



The National MS Society: **A Valuable Resource for You and Your Family**

Here's one phone number you'll really want to have close by - **1-800-344-4867**. With this toll-free number, you can connect with all the resources I'll be describing.

MS Navigator: Finding answers and making decisions relies on having the right information at the right time. That's what our MS Navigators® provide - answers to your questions and access to information about all of the options available to you:

- What you need to know when newly diagnosed
- Treatment options and symptom management strategies
- Accessing optimal health care
- Meeting workplace challenges
- Facing financial challenges and planning for the future
- Facing caregiver challenges
- Finding help in the home
- Managing life changes
- Locating resources in your community

Web site: Our Web site (www.nationalMSSociety.org) offers you the opportunity to explore the available information and resources on your own. You can select the kind of information that will be most meaningful to you, whether you are newly diagnosed, living with advanced MS, a carepartner, or think that you *might* have MS.

We are dedicated to providing information in a format that works for you - so you can take your pick. Here are some examples:

Multi-Media Library: Our online library (www.nationalMSSociety.org/Library) offers the Society's magazine - *Momentum*, brochures, Webcasts and podcasts. You can also request *Momentum*, videos, DVDs, and books by calling 1-800-344-4867.

Knowledge is Power (www.nationalMSSociety.org/Knowledge): A six-week learn-at-home program for people who are newly diagnosed. You can opt to receive the booklets in hard copy or by email. The six topics are:

- Taking the First Steps: What is MS? Dealing with Your Diagnosis & Disclosure
- Disease-modifying Treatments for MS
- Maximizing Your Employment Options
- Treating Yourself Well
- Maintaining Healthy Relationships: Family, Friends, and Colleagues
- Working with Your Doctor

Two optional segments address Intimacy and Parenting. Each of the 8 connects you to more information on the subject.

Employment Issues (www.nationalMSSociety.org/employment): Including a disclosure tool - for help in figuring out when, how, why, to whom to disclose your MS in the workplace; how to ask for reasonable accommodations from your employer to help you stay in the workforce as long as you want to and are able.

Also includes information about books, DVDs, Social Security Disability Insurance tools for yourself, and your doctor.

Financial Assistance (www.nationalmssociety.org/financialassistance): The National MS Society's Financial Assistance Program offers guidance and resources to help reduce the financial impact of MS. A single application process provides access to all of the Financial Assistance Program's initiatives in a community.

National MS Society Scholarship Program (www.nationalMSSociety.org/scholarship): For children who have MS and for children who have a parent with MS. The Society established its scholarship program in 2003 and the program continues to grow both in terms of support and scholarships awarded. In its first year of operation the program awarded 36 scholarships for a total of \$68,000; in 2009 a total of \$1,021,600 was awarded to 510 scholars.

Financial Planning (www.nationalmssociety.org/financialplanning):

- An introductory financial planning workbook to help people get started planning for the unpredictability of MS
- Financial Education Partners Program (1-800-344-4867)

MyMSMyWay.com (www.MyMSMyWay.com): A free resource dedicated to connecting people with MS to accessible technologies that can help them live their lives better. This site, which is made for people with MS by people with MS, is a product of the Technology Collaborative, a unique alliance between the National MS Society, Microsoft's Accessibility Business Unit, and Bayer Healthcare Pharmaceuticals.

MS Events

- **Walk MS** (www.nationalMSSociety.org/Walk): A rallying point for people with MS - over 600 Walks across the country;
- **Bike MS** (www.nationalMSSociety.org/Bike): More corporate - 100 rides, 100,000 riders
- **Challenge Walk** (www.nationalMSSociety.org/ChallengeWalk): The perfect way to embrace a personal challenge of spirit and strength, while making an important difference in the lives of people with MS. Each Challenge Walk is a 2-3 day, 30-50 mile event in one of 10 exciting destinations.

Social Media Opportunities (<http://www.nationalmssociety.org/onlinecommunity>): The Society provides social networking sites for people to connect with others whose lives are affected by multiple sclerosis, and share stories, videos, and photos.

- Facebook
- Twitter
- YouTube
- Flickr
- LinkedIn
- MySpace

Become an MS Activist: The National MS Society and the nationwide MS Activist Network relentlessly advocate every day for federal policies and government programs to benefit the lives of people with MS and their families. By signing up to join the Network at www.nationalMSSociety.org/Advocacy, you receive news and updates on health policies, help find solutions to MS issues, and take action on legislation that matters.

Pediatric MS Centers of Excellence (www.nationalMSSociety.org/PediatricMSCenters): The Society funded six Pediatric MS Centers of Excellence to provide comprehensive evaluation and care to children and teens with MS, and demyelinating disorders. The goal is to improve diagnosis and management strategies, develop resources for families, and collect data to facilitate large-scale research.