

TRANSFORMING LIVES

Evaluation of the 2022 Webinar Wednesday® Series

Webinar Wednesdays offer positive, practical, and easy-to-access opportunities to stay up to date on the latest strategies and research for promoting health and wellness in those affected by MS. Each monthly webinar is hosted by leading healthcare professionals in the MS space and includes time for Q&A.

The 2022 Webinar Wednesday series featured 12 unique webinars, delivered on the first Wednesday of the month, plus 3 *Special Webinars* on current and timely topics for those living with MS:

- January: [Diet & Nutrition: How to Eat Well with MS \(and Actually Enjoy It\)](#)
- [January Special Webinar: COVID-19: An Update on the Current Landscape](#)
- February: [Mobility: How to Overcome Barriers to Walking and Moving](#)
- March: [Fatigue: How to Get More Energy and Keep It Up](#)
- April: [Cognition: How to Improve Your Thinking, Attention, and Memory](#)
- May: [Mood and Mental Health: How to Deal with Feeling Different](#)
- June: [Bowel and Bladder: How to Find Confidence and Control](#)
- [June Special Webinar: Emerging Therapies in MS](#)
- July: [How to Stay Steady When Sensory Symptoms Throw You Off Balance](#)
- August: [How to Make Daily Life Easier With MS](#)
- [August Special Webinar: COVID-19: Dealing with Anxiety in Today's COVID Landscape](#)
- September: [How to Take Control of Pain](#)
- October: [Sleep: How to Fall Asleep and Stay Asleep](#)
- November: [How to Be Your Sexual Self With MS](#)
- December: [How to Bounce Back When Life Brings You Down](#)



2022 PROGRAM EVALUATIONS

LEARNING, CONNECTING & ACTIVATION

The 2022 Can Do MS programs focused on fostering learning, connection, and participation in the MS community.

Webinar Wednesdays emphasized *learning new information* about the monthly topic through use of a large online group learning format.

Webinar Wednesdays introduced participants to the Can Do MS philosophy via the:

- Live, interactive webinars
- Archived webinar recordings
- Accompanying library articles

CONFIDENCE & READINESS

Living well with MS involves setting realistic health and wellness goals. Through learning, connection, and participation, Can Do MS programs aim to help those living with MS and their support partners increase their confidence and readiness to meet their personal goals.



2022 WEBINAR WEDNESDAY PARTICIPANTS

- 15 webinars were provided in 2022 with 5,814 registrants, 12,382 live attendees, and 6,198 archive views.
- Attendees were asked to evaluate each webinar ([5,081 responses](#)) via online survey.
- Participants were People with MS (PwMS; 96%), Support Partners (4%), both PwMS and Support Partners (1%), and Healthcare Professionals (1%).
- 5% of participants identified as military/veterans.

SUMMARY OF WEBINAR OUTCOMES

- Satisfaction:** 98% of respondents were satisfied with the information learned during the webinars.
- Confidence:** Respondents reported that webinars resulted in feeling confident that they can:
 - Manage their (or their partner's) MS symptoms during daily activities (96%).
 - Get support from friends and family in managing life with MS (88%).
 - Participate in home/community activities while managing life with MS (93%).
 - Collaborate with their healthcare providers to manage their (or their partner's) MS (94%).
- Readiness for Change:** 78% of respondents felt ready to make an important/meaningful change in their lives to enhance or maintain wellness with MS within 6 months following the webinar.
- Recommend:** 98% of respondents would recommend these webinars to other people living with MS.

CONFIDENCE & READINESS OUTCOMES

How confident are you that you can manage your (or your partner's) MS symptoms during daily activities?



How confident are you that you can get support from friends and in managing life with MS?



How confident are you that you can participate in home/community activities while managing life with MS?



How confident are you that you can collaborate with your healthcare providers to manage your (or your partner's) MS?



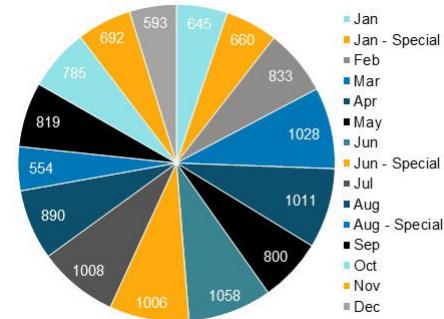
When do you intend to make an important or meaningful change in your life to enhance or maintain your wellness with MS?



