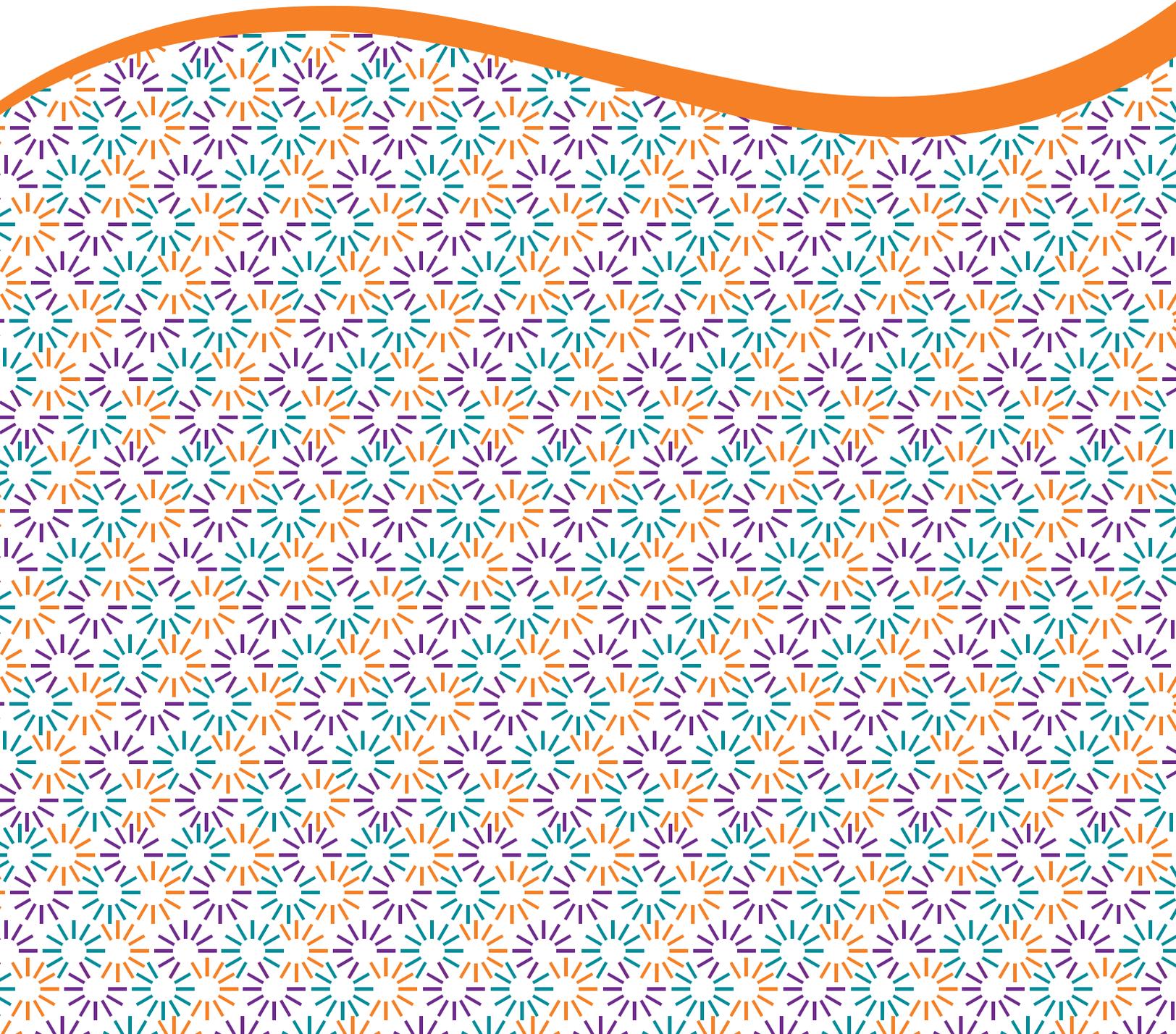




Live Fully, Live Well

A Wellness Program for People with MS & Their Support Partners

RESOURCE GUIDE



*This program is made possible by MS ActiveSource,
which is sponsored by Biogen Idec and Elan Pharmaceuticals, Inc.*



Resource Guide

Unless noted otherwise, please contact an MS Navigator™ at 1-800-344-4867 (1-800-FIGHT MS) to request copies of the publications and DVDs listed in this guide. Society publications can also be downloaded at nationalMSSociety.org/brochures and click on Brochures by title.

