



## Resources for Employment and Financial Planning

### Publications

#### National MS Society

The National MS Society has an extensive library of resources about MS, including publications about treatment options, symptom management and living well with MS. For a list of our publications available for download or by mail, visit [www.nationalMSSociety.org/brochures](http://www.nationalMSSociety.org/brochures)

The Society's MS Navigators also offer assistance in answering questions about living with MS. These highly skilled professionals can help you connect to resources in your community, access optimal healthcare, meet workplace challenges, understand health insurance, plan for the future and much more. Whether you are a person living with MS, a family member or someone who cares about a person with MS, you can call an MS Navigator at 1-800-344-4867 during business hours Monday through Friday. You can also email us at [contactusNMSS@nmss.org](mailto:contactusNMSS@nmss.org) or find us on Facebook at [facebook.com/NavigatorMS](https://facebook.com/NavigatorMS).

- ADA and People with MS
- At Home with MS: Adapting Your Environment
- Disclosure: The Basic Facts (Fact Sheet)
- Hiring Help at Home: The Basic Facts

- Should I Work? Information for Employees
- The Win-Win Approach to Reasonable Accommodations

#### Additional publications

- Accessible Affordable Housing Guide  
<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Affordable-Accessible-Housing-A-Guide-for-People-with-MS.pdf>
- Affordable Care Act Fact Sheet: Key Considerations for Choosing a Health Plan-  
[http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/20131003-ACA-Fact-Sheet-Considerations-When-Choosing-Plan-\(1\).pdf](http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/20131003-ACA-Fact-Sheet-Considerations-When-Choosing-Plan-(1).pdf)
- Financial Planning for a Life with Multiple Sclerosis [nationalmssociety.org/financialplanning](http://www.nationalmssociety.org/financialplanning)
- Social Security Disability Insurance and Private Disability Insurance Guidebooks -  
<http://www.nationalmssociety.org/Resources-Support/Insurance-and-Financial-Information/Social-Security-Disability>

#### Paralyzed Veterans of America- (888) 860-7244 [www.pva.org](http://www.pva.org)

- Americans with Disabilities Act: Your Personal Guide to the Law
- The Keys to Managed Care: A Guide for People with Physical Disabilities
- Managing Personal Assistants: A Consumer Guide
- PVA Guide to Federal Health Programs

#### Veteran's Administration

- Federal Benefits for Veterans, Dependents & Survivors (2014 Online Edition).  
[http://www1.va.gov/opa/publications/benefits\\_book.asp](http://www1.va.gov/opa/publications/benefits_book.asp)
- VA Health Benefits for People with MS- [http://www1.va.gov/opa/publications/benefits\\_book.asp](http://www1.va.gov/opa/publications/benefits_book.asp)

IRS (800) 829-1040 [www.irs.gov](http://www.irs.gov)

- Living and Working with Disabilities (IRS Publication 3966) (800) 829-1040 [www.irs.gov](http://www.irs.gov)
- Tax Highlights for Persons with Disabilities (IRS Publication 907)

## Online

### INFORMATION (GENERAL)

- [www.benefits.gov](http://www.benefits.gov)
- National Academy of Elder Law Attorneys NAELA [www.naela.org](http://www.naela.org)
- National Elder Law Foundation [www.nelf.org/find-a-cela](http://www.nelf.org/find-a-cela)
- National Council on Independent Living (877) 525-3400 [www.ncil.org](http://www.ncil.org)
- National Multiple Sclerosis Society (800) 344-4867 [www.nationalmssociety.org](http://www.nationalmssociety.org)
- Paralyzed Veterans of America (PVA) (800) 555-9140 [www.pva.org](http://www.pva.org)
- US Federal Government [www.disability.gov](http://www.disability.gov)
- U.S. Department of Veterans Affairs (800) 827-1000 [www.va.gov](http://www.va.gov)

### EMPLOYMENT

- A Guide for People with Disabilities Seeking Employment, published by three federal agencies: Equal Employment Opportunity Commission, Social Security Administration and U.S. Department of Justice. <http://www.ada.gov/workta.htm>
- Employment Matters: Managing MS in the Workplace- Video Series- <https://www.youtube.com/playlist?list=PLnPWMdCPZiBYjRik5kSh5SWOzIIJDawXi>
- Job Accommodation Network (JAN) (800) 526-7234 <http://askjan.org>
- National MS Society employment information, (800) 344-4867 [www.nationalmssociety.org/employment](http://www.nationalmssociety.org/employment)
- National MS Society disclosure information, [www.nationalmssociety.org/DisclosureDecisions](http://www.nationalmssociety.org/DisclosureDecisions)