TOP WEBINAR TOPICS

- How to Stay Steady When Sensory Symptoms Throw You Off Balance (**N = 806**)
- Bowel and Bladder: How to Find Confidence and Control (**N = 497**)
- Fatigue: How to Get More Energy and Keep It Up (**N = 416**)

PARTICIPATION BY MONTH



PARTICIPANT COMMENTS

- "I really appreciate [these topics]. I learn something new every time I hear about information and recommendations. Keep up the good work!"
- "This session [on mobility] was great! One of my favorites! The information shared was informative... [Presenters] gave out really good information and hands-on exercises... This gave me motivation and somewhere to go from."
- "I absolutely loved the reminders about exercise and mindfulness. So important to our physical and mental wellbeing. I appreciated taking the time to practice a relaxation technique. Thank you."
- "[I gained] a better understanding of how to communicate with my partner and understanding my body more."
- "This was my first [Can Do MS] program. I gained knowledge of things I can do to improve my new MS life."

CONCLUSIONS

The 2022 Webinar Wednesday series offered a wide range of topics addressing the diverse needs of the MS Community.

Can Do MS webinars create an inclusive, informative, and engaging environment, in which participants report high levels of satisfaction and confidence to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering programs for those living with MS to learn, connect, and participate.

TRANSFORMING LIVES

Evaluation of the 2022 JUMPSTART® & Your Questions Answered (YQA) Programs

JUMPSTART and Your Questions Answered (YQA) programs presented information on monthly topics, led by MS experts.

During each 2-hour monthly JUMPSTART program, experts provided information on a specific symptom, challenge, or strategy for life with MS. Participants then discussed and shared ideas during small-group breakout sessions.

During each 75-minute monthly YQA program, experts answered participant-initiated questions about that month's topic. Participants were also encouraged to share their experiences.

Sessions focused on information for those living with MS as well as their support partners.

The 2022 JUMPSTART and YQA programs featured 11 current and timely topics for those living with MS:

- January: Diet & Nutrition
- February: Mobility
- March: Fatigue Management
- April: Cognition
- May: Mood and Mental Health
- June: Bowel and Bladder Management
- July: Sensory and Neurologic Symptoms
- August: Activities of Daily Living
- September: Pain Management
- October: Sleep Health
- November: Sexual Health and Intimacy



2022 PROGRAM EVALUATIONS

LEARNING, CONNECTION & ACTIVATION

The 2022 Can Do MS programs focused on fostering learning, connection, and activation in the MS community.

JUMPSTART and YQA programs emphasized *learning new information* about the monthly topic, *connecting with others living with MS*, and *participating actively* in the virtual programs.

JUMPSTART and YQA introduced participants to the Can Do MS philosophy via the:

- Large group JUMPSTART education sessions
- Small group JUMPSTART breakout sessions
- Interactive participant-centered YQA sessions

CONFIDENCE & READINESS

Living well with MS involves setting realistic health and wellness goals. Through learning, connection, and activation, Can Do MS programs aim to help those living with MS and their support partners increase their confidence and readiness to meet their personal goals.



2022 JUMPSTART & YQA PARTICIPANTS

- 11 JUMPSTART & 11 YQA programs were provided in 2022 with 1,913 registrants and 3,341 live attendees.
- Attendees were asked to evaluate each month's programs ([722 responses](#)) via online survey.
- Participants were People with MS (PwMS; 98%), and Support Partners (2%),

SUMMARY OF JUMPSTART & YQA OUTCOMES

- **Satisfaction** Respondents reported feeling satisfied with:
 - The information learned during the programs (**97%**).
 - Their connection with others during the programs (**95%**).
 - Their participation during the programs (**97%**).
- **Confidence:** Respondents reported that the programs resulted in feeling confident that they can:
 - Manage their (or their partner's) MS symptoms during daily activities (**95%**).
 - Get support from friends and family in managing life with MS (**89%**).
 - Participate in home/community activities while managing life with MS (**94%**).
 - Collaborate with their healthcare providers to manage their (or their partner's) MS (**95%**).
- **Readiness for Change:** **86%** of respondents felt ready to make an important/meaningful change in their lives to enhance or maintain wellness with MS within 6 months following the programs.
- **Recommend:** **94%** of respondents would recommend these programs to other people living with MS.