GENERAL

- National MS Society
1-800-344-4867 (1-800-FIGHT MS)
nationalMSSociety.org
- Can Do Multiple Sclerosis
1-800-367-3101
mscando.org

NATIONAL MS SOCIETY: ONLINE

- Live Fully, Live Well: A Program for People with MS and Their Support Partners
nationalMSSociety.org/living-with-multiple-sclerosis/live-fully-live-well/index.aspx
- MS Learn Online
nationalMSSociety.org/mslearnonline
- Multimedia Library: DVDs
nationalMSSociety.org/multimedia-library/videos--dvds/index.aspx
- Multimedia Library: Brochures
nationalMSSociety.org/brochures
- Healthy Living with MS
nationalMSSociety.org/living-with-multiple-sclerosis/healthy-living/index.aspx
- Living with MS
nationalMSSociety.org/living-with-multiple-sclerosis/index.aspx
- You CAN!
nationalMSSociety.org/youcan

CAN DO MULTIPLE SCLEROSIS: ONLINE

○ Can Do Library

muscando.org/living-with-multiple-sclerosis/can-do-library/

Attending to Your Whole Self

PUBLICATIONS

- Intimacy and Sexuality in MS
- Multiple Sclerosis and Your Emotions
- Preventive Care Recommendations for Adults with MS
- Taming Stress in Multiple Sclerosis
- A Guide for Caregivers
- PLAINTALK: A Booklet about MS for Families
- Living with MS
- Choosing the Right Healthcare Provider
- Review of Regular Medications and Supplements
- Sleep Disorders and MS: The Basic Facts
- Acupuncture and MS: The Basic Facts
- Clear Thinking about Alternative Therapies

ONLINE

- Dealing with MS in Your Important Relationships
nationalMSSociety.org/living-with-multiple-sclerosis/relationships/index.aspx
- Getting the Care You Need
nationalMSSociety.org/living-with-multiple-sclerosis/getting-the-care-you-need/index.aspx
- My Life, My Decisions, My MS (online course)
nationalMSSociety.org/living-with-multiple-sclerosis/getting-the-care-you-need/my-life-my-ms-my-decisions/index.aspx
- Get Involved
nationalMSSociety.org/get-involved/index.aspx

Maximize Mobility, Achieve Independence

PUBLICATIONS

- Gait or Walking Problems: The Basic Facts
- At Home with MS: Adapting Your Environment
- Minimizing Your Risk of Falls: A Guide for People with MS

ONLINE

- Promoting, Function, Independence and Mobility
nationalMSSociety.org/mobility
- Adaptive Equipment, Emotional Adjustment
nationalMSSociety.org/mobility

DVD COLLECTION

- Free From Falls: A Comprehensive Fall Prevention Program for People with MS
(Also available online at *nationalMSSociety.org/mslearnonline*.)

Tips for Managing Fatigue

PUBLICATIONS

- Fatigue: What You Should Know
- Fatigue: Take Control Workbook
- Sleep Disorders and MS: The Basic Facts
- Urinary Dysfunction and MS
- Hiring Help at Home: The Basic Facts
- At Home with MS: Adapting Your Environment
- Pain: The Basic Facts

ONLINE

- Symptoms
nationalMSSociety.org/symptoms
- Fatigue
nationalMSSociety.org/fatigue

DVD COLLECTION

- Fatigue: Take Control

Travel & Recreation for People Living with MS

ONLINE

- Travel and Recreation
nationalMSSociety.org/travel
- Finding Another Sport You Love
nationalMSSociety.org/travel
- Accessible Nature Trails
nationalMSSociety.org/travel
- A Doctor's Travel Tips
nationalMSSociety.org/travel

Planning for Your Future (Finances & Careers)

PUBLICATIONS

- ADA and People with MS
- Focus on Employment
- Information for Employers — Know Your Rights: A Legal Guide for People Living with MS
- A Place in the Workforce
- Should I Work? Information for Employees
- The Win-Win Approach to Reasonable Accommodations: Enhancing Productivity on Your Job
- Adapting: Financial Planning for a Life with Multiple Sclerosis

SELF-STUDY PROGRAM

Career Crossroads: Employment and MS was designed by employment and MS experts to help individuals living with MS remain in the workforce. Topics covered over the course of the program include:

- Working with MS
- The Law's on Your Side
- My Little Secret
- Maximize Your Potential
- You're Not Alone
- Taking Charge

Available as a self-study guide with companion DVD by contacting an MS Navigator or at nationalMSSociety.org.

