



**MORE ABOUT MS
WORKSHOP HANDOUT**

GETTING TO KNOW THE HEALTHCARE TEAM





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HOW TO CREATE AND WORK WITH YOUR HEALTHCARE TEAM

FINDING A COMPREHENSIVE CARE CENTER VS. CREATING YOUR OWN

Comprehensive care centers house the members of the healthcare team in one office or on one campus. The team members work together to provide coordinated care. These centers are typically found in urban areas.

In most communities, however, people need to assemble their own team.

The National MS Society maintains a list of healthcare providers who specialize in MS care. You can look for a specific type of provider in your area. The results of your search will indicate whether the provider is part of a comprehensive care center, is a recognized Partner in Care with the Society, and how far you have to travel to access each provider.

(800)-344-4867 and www.nationalmssociety.org/Resources-Support/Find-Doctors-Resources

TIPS FOR USING YOUR HEALTHCARE TEAM MEMBERS OPTIMALLY

- Come to appointments prepared to share your goals and questions.
- Bring a family member or friend as a second pair of ears.
- If you don't understand something, say so.
- Carry a list of all your prescription and over-the-counter medications.
- Remember that healthcare providers have very limited time, so you may need to take on the role of messenger between team members.