CONFIDENCE & READINESS OUTCOMES

How confident are you that you can manage your (or your partner's) MS symptoms during daily activities?



How confident are you that you can get support from friends and in managing life with MS?



How confident are you that you can participate in home/community activities while managing life with MS?



How confident are you that you can collaborate with your healthcare providers to manage your (or your partner's) MS?



When do you intend to make an important or meaningful change in your life to enhance or maintain your wellness with MS?



TOP JUMPSTART & YQA TOPICS

- Pain Management and Sleep Health (**N = 211 combined**)
- Bowel and Bladder Management (**N = 88**)

SUPPORT PARTNER OUTCOMES

Support partners reported JUMPSTART & YQA programs enhanced their strategies for:

- Attending to their own health and wellness (**75%**).
- Maintaining a healthy partnership with their loved one with MS (**88%**).

PARTICIPANT COMMENTS

- "I learned more information to give me the will and motivation to do things I didn't think were doable."
- "The discussion on trekking sticks and insurance coverage of mobility aids was very helpful."
- "I connected with someone in my town who I hope to meet in person."
- "I gained a greater sense of empathy and compassion with fellow people with MS. I know that we're not all trying to do this alone."
- "I learned a couple of things I can do to deal with my fatigue, such as the 4 P's, plus meal planning."
- "I gained confidence...I feel like my puzzle pieces for a self-care plan came together...I will start small and work up to be able to succeed."
- "The program on [sleep health] had a lot of great information...My Tool Box is full now."

CONCLUSIONS

The 2022 JUMPSTART & YQA series offered a wide range of topics addressing the diverse needs of the MS Community.

Can Do MS JUMPSTART & YQA programs create an inclusive, informative, and engaging environment, in which PwMS and Support Partners reported high levels of satisfaction and confidence to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering programs for those living with MS and their support partners to learn, connect, and participate.

TRANSFORMING LIVES

Evaluation of the 2022 Coaching Series

Coaching Series feature 4 weekly virtual sessions for small groups to set goals, create plans of action, and make real changes in daily life and MS management.

Each 75-minute Coaching session is led by a team of Can Do MS Coaches to guide participants and foster group-based learning.

The 2022 Coaching Series focused on 4 current and timely topics for people living with MS and their support partners:

- January: [Making Diet Changes That Stick \(Diet and Nutrition\)](#)
- March: [Finding Clarity and Closeness Through Communication](#)
- April: [Clearing the Fog \(Cognition\)](#)
- October: [Managing Fatigue](#)

CONFIDENCE & READINESS

Living well with MS involves setting realistic health and wellness goals. Through learning, connection, and activation, Can Do MS programs aim to help those living with MS and their support partners increase their confidence and readiness to meet their personal goals.

The Coaching Series allows for additional small group and one-on-one discussion to tailor goals to individual participants' specific needs.



2022 PROGRAM EVALUATIONS

LEARNING, CONNECTION, & ACTIVATION

The 2022 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

Coaching Series emphasized *learning new information* about the coaching topic, *connecting with others living with MS* working on similar goals, and *participating actively* in the virtual coaching session to maximize progress.

Coaching Series introduced participants to the Can Do MS philosophy via the:

- Live, interactive coaching sessions
- Small group discussions
- Individualized goal setting

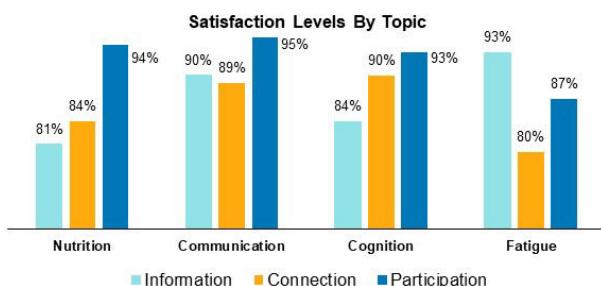


2022 COACHING SERIES PARTICIPANTS

- The Diet and Nutrition series included 125 registrants and 63 live attendees, 79% retention ([40 survey responses](#)).
- The Communication series included 117 registrants and 53 live attendees, 77% retention ([46 survey responses](#)).
- The Cognition series included 250 registrants and 100 live attendees, 54% retention ([102 survey responses](#)).
- The Fatigue series included 131 registrants and 61 live attendees, 127% retention ([42 survey responses](#)).
- Participants were People with MS (PwMS; 98%), and Support Partners (2%),

