

WEBINAR & TELELEARNING SERIES



Together in MS: Supporting Family and Friends of People with MS



October 11, 2016

Presented by:



Teva Pharmaceuticals | Acorda Therapeutics

Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank

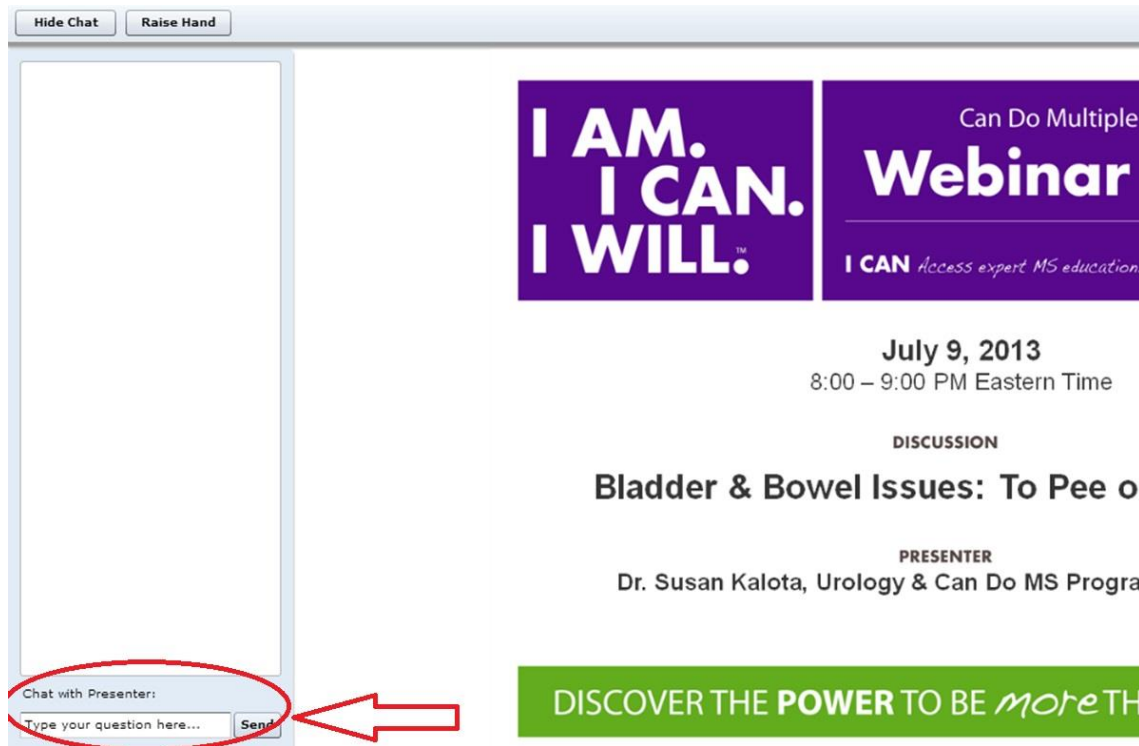
United Way of Eagle River Valley



**National
Multiple Sclerosis
Society**

How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.



The screenshot shows a webinar interface. On the left is a chat box with a 'Hide Chat' and 'Raise Hand' button at the top. The chat box contains a large empty area and a 'Chat with Presenter:' section at the bottom with a text input field and a 'Send' button. A red circle highlights the chat input field, and a red arrow points to it from the right. The main content area on the right features a purple header with the text 'I AM. I CAN. I WILL.' and 'Can Do Multiple Webinar'. Below this, it states 'July 9, 2013' and '8:00 – 9:00 PM Eastern Time'. The topic is 'Bladder & Bowel Issues: To Pee or Not to Pee?' and the presenter is 'Dr. Susan Kalota, Urology & Can Do MS Program'. A green banner at the bottom of the main content area reads 'DISCOVER THE POWER TO BE more THAN'. The 'CAN DO Multiple Sclerosis' logo is in the bottom left, and the 'MS National Multiple Sclerosis Society' logo is in the bottom right.

