



National
Multiple Sclerosis
Society

National Multiple Sclerosis Society Resources for Patients

1-800-344-4867 or nationalMSSociety.org

Finding answers and making sound decisions relies on having the right information at the right time. The National MS Society provides answers to questions and access to information about all of the options available. Our MS Navigators are highly-skilled professionals — equipped to respond to patient needs. Contact the National MS Society to learn more or request copies of the resources listed.

For the Newly Diagnosed

MS Next Step®

nationalMSSociety.org/MSNextStep

Hearing the diagnosis of MS is never easy. MS Next Step is designed to answer questions that are commonly asked immediately following a diagnosis and provides an introduction to MS and the programs and services of the National MS Society. (Also available in Spanish.)

Knowledge is Power

nationalMSSociety.org/KnowledgelsPower

Knowledge Is Power is a free, in-home educational series for people newly diagnosed with MS and their families. This comprehensive program provides up-to-date facts about many aspects of MS. (Available in Spanish.)

Client Publications

nationalMSSociety.org/Brochures

More than 60 booklets and brochures are available to people with MS and their families. Categories include General Information, Newly Diagnosed, Employment Issues, Staying Well, Managing Specific Problems, Managing Major Changes, and For Children & Teenagers. Publications, including many in Spanish, are available online.

Connection Programs

Peer to Peer

nationalMSSociety.org/PeerToPeer

The Society helps people living with MS connect with others to share experiences and provide support. Connection programs include traditional, in-person self-help groups, peer-to-peer support, online communities and other means of bringing people together.

MS Connection Online Community

MSconnection.org

MSconnection.org is an online community that provides the opportunity to connect with people involved in the MS movement with valuable content, activities and resources.

Financial Assistance Programs

nationalMSSociety.org/FinancialAssistance

This nationwide program is comprised of a range of initiatives that support independence, safety, health and quality of life for people living with MS, as well as their families. This program offers guidance and resources to help contain the financial impact of MS.

The Financial Education Partners program provides pro bono financial planning and education to individuals with special health or financial circumstances.

Resources for Families

nationalMSSociety.org/FamilyMatters

PLAINTALK: A Booklet about MS for Families

Discusses some of the more difficult physical and emotional problems many families face.

Timmy's Journey to Understanding MS (DVD)

A 15-minute animated cartoon that follows a boy's journey to learning about MS.

Keep S'myelin': A Newsletter About MS for Children

Articles, interviews, games, activities, and a special pullout section for parents. Published 3-4 times a year. PDFs and interactive issues available at nationalMSSociety.org/KS.

Pediatric MS Resources

nationalMSSociety.org/PediatricMS

- Network of Pediatric Centers of Excellence
- Kids Get MS Too: A Guide for Parents
- Managing School-related Issues: A Guide for Parents with a Child or Teen Living with MS
- Students with MS & the Academic Setting: A Handbook for School Personnel

Scholarships

nationalMSSociety.org/Scholarship

The Society's Scholarship Program helps highly qualified students who have been diagnosed with MS, or who have a parent with MS, achieve their dreams of going to college.

Online Learning

MS Learn Online

nationalMSSociety.org/MSLearnOnline

MS Learn Online is the Society's educational webcast series. New webcasts and past webcasts, many in Spanish, can be viewed at any time from the Society's Web site.

Online Courses

nationalMSSociety.org/OnlineCourses

- My Life, My MS, My Decisions
- Adapting: Financial Planning for a Life with MS Together
- Intimacy: Enriching Your Relationship
- Career Decisions: Relationship Matters

Employment

Career Crossroads

nationalMSSociety.org/Employment

This video program focuses on the legal rights of employees with MS and examines ways to mitigate the effects of MS on work performance. A self-study companion workbook is also available.

MS & the Workplace: Employer Education DVD

youtube.com/watch?v=4-HzZqPLAdI

Provides basic information to employers about managing the impact of MS in the work setting.

Spanish Resources (Recursos en Español)

nationalMSSociety.org/Espanol

A variety of resources are available for people who speak Spanish, including: Spanish-translated brochures; "Take Control of Your MS," a Spanish toolkit on our website; and "Café con Leche," a monthly telephone support group for Spanish-speaking people living with MS.

Una variedad de recursos están disponibles para personas que hablan español, incluyendo: folletos en español; "Tome Control de su Esclerosis Múltiple," un kit de información en nuestro sitio web; y "Café con Leche," un grupo de apoyo telefónico mensual para personas viviendo con EM.