SATISFACTION WITH COACHING OUTCOMES

- Satisfaction** Respondents reported satisfaction with:
 - The information learned during coaching session (**86%**).
 - Their connection with others during coaching sessions (**87%**).
 - Their participation during coaching sessions (**93%**).



CONFIDENCE & READINESS OUTCOMES

- Confidence:** Following coaching, respondents reported significantly increased confidence to:
 - Manage their (or their partner's) MS symptoms during daily activities (**↑76%**).
 - Get support from friends and family in managing life with MS (**↑54%**).
 - Participate in home/community activities while managing life with MS (**↑79%**).
 - Collaborate with their healthcare providers to manage their (or their partner's) MS (**↑40%**).
- Readiness for Change:** Following coaching, **95%** of respondents felt ready to make an important/meaningful change in their lives to enhance or maintain wellness with MS within 6 months following the programs.

Readiness for Change: Nutrition



Readiness for Change: Communication



Readiness for Change: Cognition



Readiness for Change: Fatigue



RECOMMENDED COACHING PROGRAMS

95% of respondents would recommend the Coaching Series programs to other people living with MS.

- 93%** of respondents recommended the series on Nutrition.
- 95%** of respondents recommended the series on Communication.
- 97%** of respondents recommended the series on Cognition.
- 95%** of respondents recommended the series on Fatigue.

PARTICIPANT COMMENTS

- "I gained a comforting sense of commonality and confidence to try to use assistive devices when I need them."
- "I gained awareness of how to use various behavioral strategies to promote and facilitate healthy eating habits and behaviors."
- "The coaches were excellent! They presented in a way that was specific to each one of us."
- "I gained knowledge, confidence, and organization of how to improve my cognition."
- "I gained new ideas for exercise! I felt a strong connection with everyone in the group!"
- "I gained accountability to improve my communication with loved ones by daring to be vulnerable and letting them support me...Look what we did, team!"

CONCLUSIONS

The 2022 Coaching Series created a focused range of topics addressing common needs of the MS Community.

The Coaching Series created an inclusive, informative, and engaging environment, in which PwMS and Support Partners reported high levels of satisfaction and confidence to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering coaching programs for those living with MS and their support partners to learn, connect, and participate.

TRANSFORMING LIVES

Evaluation of the 2022 Community Programs

Community Programs featured Can Do MS's first return to in-person programs since the onset of the COVID-19 pandemic. We heard a strong desire from stakeholders for safe, in-person options to accompany Can Do's many ongoing virtual programs.

Community Programs featured a 2-day series of hybrid presentations led by a team of MS experts. Day 1 (in-person) focused on "[Finding Balance in your Life](#)" – strategies to make sure the things you love don't come second to MS. Day 2 (in-person and virtual) focused on "[Managing Invisible Symptoms](#)" – strategies for managing fatigue, cognitive challenges, and pain.

The 2022 Community Programs were hosted in 6 metropolitan areas across the US:

- May: [Tampa, Florida](#)
- June: [Dallas/Fort Worth, Texas](#)
- September: [Cleveland, Ohio](#)
- September: [Atlanta, Georgia](#)
- September/October: [Boston, Massachusetts](#)
- October: [Baltimore, Maryland](#)



CONFIDENCE & READINESS

Living well with MS involves setting realistic health and wellness goals. Through learning, connection, and activation, Can Do MS programs aim to help those living with MS and their support partners increase their confidence and readiness to meet their personal goals.

Community Programs allow for additional small group and one-on-one discussion to tailor goals to individual participants' specific needs.



