General Resources

We hope that you find the following resources helpful. For additional information and resources, please go to: nationalMSsociety.org.

Books

Holland NJ, Halper J. *Multiple Sclerosis: A Self-Care Guide to Wellness*, 2nd Ed. New York: Demos Medical Publishing, 2005.

Kalb R, ed. *Multiple Sclerosis: The Questions You Have; The Answers You Need*, 4th Ed. New York: Demos Medical Publishing, 2008.

Kalb R, Holland NJ, Giesser B. *Multiple Sclerosis for Dummies*. New York: Wiley, 2007.

Holland NJ, Burks JS, Schneider, DM. *Primary Progressive Multiple Sclerosis: What You Need to Know* and accompanying DVD, *Primary-Progressive Multiple Sclerosis: Perspectives on Moving Forward.* New York: DiaMedica, 2010.

Information Resources

Medline Plus; www.medlineplus.gov is a service of the National Library of Medicine and the National Institutes of Health that provides health news, drug information, clinical trials listing, a medical encyclopedia, a medical dictionary, and links to other databases and resources.

National Multiple Sclerosis Society. National MS Society Publications can be accessed at: www.nationalMSsociety.org/brochures.

Multiple Sclerosis Association of America. Publications can be accessed at: www.msassociation.org/publications.

Department of Veterans Affairs (VA). 800-827-1000; www.va.gov. The VA provides a wide range of benefits and services to those who have served in the armed forces, their dependents, beneficiaries of deceased veterans, and dependent children of veterans with disabilities.

In addition to materials that can be downloaded from the National MS Society and the MS Association of America websites, publications from both organizations can be requested by phone. National MS Society publications are available free of charge in hard copy from your local chapter, at: 800-FIGHT-MS (800-344-4867). Many chapters have a lending library and also can provide copies of book publications. The MS Association of America's articles and publications can be ordered free of charge by calling 800-532-7667; publications and DVD copies of the online MSi videos can be borrowed from MSAA's free Lending Library.

National Health Information Center, P.O. Box 1133, Washington, D.C. 20013; 800-336-4797; www.health.gov/nhic. The Center maintains a library and a database of health-related organizations, and provides referrals related to health issues for consumers and professionals.

National Rehabilitation Information Center (NARIC). 800-346-2742 or 301-459-5900; www.naric.com. NARIC is a library and information center on disability and rehabilitation funded by the National Institute on Disability and Rehabilitation Research (NIDRR).

Multiple Sclerosis International Federation (MSIF). +44 (0) 207-620-1911; www.msif.org/. This international organization links the activities of MS societies worldwide. Its website includes access to numerous publications.

Resources by Chapter

Chapter 3. Research and Clinical Trials

Cutter G, Aban A. *The Confusing World of Clinical Trials: A Guide for Patients and Families*. View or download at: www.msassociation.org/publications/monograph/ct/.

Multiple Sclerosis Association of America. MSi on-demand video, *A Closer Look at MS Research—2009 and Beyond*. Access at: www.msassociation.org/programs/videos/closerlook_research2009.asp.

National MS Society. *Clinical Trial Resources from the National MS Society*. Access at: www.nationalmssociety.org/research/clinical-trials/clinical-trial-resources/index.aspx.

National MS Society. *My Life, My MS, My Decision*. This four-part video and series of online courses contain a section on clinical trials, focusing on making the decision whether to enter a clinical trial. Access at: www.nationalmssociety.org/living-with-multiple-sclerosis/getting-the-care-you-need/my-life-my-ms-my-decisions/index.aspx.

Norris C, Courtney SW. *Making Sense of MS Terminology: A Guide to Understanding Medical Terms and Procedures for Individuals with MS*. View or download at: www.msassociation.org/publications/summer07/health.asp.

Richert J, Schneider DM. *Research Directions in Multiple Sclerosis.* This booklet can be accessed at: www.nationalmssociety.org/multimedia-library/brochures/general-information/index.aspx. Click on the file Research Directions in Multiple Sclerosis to download.

Schneider DM. *MS Research Update 2009*. View or download at: www.msassociation.org/publications/summer09/cover.story.asp.

Resources for Locating Clinical Trials

Information about trials that are recruiting people with MS can be downloaded at: www.nationalmssociety.org/research/clinical-trials/participate-in-clinical-trials/index.aspx.