ONLINE

- **Staying in the Game: MS and Employment**
nationalMSSociety.org/employment
- **Insurance and Money Matters**
nationalMSSociety.org/living-with-multiple-sclerosis/insurance-and-money-matters/index.aspx
- **Financial Planning**
nationalMSSociety.org/living-with-multiple-sclerosis/insurance-and-money-matters/financial-planning/index.aspx
- **The National MS Society's Financial Assistance Program**
nationalMSSociety.org/living-with-multiple-sclerosis/society-programs-and-services/financial-assistance-program/index.aspx
- **Health Insurance**
nationalMSSociety.org/living-with-multiple-sclerosis/insurance-and-money-matters/health-insurance/index.aspx

ONLINE COURSES

- **Adapting: Financial Planning for a Life with MS...Together**
nationalMSSociety.org/living-with-multiple-sclerosis/society-programs-and-services/online-classes/index.aspx
- **Career Decisions: Relationship Matters**
nationalMSSociety.org/living-with-multiple-sclerosis/society-programs-and-services/online-classes/index.aspx

DVD COLLECTION

- Career Crossroads: Employment and MS
- MS in the Workplace

Exercise Can Be a Part of Your Life with MS

PUBLICATIONS

- Exercise as Part of Everyday Life
- Stretching for People with MS
- Stretching with a Helper for People with MS

ONLINE

- **Exercise**
nationalMSSociety.org/exercise
- **Finding Another Sport You Love**
nationalMSSociety.org/travel

Eating Well, Eating Easy

PUBLICATIONS

- Food for Thought: MS and Nutrition
- Vitamins, Minerals, and Herbs in MS: An Introduction

ONLINE

- Nutrition and Diet
nationalMSSociety.org/living-with-multiple-sclerosis/healthy-living/nutrition-and-diet/index.aspx
- Take Control of Your Weight
nationalMSSociety.org/living-with-multiple-sclerosis/healthy-living/nutrition-and-diet/take-control-of-your-weight/index.aspx
- A Guide to Portion Control
nationalMSSociety.org/living-with-multiple-sclerosis/healthy-living/nutrition-and-diet/a-guide-to-portion-control/index.aspx

Additional resources you may be interested in...

BOOKS FROM DEMOS MEDICAL PUBLISHING

1-800-532-8663 or online at demoshealth.com.

- Bowling AC. *Complementary and Alternative Medicine and Multiple Sclerosis* (2nd ed.) (2007)
- Ettinger AB, Weisbrot DM. *The Essential Patient Handbook* (2004)
- Holland N, Murray TJ, Reingold S. *Multiple Sclerosis: A Guide for the Newly Diagnosed* (3rd ed.) (2007)
- Kalb R (ed.). *Multiple Sclerosis: A Guide for Families* (3rd ed.) (2006)
- Kalb R (ed.). *Multiple Sclerosis: The Questions You Have; The Answers You Need* (5th ed.) (2011)

- Northrop DE, Cooper S. *Health Insurance Resources: A Guide for People with Chronic Disease and Disability* (2nd ed.) (2007)
- Rumrill PD, Hennessey, JL, Nissen SW. *Employment Issues and Multiple Sclerosis* (2nd ed.) (2008)
- Schwarz SP. *300 Tips for Making Life with Multiple Sclerosis Easier* (2nd ed.) (2006)

OTHER

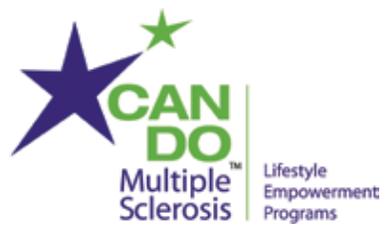
- Kalb R, Holland N, Giesser B. *Multiple Sclerosis for Dummies*. (NJ:Wiley) (2007)

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WEBINAR PROGRAMS

The Webinars can be accessed on the enclosed CD or at nationalMSSociety.org/living-with-multiple-sclerosis/live-fully-live-well/index.aspx or mscando.org/multiple-sclerosis-programs/live-fully-live-well/webinar-series/.

- **Attending to Your Whole Self** with Patricia Kennedy, RN, CNP, MSCN
- **Maximize Mobility, Achieve Independence** with Mandy Rohrig, PT, DPT
- **Fatigue Related Challenges** with Juliann Hanson-Zlatev, OTR, DPT
- **Recreational Activities and Travel** with Linda Walls, OTR
- **Planning for Your Future (Finances and Careers)** with Silvia Stazio, CFP and Steve Nissen, MS, CRC
- **How Does Exercise Fit Into Your Life with MS?** with Susan Kushner, MS, PT
- **Eating Well, Eating Easy** with Denise Nowack, RD



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