2022 PROGRAM EVALUATIONS

LEARNING, CONNECTION, & ACTIVATION

The 2022 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

Community Programs emphasized *learning new information* about finding balance and managing invisible symptoms, *connecting with others living with MS*, and *participating actively* in wellness activities.

Community Programs introduced participants to the Can Do MS philosophy via the:

- Live, in-person and virtual presentations
- Small group discussions for goal setting
- Support partner sessions



2022 COMMUNITY PROGRAM PARTICIPANTS

- The Tampa program included 41 registrants and 17 live attendees.
- The Dallas/Fort Worth programs included 87 registrants and 51 live attendees.
- The Cleveland programs included 114 registrants and 62 live attendees.
- The Atlanta program included 57 registrants and 35 live attendees.
- The Boston programs included 69 registrants and 47 live attendees.
- The Baltimore programs included 104 registrants and 38 live attendees.
- Attendees were asked to evaluate Community Programs (158 responses) via online survey.
- Participants were People with MS (PwMS; 78%), and Support Partners (22%),

SUMMARY OF COMMUNITY PROGRAMS OUTCOMES

- Satisfaction** Respondents reported satisfaction with:
 - The information learned during community programs (**96%**).
 - Their connection with others during community programs (**94%**).
 - Their participation during community programs (**94%**).
- Confidence:** Following the Community Programs, respondents reported significantly increased confidence to:
 - Manage their (or their partner's) MS symptoms during daily activities (**↑56%**).
 - Get support from friends and family in managing life with MS (**↑34%**).
 - Participate in home/community activities while managing life with MS (**↑56%**).
 - Collaborate with their healthcare providers to manage their (or their partner's) MS (**↑31%**).
- Readiness for Change:** **81%** of respondents felt ready to make an important/meaningful change in their lives to enhance or maintain wellness with MS within 6 months following the programs.
- Support Partner Participation:** Across all 2022 Can Do programs, Community Programs yielded the highest participation rate for support partners (**22%**).

CONFIDENCE & READINESS OUTCOMES

How confident are you that you can manage your (or your partner's) MS symptoms during daily activities?



How confident are you that you can get support from friends and in managing life with MS?



How confident are you that you can participate in home/community activities while managing life with MS?



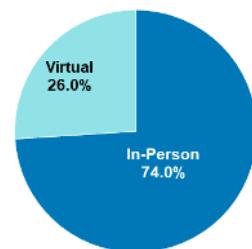
How confident are you that you can collaborate with your healthcare providers to manage your (or your partner's) MS?



When do you intend to make an important or meaningful change in your life to enhance or maintain your wellness with MS?



PROGRAM ATTENDANCE BY FORMAT



COMMENTS FROM PwMS

- "I gained a confirmation that my anxiety can be better managed."
- "This program helped me learn about hidden MS symptoms and how to deal with them."
- "I gained confidence in knowing there are so many tools available to deal with MS."
- "I learned that I am not alone. Asking for help doesn't make me weak."
- "Meeting others with similar stories makes me feel less alone and more empowered to make positive change."

COMMENTS FROM SUPPORT PARTNERS

- "Balance includes all things in life and it's important MS does not rule it. As a care partner, I gained strategies for how to help keep that balance."
- "The program encouraged me to stay abreast with my well-being and also to remind myself to take care of myself."
- "The program has given me a lot of empathy. It helped me understand how tricky this disease can be and motivates me to support my [loved one]."
-

CONCLUSIONS

The 2022 Community Programs created an inclusive, informative, and engaging environment, in which PwMS and Support Partners reported high levels of satisfaction and confidence to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering in-person programs for those living with MS and their support partners to learn, connect, and participate.

TRANSFORMING LIVES

Evaluation of the 2022 CAN DO® Program

The CAN DO program is a comprehensive, 3-day wellness program designed to help people living with MS and their support partners set personal goals around diet and nutrition, physical, emotional, and cognitive health, and self-advocacy. Offered for over 30 years, the CAN DO program is our organization's flagship program, providing a personalized, integrative, team-based approach. Participants meet individually and as a group with the coaching team: neurologists, MS nurses, psychologists, social workers, occupational therapists, physical therapists, speech-language pathologists, and dieticians.

