

Carmanah/Walbran Provincial Park in British Columbia is an old-growth forest on Vancouver Island. "Some of the trees in this park are over a thousand years old," Nancy wrote.

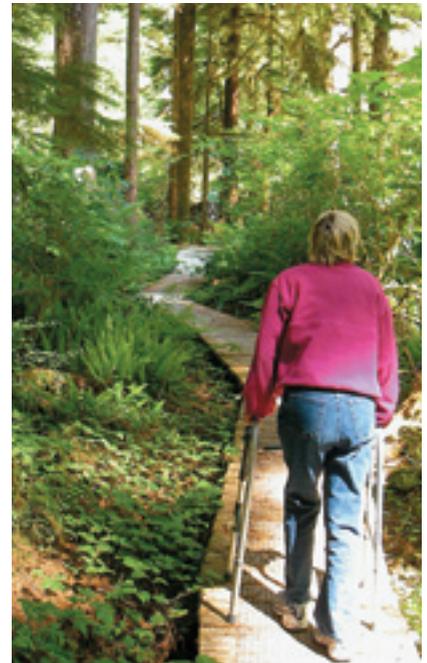


The whole crew. While Nancy uses a variety of tools to get out and about, she believes her most important tool is a hopeful attitude.

Getting there by scooter, crutch, walker, or wheelbarrow

Momentum received these photographs from our Canadian correspondent Nancy Chamberlayne. She has authored a number of articles for us on living with progressive MS.

The pictures were taken by her husband Gary Neilson, whose help, along with that of her brother and sister-in-law, made this adventure possible.



U.S. national parks are spectacular, too. Start exploring and planning at www.nps.gov.

The national park nearest you is a real bargain. Visitors with disabilities qualify for a free lifetime access pass and other perks. Check it out at www.nps.gov/fees_passes.htm.



The trails are designed to minimize impact on the environment. On wide gravel paths, Nancy's scooter did nicely. Elsewhere, she used her walker or Canadian crutches. But sometimes the only workable mobility aid was the wheelbarrow. Gary lined it with a foam pad; Nancy hung on.

Who can help the helpers? Part 3

by Greta M. Herron

The Fall 2009 issue of **Momentum** listed caregiver organizations on page 65. (The archive is online at nationalMSSociety.org/magazine.) There are more:

Medicare Caregiver Information (medicare.gov/caregivers) assists with medical billing, medical provider options and general healthcare. Their "Ask Medicare" video archive includes a webcast of the Ask Medicare launch event for caregivers.

The online community Disaboom has a caregiver resources section: disaboom.com/caregiving-general.

Faith in Action brings together people of many faiths to help their neighbors in need. The volunteers shop, cook, drive, do minor repairs or just check in on

More organizations that offer information, resources and networking for family caregivers.

people with long-term health needs. Each local Faith in Action program is independent and services may vary according to local needs. Go to fianationalnetwork.org and click "Find a Program," or call 866-839-8865 and ask for assistance in locating a

local Faith in Action program.

CareCommunity's Web site (mycarecommunity.org) provides information, expert advice and your own private "Personal Community" Web page with tools and resources for sharing caregiving tasks among your friends and family.

The ARCH National Respite Network locator service (archrespite.org) locates respite services in specific states and communities.

The Society's Southern California Chapter has a blog for MS caregivers. See if there are any ideas for you at www.ms caregiverblog.com.

The National Alliance for Caregiving (caregiving.org) is a huge center for online resources. Entries are updated often, making it a site to visit again and again.

For more on caregiver support groups, blogs and materials, go to nationalMSSociety.org/caregiver or call us at 1-800-344-4867.

Greta M. Herron is a **Momentum** staff member.



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