Mandy Rohrig, PT, DPT



**Horizon Rehabilitation Centers
Omaha, NE**

Rosalind Kalb, PhD



**National Multiple Sclerosis Society
West Bath, ME**

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Calling All Partners – That Means You *and* You

- Partners

- Live with MS together
- Care for and support one another
- Share in decision-making
- Share a commitment to wellness for themselves and each other

What is wellness?

Wellness is a lifelong journey through which people make positive choices about their behaviors, lifestyle and activities that enable them to thrive.

People with MS and their support partners can achieve wellness

Domains of Wellness

- **Diet & Exercise**
- **Emotional Well-Being**
- Spirituality
- Cognitive Health
- **Work & Home**
- **Relationships**



Common Barriers to Wellness

- I have too much to do and too little time
- I don't have any energy left
- I'm focused on my partner with MS
- I feel selfish when I focus on myself
- I'm just trying to get through the day



It's always good to start somewhere...

- Tending to your physical health
- Enhancing your emotional well-being
- Striving for balance in your life
- Making sure your partnership is a two-way street



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Setting Smart Goals



Physical Health

- Preventive healthcare
- Stopping smoking
- Healthy eating
- Physical activity, regular exercise
- Recreation
- Personal safety in caregiving activities



Physical Health, cont'd

- **Preventive healthcare**

- Regular check-ups
- Health screenings recommended for your gender and age group

- **Stopping smoking**

- To promote your own health
- To promote the health of your partner with MS

- **Healthy eating**

- To achieve/maintain a healthy weight
- To reduce the risk of health problems
- To support your partner's healthy eating

Physical Activity: On Your Own

- Regular exercise/physical activity:
 - Cardiovascular/Aerobic
 - Strength Training
 - Flexibility
 - Balance/Coordination
- Time
- Access



www.evergreencyclery.com

Physical Activity: Together



www.recumbentriders.org



www.spinlife.com



www.wintersportsclinic.org



www.qctimes.com

Physical Safety: Tools/Tips

- Gait Belts



<http://scanmedical.com/images/SafetySure-Transfer-Belt-6033-6034-6035-main.gif>



<http://www.elderstore.com/images/products/Kinsman/KE80311GaitBeltMED.jpg>

- Slide Board

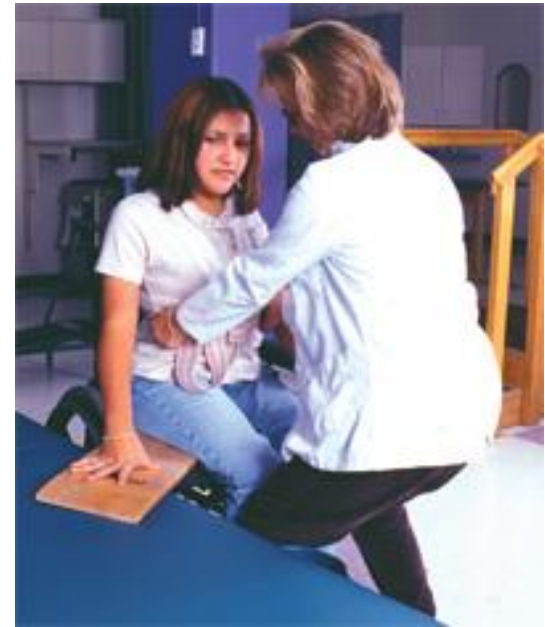
- Lifting Body Mechanics



www.mshh-donorcloset.com



www.mccc.edu



www.childrenscornerbk.com



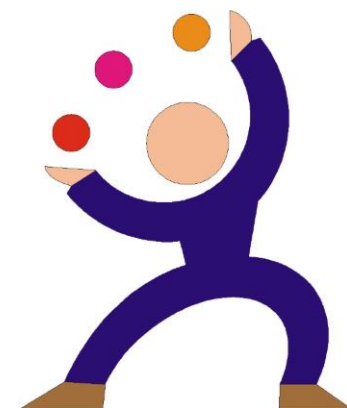
www.youtube.com

Emotional Well-Being

- Building your own support network
- Recognizing your own needs
- Paying attention to your mood
- Paying attention to your stress level
- Finding help when you need it
 - Talk to your healthcare provider
 - Call an MS Navigator: 1-800-344-4867