National MS Society. *Clinical Trials in MS 2009*, a National MS Society booklet, can be downloaded at: www.nationalmssociety.org/ClinicalTrials. This site also contains other useful information on clinical trials.

MSAA's Clinical Trials Resource Center is at www.msaassociation.org/programs/cti/.

Chapter 4. An Overview of PPMS Management: How Does Rehabilitation Maintain and Improve Function?

National MS Society. *Managing MS Through Rehabilitation*. This brochure can be downloaded from www.nationalmssociety.org/multimedia-library/brochures/staying-well/index.aspx. Click on Managing MS Through Rehabilitation to download.

Courtney SW, Lucuski LA. *The Benefits of Rehabilitation*. View or download at: www.msassociation.org/publications/winter04/cover.asp.

Chapter 5. Symptom Management: Treatment Options

Both the National MS Society and the MS Association of America have articles and brochures dealing with specific MS symptoms. Simply enter the symptom into the "Search" field to view and/or download from their respective websites.

Bowling AC. *Complementary and Alternative Medicine and Multiple Sclerosis*, 2nd ed. Demos Medical Publishing, 2007.

Cooling. For information about the potential benefits of cooling, as well as the MS Association's Cooling Equipment Distribution program, visit www.msassociation.org/programs/cooling/ or call 800-532-7667.

Courtney SW. *Heat Sensitivity* can be viewed or downloaded at: www.msassociation.org/publications/summer05/symptom.asp.

Multiple Sclerosis Association of America. The MSi on-demand video, *A Closer Look at MS and Complementary and Alternative Medicine*, can be viewed at: www.msassociation.org/programs/videos/closerlook5.asp.

Multiple Sclerosis Association of America. Multiple Sclerosis Information (MSi) on-demand video, *A Closer Look at Multiple Sclerosis Symptoms—Part I*, can be viewed at: www.msassociation.org/programs/videos/closerlook1.asp; the MSi on-demand video, *The Art of Symptom Management – MS in the 21st Century*, can be viewed at www.msassociation.org/programs/videos/ and selecting this title.

Multiple Sclerosis Association of America. *Understanding Integrative Medicine*. View or download at: www.msassociation.org/publications/winter07/.

Peterman Schwarz S. *Keeping Your Cool* can be viewed or downloaded at: www.msassociation.org/publications/summer07/symptom.asp.

Schapiro R. *Managing the Symptoms of Multiple Sclerosis*, 5th ed. New York: Demos Medical Publishing, 2007.

Schneider DM. *Symptom Management Update*. View or download at: www.msassociation.org/publications/winter09/cover.story.asp.

Stewart TM, Bowling AC. *Thinking About Complementary and Alternative Medicine? An Introduction for People with MS on How to Find and Evaluate Claims About Complementary and Alternative Medicine*. View or download at: www.msassociation.org/publications/monograph/cam/.

Chapter 6. Technology and Adaptations That Can Make Life with PPMS Easier to Manage

Books

Holland NJ, Halper J. *Multiple Sclerosis: A Self-Care Guide to Wellness*, 2nd ed. New York: Demos Medical Publishing, 2005.

Peterman Schwarz S. *Multiple Sclerosis: 300 Tips for Making Life Easier*, 2nd ed. New York: Demos Medical Publishing, 2006.

General Resources

Many catalogs and websites that deal with helpful products for people with disabilities can be found at: www.google.com/search?

sourceid=navclient&ie=UTF-8&rlz=1T4ADBR_enUS296US296&q=disability+products+catalogs. Two that might be especially useful are www.alimed.com and www.maxiaids.com; www.homecontrols.com is a catalog supplier of home automation devices.

For information about the Multiple Sclerosis Association of America's Equipment Distribution program, visit www.msassociation.org/programs/equipment/ or call 800-532-7667.

ABLEDATA; 800-227-0216. Access at: www.abledata.com/abledata. This site provides information on assistive technology and rehabilitation equipment available from domestic and international sources.

Meeting Life's Challenges, LLC. *Making Life Easier for People with Chronic Illness, Disability, or Age-related Limitations*. Access at: http://meetinglifeschallenges.com/index.php. Shelley Peterman Schwarz' site has links to products, resources, services, books, and programs that provide support, encouragement, and strategies for living with MS.