The 2022 CAN DO Program was held virtually November 10-12. The virtual program provided a comprehensive online platform, with daily schedules of sessions tailored for each participant and their support partner.

CONFIDENCE & READINESS

Living well with MS involves setting realistic health and wellness goals. Through learning, connection, and activation, Can Do MS programs aim to help those living with MS and their support partners increase their confidence and readiness to meet their personal goals.

SELF-EFFICACY FOR MANAGING MS

Managing and meeting the challenges of MS also takes self-efficacy. Self-efficacy is the belief in your ability to be successful in pursuing and achieving your goals. The CAN DO program emphasized skills for building self-efficacy for managing symptoms, and coping with the uncertainty of living with MS.



2022 PROGRAM EVALUATIONS

LEARNING, CONNECTION, & ACTIVATION

The 2022 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

The 2022 CAN DO program provided tailored educational content and resources to people with MS (PwMS) and their support partners to promote *learning new information, connecting with others living with MS, and participation in meaningful, wellness-oriented activities*.

The 3-day virtual CAN DO program introduced participants to the Can Do MS philosophy via the:

- Team and individual coaching sessions
- Problem-solving workshops
- Support partner sessions
- Group yoga and stretching
- Post-program virtual meetups
- Exclusive access to the Can Do Self-Guided Learning resources (2 hours of online content)



2022 CAN DO PARTICIPANTS

- The Can Do program included 115 applicants, 55 live attendees, and 112 views of archived content.
- Attendees were asked to evaluate the program ([43 responses](#)) via online survey
- Participants were People with MS (PwMS; 63%) and Support Partners (37%). Of all the virtual programs offered in 2022, the CAN DO program yielded the highest participation rate for support partners!

SUMMARY OF CAN DO PROGRAM OUTCOMES

Following the CAN DO program, respondents reported significant increases in:

- Confidence to face challenges ↑268%
- Readiness to create realistic wellness goals ↑330%
- Learning to improve my wellness ↑29%
- Learning about MS and wellness resources ↑342%
- Connection to others with MS/support partners ↑371%
- Activation to achieve my wellness goals ↑96%
- Self-Efficacy for managing MS symptoms ↑21%

CONFIDENCE & READINESS OUTCOMES

I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



LEARNING, CONNECTION, & ACTIVATION OUTCOMES

I use information that I have learned to improve my wellness.



I am more aware of MS and wellness resources.



I feel more connected to others with MS/support partners.

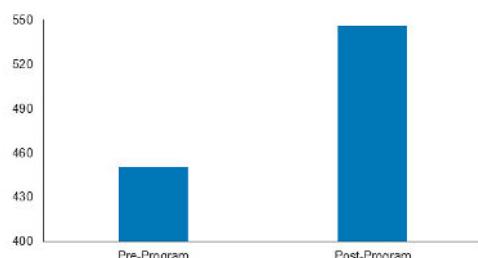


I will take actions to achieve my wellness goals.



SELF-EFFICACY

Self-efficacy for managing MS symptoms was measured before and after the CAN DO program. Participants improved significantly in self-efficacy.



SUPPORT PARTNER OUTCOMES

Following the CAN DO Program, support partners reported increased:

- Understanding that support partners also live with MS (↑10%)
- Recognition that it is important for support partners to attend to their own health/wellness (↑23%)
- Awareness of strategies for maintaining a healthy partnership with their partner with MS (↑71%)

PARTICIPANT COMMENTS

Comments from PwMS:

- “I learned I am not alone, and I do not have to settle with the MS symptoms that bother me. There are people I can find who can help me improve my life and not feel alone.”
- “I can still exercise. I just need to redefine my understanding and celebrate the little steps.”
- “I gained more confidence in my ability to navigate my disease and communicate with my healthcare team.”
- “I gained tips to structure my schedule...and how to communicate my needs.”
- “I learned I don't have to do all this work alone. There are resources on the Can Do website and others to help me. My attitude about my MS has changed for the better. I was just about ready to give up Thank you!”

Comments from Support Partners:

- “I learned the importance of working together as a team.”
- “I learned that I need to be healthy for the both of us.”
- “I learned so much and wish that I could have attended a session like this years ago. It was great to have so many different solutions and providers in one place at one time.”