Life Balance



- Selfish? Or self-sustaining
- Juggling your roles and commitments
- Pie exercise – to help you think and talk about how much of your life space is about MS
 - Draw a circle – ask yourselves this question periodically – and share your answers with one another



Maintaining a Balanced Partnership

- Giving and receiving are important to all of us
- When partnerships become unbalanced, no one feels good about it
- Talk about ways to adapt your roles in ways that sustain balance



Supporting Your Support Partner's Wellness Efforts

- Support healthy habits
- Encourage “self-time”
- Attend to your own safety so your partner can be worry-free
- Identify activities you can enjoy on your own
- Make use of mobility aids to expand your shared recreational activities



How Everyone Benefits

- Support partnerships thrive when both people are healthy and well
- Partners can have fun planning/engaging in wellness-promoting activities
- A balanced partnership feels more intimate, satisfying and mutually supportive



Thank You!



Mandy Rohrig, PT, DPT



Rosalind Kalb, PhD

Questions/Comments

Can Do MS Resources

e | NEWS
your best life update

Q&A

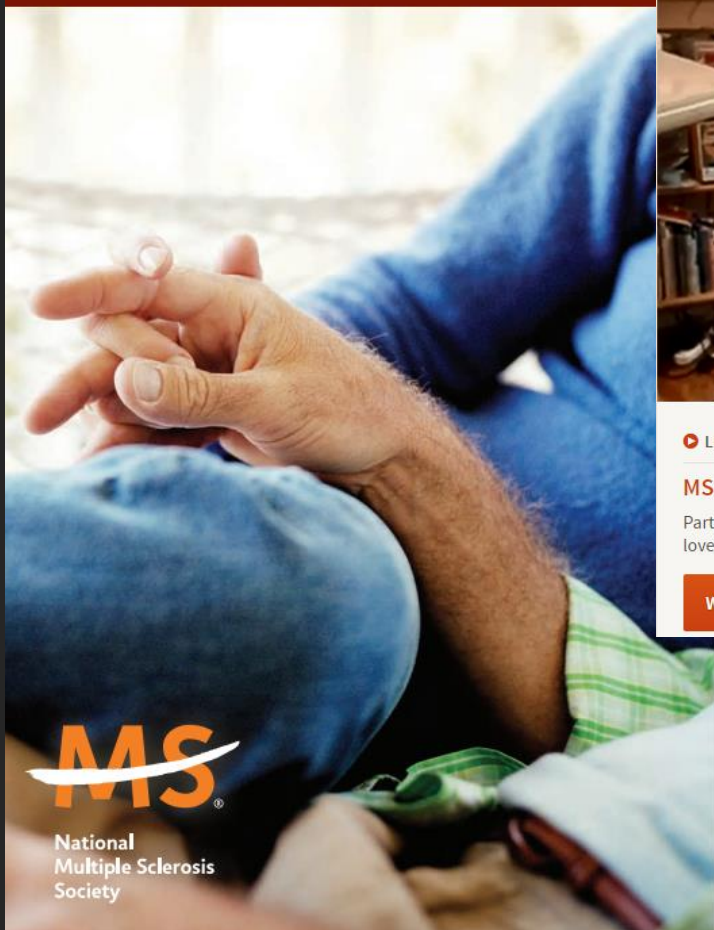
Can Do Library

Find these resources at www.MSCanDo.org.

National MS Society Resources

A Guide for Caregivers

Hiring Help At Home
THE BASIC FACTS
MULTIPLE SCLEROSIS



[LEARN MORE](#)

MS and Carepartnership: Tips and Inspiration

Partners, family and friends can be drawn closely together as they meet the care needs of a loved one with MS.

[Watch Now](#)



Our Mission:

People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

nationalMSSociety.org

WEBINAR & TELELEARNING SERIES



Diet and Multiple Sclerosis: A Neurologist's Perspective



November 8, 2016

Presented by:



Teva Pharmaceuticals | Acorda Therapeutics

Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank

United Way of Eagle River Valley