Driving

The National Mobility Equipment Dealers Association (NMEDA). Accessing www.nmeda.org connects people with disabilities to companies that can help meet their transportation needs.

Peterman Schwarz S. *The Driving Question: Do the Symptoms of MS Interfere with Your Driving?* View or download at: www.msassociation.org/publications/fall06/driving.question.asp.

Tromp van Holst F, Valois T. Driving and Other Transportation Issues. In: Holland NJ, Halper J, eds. *Multiple Sclerosis: A Self-Care Guide to Wellness*. New York: Demos Medical Publishing, 2005.

Home Accessibility

Davies TD, Lopez CP. Making Your Home Safe and More Accessible. In: Holland NJ, Halper J, eds. *Multiple Sclerosis: A Self-Care Guide to Wellness*. New York: Demos Medical Publishing, 2005.

Davies TD, Lopez CP. *Accessible Home Design: Architectural Solutions for the Wheelchair User.* Washington DC: Paralyzed Veterans of America, 2006.

Multiple Sclerosis Association of America. The MSi on-demand video, *Making Your Home Work for You—Improving Home Safety and Accessibility*, can be viewed at: www.msassociation.org/programs/videos/closerlook_work.asp.

www.nationalMSsociety.org/MSLearnOnline has a series of four videos hosted by Shelley Peterman Schwarz on home adaptations for specific rooms.

Computer Access

Bruce C. *Minimizing the Digital Divide for Individuals with MS: A three-part series on strategies, equipment, and software to increase computer accessibility*. View or download at: www.msassociation.org/publications/fall04/digital.asp; www.msassociation.org/publications/winter05/digital.asp; www.msassociation.org/publications/spring05/digital.asp.

Chapter 7. Wellness and Primary Progressive Multiple Sclerosis: An Attainable Goal

General Health and Wellness

Brochures on a wide range of wellness-related topics can be downloaded at: www.nationalmssociety.org/multimedia-library/brochures/index.aspx.

Courtney SW. *Healthcare Beyond MS*. View or download at: www.msassociation.org/publications/winter05/beyondms.asp.

Courtney SW. *Partners in Wellness: The Importance of a Positive Doctor–Patient Relationship*. View or download at: www.msassociation.org/publications/spring08/cover.story.asp.

National MS Society. *My Life My MS My Decisions*. This series of online classes will help boost your medical decision-making power. www.nationalmssociety.org/living-with-multiple-sclerosis/getting-the-care-you-need/my-life-my-ms-my-decisions/index.aspx.

Holland NJ, Halper J. *Multiple Sclerosis: A Self-Care Guide to Wellness*. New York: Demos Medical Publishing, 2005.

Can Do MS, formerly The Heuga Center for Multiple Sclerosis, is a national nonprofit organization and an innovative provider of lifestyle empowerment programs for people with MS and their support partners. Access at: www.mscando.org.

National MS Society. *Preventive Care Recommendations for Adults with MS* is a chart detailing the medical tests, vaccinations, and general health and safety rules recommended for all adults with MS. Access at: www.nationalmssociety.org/multimedia-library/brochures/staying-well/index.aspx. Click on the file Preventive Care Recommendations for Adults with MS to download.

Nutrition and Weight Management

Embry A. *Nutritional Factors and Multiple Sclerosis*. View or download this three-part series at: www.msassociation.org/publications/winter04/health.asp; www.msassociation.org/publications/summer04/health.asp; and www.msassociation.org/publications/fall04/health.asp.

Hunsberger MB. *Health and Wellness: Nutritional Tips for Individuals with MS*. Viewed or download at: www.msassociation.org/publications/summer08/health.asp.

Hunsberger MB. *Weight Management and MS*. View or download at: www.msassociation.org/publications/spring08/symptom.asp.

Exercise

The National MS Society's website, www.nationalmssociety.org, has many articles on specific forms of exercise, such as aquatics, yoga, and tai-chi; simply enter the appropriate term into the "Search" field.

Multiple Sclerosis Association of America. MSi on-demand video, *A Closer Look at The Benefits of Exercise*, can be viewed at: www.msassociation.org/programs/videos/closerlook_benefits.exercise.asp.