CONCLUSIONS

The virtual format of the 2022 Can Do MS program created an inclusive, informative, and engaging environment, in which PwMS and Support Partners reported high levels of confidence, readiness, and self-efficacy to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering the CAN DO Program for those living with MS and their support partners to learn, connect, and participate.

TRANSFORMING LIVES

Evaluation of the 2022 TAKE CHARGE® Programs

The Can Do MS TAKE CHARGE program is a 1 ¼ -day wellness program designed to help people living with MS and their support partners set personal goals around diet and nutrition, physical, emotional, and cognitive health, and self-advocacy. TAKE CHARGE programs are led by a team of coaches, including healthcare professionals and wellness experts.

The 2022 Take Charge programs were tailored to four unique MS communities:

- [Older Adults](#)
- [Young Adults/Newly Diagnosed](#)
- [Black/African American](#)
- [Veterans](#)

CONFIDENCE & READINESS

Living well with MS involves setting realistic health and wellness goals. Through learning, connection, and activation, Can Do MS programs aim to help those living with MS and their support partners increase their confidence and readiness to meet their personal goals.

TAKE CHARGE programs allow for a comprehensive 1 ¼ -day program for group presentations, community discussions, and one-on-one interaction with coaches, to meet individual participants' specific goals.

SELF-EFFICACY FOR MANAGING MS

Managing and meeting the challenges of MS also takes self-efficacy. Take Charge programs emphasized skills for building self-efficacy for managing symptoms and the uncertainty of living with MS.



2022 PROGRAM EVALUATIONS

LEARNING, CONNECTION, & ACTIVATION

The 2022 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

The 2022 TAKE CHARGE programs provided tailored educational content and resources to people with MS (PwMS) and their support partners to promote *learning new information, connecting with others living with MS, and participation* within these unique MS communities and other wellness activities.

Take Charge programs introduced participants to the Can Do MS philosophy via the:

- 1 ¼ -day virtual wellness program
- Small group discussions for goal setting
- Support partner sessions



2022 TAKE CHARGE PARTICIPANTS

- The Older Adults program included 180 applicants and 69 live attendees.
- The Young Adults/Newly Diagnosed program included 70 applicants and 58 live attendees.
- The Black/African American program included 109 applicants and 69 live attendees.
- The Veterans program included 101 applicants and 43 live attendees.
- Attendees were asked to evaluate Take Charge Programs via online survey before and immediately after each program ([152 responses](#) across the 4 programs).
- Respondents (across the 4 programs) were PwMS ([84%](#)) and Support Partners ([16%](#)).

SUMMARY OF TAKE CHARGE OUTCOMES

Following Take Charge programs, respondents reported significant increases in:

- Confidence to face challenges ↑41%
- Readiness to create realistic wellness goals ↑42%
- Learning to improve my wellness ↑15%
- Learning about MS and wellness resources ↑27%
- Connection to others with MS/support partners ↑200%
- Activation to achieve my wellness goals ↑13%
- Self-Efficacy for managing MS symptoms ↑12%

OLDER ADULTS

I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



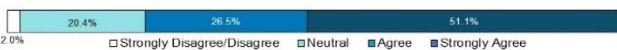
I use information that I have learned to improve my wellness.



I will take actions to achieve my wellness goals.



I am more aware of MS and wellness resources.



I feel more connected to others with MS and/or support partners.



Comments from PwMS:

- "I gained a lot of information and tools for my tool chest... and created an action plan."
- "It was helpful to have access to PTs/OTs and other professionals to ask questions and seek adaptations for everyday life."
- "I loved meeting other older people with MS who are dealing with these challenges."
- "I was inspired to re-focus on what I used to love before MS and how to get some of those activities back."

Comments from Support Partners:

- "I learned how to communicate better with my partner with MS and plan for the future."
- "I learned the importance of self-care and that self-care is not being self-ish."
- "I learned more about how much my partner is doing to take charge of their MS."

YOUNGER ADULTS/NEWLY DIAGNOSED

I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



I use information that I have learned to improve my wellness.



I will take actions to achieve my wellness goals.



I am more aware of MS and wellness resources.



I feel more connected to others with MS and/or support partners.



