Resources for Employment and Financial Planning

Publications

National MS Society
The National MS Society has an extensive library of resources about MS, including publications about treatment options, symptom management and living well with MS. For a list of our publications available for download or by mail, visit www.nationalMSsociety.org/brochures.

The Society’s MS Navigators also offer assistance in answering questions about living with MS. These highly skilled professionals can help you connect to resources in your community, access optimal healthcare, meet workplace challenges, understand health insurance, plan for the future and much more. Whether you are a person living with MS, a family member or someone who cares about a person with MS, you can call an MS Navigator at 1-800-344-4867 during business hours Monday through Friday. You can also email us at contactusNMSS@nmss.org or find us on Facebook at facebook.com/NavigatorMS.

- ADA and People with MS
- At Home with MS: Adapting Your Environment
- Disclosure: The Basic Facts (Fact Sheet)
- Hiring Help at Home: The Basic Facts
• Should I Work? Information for Employees
• The Win-Win Approach to Reasonable Accommodations

Additional publications
• Accessible Affordable Housing Guide
• Affordable Care Act Fact Sheet: Key Considerations for Choosing a Health Plan-
• Financial Planning for a Life with Multiple Sclerosis nationalMSSociety.org/financialplanning
• Social Security Disability Insurance and Private Disability Insurance Guidebooks -

Paralyzed Veterans of America- (888) 860-7244 www.pva.org
• Americans with Disabilities Act: Your Personal Guide to the Law
• The Keys to Managed Care: A Guide for People with Physical Disabilities
• Managing Personal Assistants: A Consumer Guide
• PVA Guide to Federal Health Programs

Veteran’s Administration
IRS (800) 829-1040 www.irs.gov
- Tax Highlights for Persons with Disabilities (IRS Publication 907)

Online

INFORMATION (GENERAL)
- www.benefits.gov
- National Academy of Elder Law Attorneys NAELA www.naela.org
- National Elder Law Foundation www.nelf.org/find-a-cela
- National Council on Independent Living (877) 525-3400 www.ncil.org
- National Multiple Sclerosis Society (800) 344-4867 www.nationalmssociety.org
- Paralyzed Veterans of America (PVA) (800) 555-9140 www.pva.org
- U.S. Department of Veterans Affairs (800) 827-1000 www.va.gov

EMPLOYMENT
- Employment Matters: Managing MS in the Workplace- Video Series- https://www.youtube.com/playlist?list=PLnPWMdCPZiBYjRik5kSh5SWOzllJDawXj
- Job Accommodation Network (JAN) (800) 526-7234 http://askjan.org
- National MS Society employment information, (800) 344-4867 www.nationalmssociety.org/employment
• National MS Society & Can Do MS Employment Webinar- series www.nationalmssociety.org/telelearning
• Occupational Outlook Handbook bls.gov/ooh
• SBA- (800) UASK-SBA (800) 827-5722 www.sba.gov
• U.S. Department of Labor Office of Disability Employment Policy (866) ODEP-DOL(633-7365) www.dol.gov/odep
• U.S. Department of Labor Career One Stop www.careeronestop.org
• U.S. Department of Labor O*Net online www.onetonline.org

Job boards
• http://askearn.org/refdesk/Recruitment/Job_Posting
• www.careeronestop.org
• www.usajobs.gov
• www.indeed.com
• www.gettinghired.com
• http://nationalmssociety.jobs

GOVERNMENT PROGRAMS/DISABILITY LAWS
• Medicare and Medicaid (800) 633-4227 www.cms.hhs.gov
• Medicare (800) 633-4227 www.medicare.gov
• National Network of ADA Centers (800) 949-4232 www.adata.org
• Social Security benefits (800)772-1213 www.socialsecurity.gov
• Veterans Administration (800) 827-1000 www.va.gov
• U.S. Department of Labor, Family and Medical Leave Act www.dol.gov/whd/fmla/
• Social Security Ticket to Work, including Work Incentive Planning and Assistance WIPA programs (866) 968-7842 www.choosework.net

HEALTH CARE COVERAGE
• Financial Assistance Programs for medications- www.nationalmssociety.org/Treating-MS/Medications/Financial-Assistance-Programs
• www.Healthcare.gov 1-800-318-2596
• www.Medicare.gov 1-800-MEDICARE (1-800-633-4227)
• Paralyzed Veterans of America www.PVA.org
• State Health Insurance Assistance Programs https://www.shiptacenter.org/
• United States Department of Labor- https://www.dol.gov/ sample SBC and Uniform Glossary of Terms

HOME HELP
• AARP www.aarp.org
• Eldercare Locator, a public service of the Administration on Aging, U.S. Department of Health & Human Services (800) 677-1116 www.eldercare.gov
• National Family Caregivers Association (800) 896-3650 www.nfcacares.org
• Rehabilitation Engineering and Assistive Technology Society of North America (703) 524-6686 www.resna.org

HOUSING
• National Council on Independent Living at (703) 525-3406 www.ncil.org
PERSONAL FINANCE

- American Institute of Certified Public Accountants (888) 777-7077 www.aicpa.org
- Financial Planning Association (800) 322-4237 www.fpanet.org
- National Association of Personal Financial Advisors (847) 483-5400 www.napfa.org
- National Foundation for Credit Counseling (800) 388-2227 www.nfcc.org
- Society of Financial Service Professionals (610) 526-2500 www.financialpro.org

The National Multiple Sclerosis Society (“Society”) does not endorse products, services or manufacturers. Such names appear here solely because they are considered helpful information. The Society assumes no liability for the recipient’s use of any product or service mentioned. The Society does not independently verify whether the information provided by each service provider is accurate. The Society undertakes no responsibility to verify whether the service provider is appropriately licensed and certified and has applicable insurance coverage.

The National Multiple Sclerosis Society is proud to be a source of information on multiple sclerosis related topics. The information provided is based on professional advice, published experience, and expert opinion, but does not constitute medical or legal advice. For specific medical advice, consult a qualified physician. For specific legal advice, consult a qualified attorney.