This program is made possible by MS ActiveSource, which is sponsored by Biogen Idec and Elan Pharmaceuticals, Inc.
Resource Guide

Unless noted otherwise, please contact an MS Navigator™ at 1-800-344-4867 (1-800-FIGHT MS) to request copies of the publications and DVDs listed in this guide. Society publications can also be downloaded at nationalMSsociety.org/brochures and click on Brochures by title.

GENERAL

- National MS Society
  1-800-344-4867 (1-800-FIGHT MS)
  nationalMSsociety.org

- Can Do Multiple Sclerosis
  1-800-367-3101
  mscando.org

NATIONAL MS SOCIETY: ONLINE

- Live Fully, Live Well: A Program for People with MS and Their Support Partners

- MS Learn Online
  nationalMSsociety.org/mslearnonline

- Multimedia Library: DVDs
  nationalMSsociety.org/multimedia-library/videos--dvds/index.aspx

- Multimedia Library: Brochures
  nationalMSsociety.org/brochures

- Healthy Living with MS
  nationalMSsociety.org/living-with-multiple-sclerosis/healthy-living/index.aspx

- Living with MS
  nationalMSsociety.org/living-with-multiple-sclerosis/index.aspx

- You CAN!
  nationalMSsociety.org/youcan
CAN DO MULTIPLE SCLEROSIS: ONLINE

- Can Do Library
  mscando.org/living-with-multiple-sclerosis/can-do-library/

Attending to Your Whole Self

PUBLICATIONS

- Intimacy and Sexuality in MS
- Multiple Sclerosis and Your Emotions
- Preventive Care Recommendations for Adults with MS
- Taming Stress in Multiple Sclerosis
- A Guide for Caregivers
- PLAIN TALK: A Booklet about MS for Families
- Living with MS
- Choosing the Right Healthcare Provider
- Review of Regular Medications and Supplements
- Sleep Disorders and MS: The Basic Facts
- Acupuncture and MS: The Basic Facts
- Clear Thinking about Alternative Therapies
ONLINE

- Dealing with MS in Your Important Relationships
  nationalMSsociety.org/living-with-multiple-sclerosis/relationships/index.aspx
- Getting the Care You Need
- My Life, My Decisions, My MS (online course)
- Get Involved
  nationalMSsociety.org/get-involved/index.aspx

Maximize Mobility, Achieve Independence

PUBLICATIONS

- Gait or Walking Problems: The Basic Facts
- At Home with MS: Adapting Your Environment
- Minimizing Your Risk of Falls: A Guide for People with MS

ONLINE

- Promoting, Function, Independence and Mobility
  nationalMSsociety.org/mobility
- Adaptive Equipment, Emotional Adjustment
  nationalMSsociety.org/mobility

DVD COLLECTION

- Free From Falls: A Comprehensive Fall Prevention Program for People with MS
  (Also available online at nationalMSsociety.org/mslearnonline.)
Tips for Managing Fatigue

PUBLICATIONS

- Fatigue: What You Should Know
- Fatigue: Take Control Workbook
- Sleep Disorders and MS: The Basic Facts
- Urinary Dysfunction and MS
- Hiring Help at Home: The Basic Facts
- At Home with MS: Adapting Your Environment
- Pain: The Basic Facts

ONLINE

- Symptoms
  
nationalMSsociety.org/symptoms
- Fatigue
  
nationalMSsociety.org/fatigue

DVD COLLECTION

- Fatigue: Take Control
Travel & Recreation for People Living with MS

ONLINE
- Travel and Recreation
  nationalMSsociety.org/travel
- Finding Another Sport You Love
  nationalMSsociety.org/travel
- Accessible Nature Trails
  nationalMSsociety.org/travel
- A Doctor’s Travel Tips
  nationalMSsociety.org/travel

Planning for Your Future (Finances & Careers)

PUBLICATIONS
- ADA and People with MS
- Focus on Employment
- Information for Employers — Know Your Rights: A Legal Guide for People Living with MS
- A Place in the Workforce
- Should I Work? Information for Employees
- The Win-Win Approach to Reasonable Accommodations: Enhancing Productivity on Your Job
- Adapting: Financial Planning for a Life with Multiple Sclerosis
SELF-STUDY PROGRAM

Career Crossroads: Employment and MS was designed by employment and MS experts to help individuals living with MS remain in the workforce. Topics covered over the course of the program include:

- Working with MS
- The Law’s on Your Side
- My Little Secret
- Maximize Your Potential
- You’re Not Alone
- Taking Charge

Available as a self-study guide with companion DVD by contacting an MS Navigator or at nationalMSsociety.org.

ONLINE

- Staying in the Game: MS and Employment
  nationalMSsociety.org/employment

- Insurance and Money Matters

- Financial Planning

- The National MS Society’s Financial Assistance Program

- Health Insurance
ONLINE COURSES

- Adapting: Financial Planning for a Life with MS...Together

- Career Decisions: Relationship Matters

DVD COLLECTION

- Career Crossroads: Employment and MS
- MS in the Workplace

Exercise Can Be a Part of Your Life with MS

PUBLICATIONS

- Exercise as Part of Everyday Life
- Stretching for People with MS
- Stretching with a Helper for People with MS

ONLINE

- Exercise
  nationalMSociety.org/exercise

- Finding Another Sport You Love
  nationalMSociety.org/travel
Eating Well, Eating Easy

PUBLICATIONS

- Food for Thought: MS and Nutrition
- Vitamins, Minerals, and Herbs in MS: An Introduction

ONLINE

- Nutrition and Diet
- Take Control of Your Weight
- A Guide to Portion Control

Additional resources you may be interested in...

BOOKS FROM DEMOS MEDICAL PUBLISHING
1-800-532-8663 or online at demoshealth.com.


Schwarz SP. *300 Tips for Making Life with Multiple Sclerosis Easier* (2nd ed.) (2006)

**OTHER**


**Live Fully, Live Well:** *A Wellness Program for People with MS and Their Support Partners*

**WEBINAR PROGRAMS**

The Webinars can be accessed on the enclosed CD or at nationalMSsociety.org/living-with-multiple-sclerosis/live-fully-live-well/index.aspx or mscando.org/multiple-sclerosis-programs/live-fully-live-well/webinar-series/.

- Attending to Your Whole Self with Patricia Kennedy, RN, CNP, MSCN
- Maximize Mobility, Achieve Independence with Mandy Rohrig, PT, DPT
- Fatigue Related Challenges with Juliann Hanson-Zlatev, OTR, DPT
- Recreational Activities and Travel with Linda Walls, OTR
- Planning for Your Future (Finances and Careers) with Silvia Stazio, CFP and Steve Nissen, MS, CRC
- How Does Exercise Fit Into Your Life with MS? with Susan Kushner, MS, PT
- Eating Well, Eating Easy with Denise Nowack, RD