Chapter 8. Emotional and Quality-of-Life Issues

Stress

Courtney SW, Franco M. *Imagine the Possibilities: An Introduction to Guided Imagery and Its Potential Benefits for Individuals with MS*. View or download at: www.msassociation.org/publications/winter08/cover.story.asp.

LaRocca NG. *Emotional Changes and the Role of Stress*. In: Kalb R. *Multiple Sclerosis: The Questions You Have; The Answers You Need*, Fourth Edition. New York: Demos Medical Publishing, 2008.

Multiple Sclerosis Association of America. *A Closer Look at Managing Stress and MS*, an MSi on-demand video, can be viewed at: www.msassociation.org/programs/videos/closerlook9.asp.

National MS Society. *Taming Stress in Multiple Sclerosis*. Available at: www.nationalmssociety.org/multimedia-library/brochures/staying-well/index.aspx. Click on the file Taming Stress in Multiple Sclerosis to download.

Emotional Issues

National MS Society. *Multiple Sclerosis and Your Emotions: How to Manage Some of the Emotional Challenges Created by MS* is at: www.nationalmssociety.org/multimedia-library/brochures/staying-well/index.aspx. Click on the file Multiple Sclerosis and Your Emotions to download.

Multiple Sclerosis Association of America. The MSi on-demand video *A Closer Look at the Emotional Impact of MS* can be viewed at: www.msassociation.org/programs/videos/closerlook8.asp.

Cognition

Courtney SW. *Strategies to Help with Cognitive Problems*. View or download at: www.msassociation.org/publications/spring06/symptom.awareness.asp.

LaRocca N, Kalb R. *Multiple Sclerosis: Understanding the Cognitive Challenges*. New York: Demos Medical Publishing, 2006.

Depression

Courtney SW. *Dealing With Depression*. View or download at: www.msassociation.org/publications/fall05/symptom.asp.

National MS Society. *Depression and Multiple Sclerosis*. Access at: www.nationalmssociety.org/multimedia-library/brochures/managing-specific-issues/index.aspx. Click on Depression and Multiple Sclerosis to download.

Shadday A. *Understanding and Treating Depression in Multiple Sclerosis: Recognizing the Symptoms and Learning the Solutions*. View or download at: www.msassociation.org/publications/depression/MSAA.Depression.0507.pdf.

Chapter 9. Family and Social Issues

Kalb RC. *Multiple Sclerosis: A Guide for Families*, 3rd ed. New York: Demos Medical Publishing, 2006.

Intimacy

Courtney SW. *Rediscovering Intimacy*. View or download at: www.msassociation.org/publications/fall04/redint.asp.

Foley F. Sexuality and Intimacy in Multiple Sclerosis. In: Kalb RC, ed. *Multiple Sclerosis: A Guide for Families*, 3rd ed. New York: Demos Medical Publishing, 2006.

Kroll K, Levy E. *Enabling Romance: A Guide to Love, Sex, and Relationships for People with Disabilities (and the People Who Care About Them)*. Baltimore: No Limits Communications, 2001.

Multiple Sclerosis Association of America. The MSi on-demand video, *A Closer Look at Intimacy and MS*, can be viewed at: www.msassociation.org/programs/videos/closerlook4.asp.

National MS Society. *Intimacy and Sexuality in MS*. Access at: www.nationalmssociety.org/multimedia-library/brochures/staying-well/index.aspx. Click on Intimacy and Sexuality in MS to download.

National MS Society. The webcasts *Family Life and Relationships* can be viewed at: www.nationalmssociety.org/MSLearnOnline.

Parenting

Courtney SW. *Mommy's Story: An Introduction for Younger Children to Learn About a Parent's MS*. View or download at: www.msassociation.org/publications/mommys-story/.

Crawford P, Miller D. Parenting Issues. In: Kalb RC. *Multiple Sclerosis: A Guide for Families*, 3rd ed. New York: Demos Medical Publishing, 2006.

National MS Society Resources for Children: *Keep S'myelin* newsletter for children whose parents have MS.

National MS Society. *Timmy's Journey to Understanding MS*. A DVD is available from the National MS Society. Contact the National MS Society at: www.nationalmssociety.org/multimedia-library/videos--dvds/index.aspx.

Rogers J. *The Disabled Woman's Guide to Pregnancy and Birth*. New York: Demos Medical Publishing, 2006.