Comments from PwMS:

- "I learned how to manage my stress better & watch my diet. I realized I'm not alone with having MS. I enjoyed meeting others with MS."
- "I learned that I am not alone and that there are people out there who want to connect with me. I was also so appreciative of the amazing panel of medical professionals that gave their time and energy to an event like this."
- "It was nice to see a diverse array of participants. Most of the people in my local MS support group are middle aged or older white people, so I was glad to meet people who were younger and from different races and geographic areas."

Comments from Support Partners:

- "I gained some insights into how support partners can help better manage symptoms of MS so they impact our lives just a bit less."
- "I was reminded that we all struggle with what life throws at us and at times it's ok, and human to not always be on top form."



BLACK/AFRICAN AMERICAN

I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



I use information that I have learned to improve my wellness.



I will take actions to achieve my wellness goals.



I am more aware of MS and wellness resources.



I feel more connected to others with MS and/or support partners.



- Comments from PwMS:**

- “I gained a connection with other African Americans living with MS”
- “I feel blessed to have the opportunities and supports that I have. Also, it was great to have my experiences validated by others going through the same things.”
- “I gained sound resources I can use to advocate for myself.”
- “I learned that MS is more prevalent in African American communities than I thought...This is not a "white woman's disease" but often times our communities are underrepresented due to lack of healthcare or participation in research.”

- Comments from Support Partners:**

- “I learned that Can Do MS may be able to help me with plans for my son's care when I am no longer [able to care for him].”
- “I gained so many resources!”



VETERANS

I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



I use information that I have learned to improve my wellness.



I will take actions to achieve my wellness goals.



I am more aware of MS and wellness resources.



I feel more connected to others with MS and/or support partners.



- Comments from PwMS:**

- “I learned there are a lot of veterans with MS out there facing the same issues that I am.”
- “I learned about places I can go to help advocate for me.”
- “I enjoyed the interactive program more than I expected. It was nice to hear from others experiencing similar things.”
- “Learned more about the VA's MS Center of Excellence.”

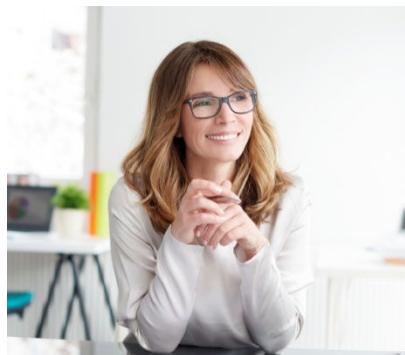
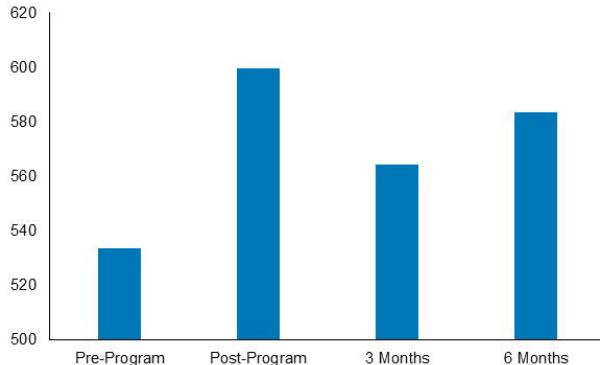
- Comments from Support Partners:**

- “I learned that my health has to be taken into consideration before I can help and be what my partner needs.”
- “My partner and I learned better ways to communicate.”
- “My spouse learned more about how MS affects us.”

SELF-EFFICACY

Self-efficacy for managing MS symptoms (measured with the NeuroQoL) was measured before and after each Take Charge program, and again at 3 months and 6 months after the programs.

- Participants improved significantly in self-efficacy immediately after the program.
- Improvements were maintained for **up to 6 months.**



CONCLUSIONS

The 2022 Take Charge programs created an inclusive, informative, and engaging environment, in which PwMS and Support Partners reported high levels of satisfaction and confidence to achieve their goals.

Take Charge programs offered protected space for unique MS communities to come together to share their experience and receive support. Survey outcomes emphasize the need for Can Do MS to continue offering tailored programs to meet the needs of these unique MS communities and allow space for those living with MS and their support partners to learn, connect, and participate.