



April 2013

Dear National MS Society Connection Program Volunteers,

The National MS Society is proud to present these *Living Well with MS* downloadable toolkits designed to guide discussions in self-help groups or with peers. The following PDF documents are available for download and printing from the Resource page on the national website:

- *Living Well with MS: Considering Assistive Devices*
- *Living Well with MS: Coping with Change*
- *Living Well with MS: MS and Wellness*

The web address to download from the website is: <http://www.nationalmssociety.org/living-with-multiple-sclerosis/connection-programs/resources-and-support-for-self-help-group-leaders/index.aspx>

These kits are designed to create discussion and support among group members and peers. They all have exercises that can be done in a group setting or one-on-one with a peer. Additionally, they have discussion points and a list of resources included.

You are welcome to download and make as many copies as you need for discussion in your groups. Please note that additional materials are available to support the discussion and are listed at the end of each document. Materials are available by calling an MS Navigator at 1-800-344-4867, press option 1, or by downloading from our website. You can also contact your chapter liaison for further assistance.

You may also want to consider recruiting a speaker to assist you in these discussions. A mental health professional, MS nurse, exercise specialist or assistive technology professional may be the best options for supporting these discussions.

We hope that your group and peers enjoy and benefit from these discussions. Thank you for volunteering to assist others in your community living with MS.

Sincerely,

Monica Aden

Senior Manager of Connection Programs