- National MS Society & Can Do MS Employment Webinar- series [www.nationalmssociety.org/telelearning](http://www.nationalmssociety.org/telelearning)
- Occupational Outlook Handbook [bls.gov/oooh](http://bls.gov/oooh)
- SBA- (800) UASK-SBA (800) 827-5722 [www.sba.gov](http://www.sba.gov)
- U.S. Department of Labor Office of Disability Employment Policy (866) ODEP-DOL(633-7365) [www.dol.gov/odep](http://www.dol.gov/odep)
- U.S. Department of Labor Career One Stop [www.careeronestop.org](http://www.careeronestop.org)
- U.S. Department of Labor O\*Net online [www.onetonline.org](http://www.onetonline.org)
- U.S. Equal Employment Opportunity Commission (EEOC) (800) 669-4000 [www.eeoc.gov](http://www.eeoc.gov)

### **Job boards**

- [http://askearn.org/refdesk/Recruitment/Job Posting](http://askearn.org/refdesk/Recruitment/Job_Posting)
- [www.careeronestop.org](http://www.careeronestop.org)
- [www.usajobs.gov](http://www.usajobs.gov)
- [www.indeed.com](http://www.indeed.com)
- [www.gettinghired.com](http://www.gettinghired.com)
- <http://nationalmssociety.jobs>

### **GOVERNMENT PROGRAMS/DISABILITY LAWS**

- Medicare and Medicaid (800) 633-4227 [www.cms.hhs.gov](http://www.cms.hhs.gov)
- Medicare (800) 633-4227 [www.medicare.gov](http://www.medicare.gov)
- National Network of ADA Centers (800) 949-4232 [www.adata.org](http://www.adata.org)
- Social Security benefits (800)772-1213 [www.socialsecurity.gov](http://www.socialsecurity.gov)
- Veterans Administration (800) 827-1000 [www.va.gov](http://www.va.gov)
- Vocational Rehabilitation [www.benefits.va.gov/vocrehab/index.asp](http://www.benefits.va.gov/vocrehab/index.asp), <http://soar.askjan.org/IssueConcern/214>
- U.S. Department of Labor, Family and Medical Leave Act [www.dol.gov/whd/fmla/](http://www.dol.gov/whd/fmla/)

- Social Security Ticket to Work, including Work Incentive Planning and Assistance WIPA programs (866) 968-7842 [www.choosework.net](http://www.choosework.net)

## HEALTH CARE COVERAGE

- Financial Assistance Programs for medications- [www.nationalmssociety.org/Treating-MS/Medications/Financial-Assistance-Programs](http://www.nationalmssociety.org/Treating-MS/Medications/Financial-Assistance-Programs)
- [www.Healthcare.gov](http://www.Healthcare.gov) 1-800-318-2596
- [www.Medicare.gov](http://www.Medicare.gov) 1-800-MEDICARE (1-800-633-4227)
- Paralyzed Veterans of America [www.PVA.org](http://www.PVA.org)
- State Health Insurance Assistance Programs <https://www.shiptacenter.org/>
- United States Department of Labor- <https://www.dol.gov/> sample SBC and Uniform Glossary of Terms

## HOME HELP

- AARP [www.aarp.org](http://www.aarp.org)
- Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health & Human Services (800) 677-1116 [www.eldercare.gov](http://www.eldercare.gov)
- National Family Caregivers Association (800) 896-3650 [www.nfcacares.org](http://www.nfcacares.org)
- Rehabilitation Engineering and Assistive Technology Society of North America (703) 524-6686 [www.resna.org](http://www.resna.org)

## HOUSING

- U.S. Department of Housing and Urban Development (HUD) (202) 708-1112 [www.hud.gov](http://www.hud.gov)
- National Council on Independent Living at (703) 525-3406 [www.ncil.org](http://www.ncil.org)

## PERSONAL FINANCE

- American Institute of Certified Public Accountants (888) 777-7077 [www.aicpa.org](http://www.aicpa.org)
- Financial Planning Association (800) 322-4237 [www.fpanet.org](http://www.fpanet.org)
- National Association of Personal Financial Advisors (847) 483-5400 [www.napfa.org](http://www.napfa.org)
- National Endowment for Financial Education (303) 741-6333 [www.nefe.org](http://www.nefe.org)
- National Foundation for Credit Counseling (800) 388-2227 [www.nfcc.org](http://www.nfcc.org)
- Society of Financial Service Professionals (610) 526-2500 [www.financialpro.org](http://www.financialpro.org)

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***The National Multiple Sclerosis Society is proud to be a source of information on multiple sclerosis related topics. The information provided is based on professional advice, published experience, and expert opinion, but does not constitute medical or legal advice. For specific medical advice, consult a qualified physician. For specific legal advice, consult a qualified attorney.***