Together in MS: Supporting Family and Friends of People with MS

October 11, 2016

Presented by:

Teva Pharmaceuticals | Acorda Therapeutics
Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases | US Bank
United Way of Eagle River Valley
How to Ask Questions During the Webinar:

• **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.
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Horizon Rehabilitation Centers
Omaha, NE
Rosalind Kalb, PhD

National Multiple Sclerosis Society
West Bath, ME
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Calling All Partners – That Means You and You

• Partners
  • Live with MS together
  • Care for and support one another
  • Share in decision-making
  • Share a commitment to wellness for themselves and each other
What is wellness?

Wellness is a lifelong journey through which people make positive choices about their behaviors, lifestyle and activities that enable them to thrive.

People with MS and their support partners can achieve wellness
Domains of Wellness

- Diet & Exercise
- Emotional Well-Being
- Spirituality
- Cognitive Health
- Work & Home
- Relationships
Spirituality

Cognitive Health

Emotional Wellbeing

Work and Home

Diet and Exercise

Relationships
Common Barriers to Wellness

• I have too much to do and too little time
• I don’t have any energy left
• I’m focused on my partner with MS
• I feel selfish when I focus on myself
• I’m just trying to get through the day
It’s always good to start somewhere…

• Tending to your physical health
• Enhancing your emotional well-being
• Striving for balance in your life
• Making sure your partnership is a two-way street
Setting Smart Goals

- Specific
- Measurable
- Time Bound
- Relevant
- Attainable
Physical Health

• Preventive healthcare
• Stopping smoking
• Healthy eating
• Physical activity, regular exercise
• Recreation
• Personal safety in caregiving activities
Physical Health, cont’d

• Preventive healthcare
  • Regular check-ups
  • Health screenings recommended for your gender and age group

• Stopping smoking
  • To promote your own health
  • To promote the health of your partner with MS

• Healthy eating
  • To achieve/maintain a healthy weight
  • To reduce the risk of health problems
  • To support your partner’s healthy eating
Physical Activity: On Your Own

• Regular exercise/physical activity:
  • Cardiovascular/Aerobic
  • Strength Training
  • Flexibility
  • Balance/Coordination

• Time
• Access
Physical Activity: Together

www.recumbentrider.org

www.spinlife.com

www.wintersportsclinic.org

www.qctimes.com
Physical Safety: Tools/Tips

• Gait Belts

• Slide Board

• Lifting Body Mechanics


www.mshh-donorcloset.com
Emotional Well-Being

• Building your own support network
• Recognizing your own needs
• Paying attention to your mood
• Paying attention to your stress level
• Finding help when you need it
  • Talk to your healthcare provider
  • Call an MS Navigator: 1-800-344-4867
Life Balance

• Selfish? Or self-sustaining
• Juggling your roles and commitments
• Pie exercise – to help you think and talk about how much of your life space is about MS
  • Draw a circle – ask yourselves this question periodically – and share your answers with one another
Maintaining a Balanced Partnership

• Giving and receiving are important to all of us
• When partnerships become unbalanced, no one feels good about it
• Talk about ways to adapt your roles in ways that sustain balance
Supporting Your Support Partner’s Wellness Efforts

• Support healthy habits
• Encourage “self-time”
• Attend to your own safety so your partner can be worry-free
• Identify activities you can enjoy on your own
• Make use of mobility aids to expand your shared recreational activities
How Everyone Benefits

• Support partnerships thrive when both people are healthy and well.
• Partners can have fun planning/engaging in wellness-promoting activities.
• A balanced partnership feels more intimate, satisfying and mutually supportive.
Thank You!

Mandy Rohrig, PT, DPT

Rosalind Kalb, PhD

Questions/Comments
Can Do MS Resources

eNEWS
your best life update

Q&A

Can Do Library

Find these resources at www.MSCanDo.org.
National MS Society Resources

A Guide for Caregivers

MS and Carepartnership: Tips and Inspiration
Partners, family and friends can be drawn closely together as they meet the care needs of a loved one with MS.

Our Mission:
People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.
Diet and Multiple Sclerosis: A Neurologist's Perspective

November 8, 2016

Presented by:

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