Through the Looking Glass: National Research and Training Center on Families of Adults with Disabilities; 800-644-2666; www.lookingglass.org. Publications include Adaptive Parenting: Idea Book I.

Friends and Networking

The MS Association of America's Networking program connects individuals with MS, as well as their carepartners, with one another via e-mail. For more information, visit support.msassociation.org/Networking.

Travel

The American Automobile Association (AAA) has materials for people with disabilities; contact them for help with trip planning. Call your local branch office.

Accessible Journeys; 800-846-4537, 610-521-0339 arranges travel for mobility-impaired travelers. Access at: www.disabilitytravel.com/.

Courtney SW. *Planning Your Vacation*. Call MSAA at 800-225-6495; 954-776-6805 to order a free copy.

Harrington C. *101 Accessible Vacations: Travel Ideas for Wheelers and Slow Walkers*. New York: Demos Medical Publishing, 2008.

Harrington C. *Barrier-Free Travel: A Nuts and Bolts Guide for Wheelers and Slow Walkers*. New York: Demos Medical Publishing, 2005.

Harrington C. *There Is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers*. New York: Demos Medical Publishing, 2006.

National Library Service for the Blind and Physically Handicapped. *Information for Handicapped Travelers.* Available free of charge. Contact at: 800-424-8567; 202-707-5100; www.loc.gov/nls/; enls@loc.gov.

National Parks Service. Access at: www.nps.gov.

Norris C. *Travel the Easy Way . . . Just Pack Your Bags and Go!* View or download at: www.msassociation.org/publications/summer05/travel.asp.

Chapter 10. Carepartner Support and Resources

Books and Articles

Banister KR. *The Personal Care Attendant Guide: The Art of Finding, Keeping, or Being One*. New York: Demos Medical Publishing, 2007.

Courtney SW. *Caring for a Loved One*. View or download at: www.msassociation.org/publications/spring04/cover.asp.

Frankel D, Cavallo P. Obtaining Personal Assistance. In: Holland NJ, Halper J, eds. *Multiple Sclerosis: A Self-Care Guide to Wellness*. New York: Demos Medical Publishing, New York, 2005.

Meyer MM, Derr P, with the National MS Society. T*he Comfort of Home Multiple Sclerosis Edition: An Illustrated Step-by-Step Guide for Multiple Sclerosis Caregivers*. Portland OR: Care Trust Publishing, 2006.

Miller D, Crawford P. The Caregiving Relationship. In: Kalb R, ed. *Multiple Sclerosis: A Guide for Families*. New York: Demos Medical Publishing, 2006.

Northrop DE, Frankel D. *Caring for Loved Ones with Advanced MS: A Guide for Families*. National MS Society.

Websites

www.caregiving.com offers a monthly newsletter, *Spotlight on Caregiving*, that focuses on lifestyle changes brought on by caregiving. Its program, *The School of You*, offers classes focusing on caregiver stress, a weekly tips segment, and a support center.

www.fianationalnetwork.org provides connection to volunteers offering nonmedical assistance.

www.alznyc.org/caregivers/homecare.asp#choose. This site provides excellent guidelines to choosing home care providers.

www.alznyc.org. The web page of the New York chapter of the Alzheimer's Association has practical, hands-on information and resources for caregiving.

Organizations for Caregivers

MedicAlert Foundation International; www.medicalert.org.

The National Family Caregivers Association (NFCA); www.nfcacares.org; 800-896-3650 provides a quarterly newsletter, a resource guide, and acts as an information clearinghouse.

The Well Spouse Association; 800-838-0879; www.wellspouse.org; is an emotional support network for people with a chronically ill partner.

Chapter 11. Economic Issues

General Resources

The National MS Society's website is an excellent source of detailed information about employment issues. See www.nationalmssociety.org/living-with-multiple-sclerosis/employment/index.aspx.

Cooper LD. Life Planning: Financial and Legal Considerations for Families Living with MS. In: Kalb R., ed. *Multiple Sclerosis: A Guide for Families*. New York: Demos Medical Publishing, 2006.

Financial Planning

Adapting: Financial Planning for a Life with Multiple Sclerosis addresses financial organization, planning, insurance options, employment concerns, and benefit issues important to people with PPMS and their families. Call the National MS Society at 800-FIGHT-MS or the Paralyzed Veterans of America Distribution Center at: 888-860-

7244; you can also download or view the booklet in PDF format at: www.nationalmssociety.org/living-with-multiple-sclerosis/insurance-and-money-matters/financial-planning/index.aspx.

Courtney SW, Foy TD. *The Basics of Financial Planning: Seeking Financial Security for the Years Ahead*. View or download at www.msassociation.org/publications/spring06/basics.asp.

The National MS Society Collaborative Program with Financial Education Partners provides pro bono counsel by members of the Society of Financial Service Professionals. Call the National MS Society (1-800-344-4867) for details.

Insurance

Joyner AR, Courtney SW. *Ensuring Your Future: Selecting Insurance for You and Your Family's Financial Security*. View or download at: www.msassociation.org/publications/summer04/cover.asp.

Northrop DE, Cooper SE, Calder K. *Health Insurance Resources: A Guide for People with Chronic Disease and Disability*, 2nd ed. New York: Demos Medical Publishing, 2007.

Legal Assistance

National Academy of Elderlaw Attorneys, www.naela.org; or the Special Needs Alliance, www.specialneedsalliance.com can provide caregivers with referrals to local resources for creating special needs trusts.

Norris C. *Planning For the Future: The Importance of Advance Directives*. View or download at: www.msassociation.org/publications/fall05/planning.asp.

Perkins LE, Perkins SD. Multiple Sclerosis: *Your Legal Rights*, 3rd ed. New York: Demos Medical Publishing, 2008.

Shenkman MM. *Estate Planning for People with a Chronic Condition or Disability*. New York: Demos Medical Publishing, 2008.

Employment

A Closer Look at Employment and MS, www.msassociation.org/programs/videos/closerlook_employment.asp.

Multiple Sclerosis Association of America. *Breaking Up Is Hard To Do: When Your Job Gets the Better of You*. View or download at: www.msassociation.org/publications/winter07/health.asp.

Multiple Sclerosis Association of America. *Employment Strategies*. View or download at: www.msassociation.org/publications/spring05/employmentstrategies.asp.

National MS Society. Career Crossroads, a series of webcasts discussing employment and MS. Available at www.nationalmssociety.org/MSLearnOnline.

Operation Job Match is a National MS Society program that helps people with disabilities make decisions about returning to the workforce, retaining current employment, or changing to another job or career. Access at: www.nationalmssociety.org/chapters/DCW/programs—services/employment/index.aspx.

President's Committee on Employment of People with Disabilities; www.usccr.gov/pubs/crd/federal/pcepd.htm; 800-526-7234; 202-376-6200 publishes employment-related brochures for individuals with disabilities and their employers, and provides a Job Accommodation Network.

Social Security Disability Benefits

Social Security Administration; 800-772-1213; www.ssa.gov. To apply for social security benefits based on disability, call this office or visit your local social security branch office.

Medicare information is available at: www.medicare.com.

Additional information available from the National MS Society is available at: www.nationalMS society.org/SSDI.

A Closer Look at Understanding Disability Benefits www.msassociation.org/programs/videos/closerlook_disability.asp.

Center for Medicare & Medicaid Services (CMS); www.cms.gov, provides numbers for many different individuals and categories of questions, or consult with your National MS Society chapter. The Nursing Home Compare feature on this government website evaluates nursing homes around the country in terms of several key indicators.

NOSSCR, the National Organization of Social Security Claimants' Representatives, www.nosscr.org, is an association of attorneys and other advocates who represent Social Security and Supplemental Security Income claimants.

Personal Assistance

Banister KR. *The Personal Care Attendant Guide: The Art of Finding, Keeping, or Being One.* New York: Demos Medical Publishing, 2007.

Long-term Care Providers

The Boston Home; 617-825-3905 serves adults with advanced MS and other progressive neurologic diseases, on both a residential and outpatient basis.

Inglis House; 2600 Belmont Avenue, Philadelphia, PA 19131; 215-878-5600; www.inglis.org. A skilled nursing care facility for adults with physical disabilities. Services include long-term, rehabilitative medical and nursing care; physical, occupational and speech therapies; and social enrichment programs including computer and education therapy, vocational rehabilitation, therapeutic recreation and religious programs.

The Centers for Independent Living is a network of centers that offer technical advice, training, and advocacy to promote people with disabilities remaining in their homes. To locate a nearby center, go to www.ncil.org.