

Meet Your MS Advocacy Network

CAN DO
MULTIPLE SCLEROSIS

WEBINAR 
WEDNESDAYS

THIS WEBINAR IS
SPONSORED BY:



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UPCOMING PROGRAMS

Thursday, March 20

JUMPSTART

Building Your MS Support System

Wednesday, March 26

MS Moves Meetup

Core and Upper Body Workout Plan

Wednesday, April 2

WEBINAR: Bringing MS Vision Problems into Focus

Thursday, April 17

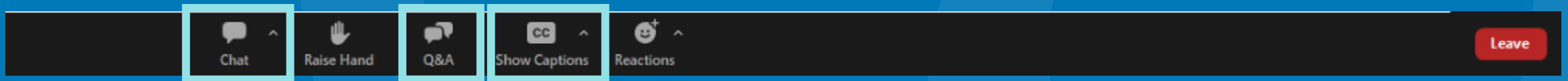
JUMPSTART: MS and Vision Tools, Treatments, and Tips



[CANDO-MS.ORG](https://cando-ms.org)

How to Ask Questions During the Webinar

Type in your questions
using the Questions Box



Provide comments and engage
with the speakers and audience
using the **Chat Box**

NEW! Closed captioning



Multiple Sclerosis
Association of America



National
Multiple Sclerosis
Society





msaa

*Improving
Lives Today!®*

Multiple Sclerosis
Association of America

About MSAA



Multiple Sclerosis
Association of America

Improving Lives Today

The Multiple Sclerosis Association of America (MSAA) is a national non-profit organization and a leading resource for the entire MS community, improving lives today through vital services and support.

Founded in 1970, our organization is dedicated to improving lives today through ongoing support and direct services to individuals with MS, their families, and their care partners. MSAA also offers educational programs, patient advocacy efforts, and resources in both English and Spanish to better serve the diverse needs of the MS community.

Direct Programs and Services

.....

The Multiple Sclerosis Association of America is a leading resource for the entire MS community, improving lives today through vital services and support.



Have specific questions about MS? Call our toll-free National Helpline!
(800) 532-7667, extension 154

Para comunicarse con un Especialista de Servicio al Cliente en *español*, llame al **(800) 532-7667, extensión 131**

How to Find MSAA

.....

Visit our website: mymsaa.org





Multiple
Sclerosis
Foundation

Let's Find Better Days®

Who We Are

MS Focus provides for the critical needs of people with MS.

Critical needs fall in five key areas:



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Health



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Sufficiency





Safety



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Independence



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Knowledge



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What We Do

We provide services directly to people with MS and their families throughout the United States and its territories.

These are a few of our key services:



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THANK YOU FOR HELPING
ME TO WALK!

The **Assistive Technology** Program offers equipment and devices that assist with daily activities, from canes to voice recognition software.



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Let's Find Better Days®



The **Homecare Assistance Grant** provides short-term homecare services, caregiver respite, and therapy (occupational, physical, and speech).

“Thank you for getting me from a wheelchair to a cane!”



Let's Find Better Days®



The **Cooling** Program provides cooling vests and accessories to help individuals with heat-intolerance maintain active lives.



The **Transportation** Assistance Grant assists with paratransit fees, minor car repairs, and can provide rides to neurologist's visits or infusion centers.



Let's Find Better Days®

AND MORE...

- Healthcare Assistance Grant
 - Neurologist visit
 - Dental care
- Emergency Financial Assistance
 - Rent
 - Utilities
 - Disaster relief
- Computer Program
- Brighter Tomorrow Grant
- Health and Wellness Program
- Support Groups
- Educational events



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Let's Find Better Days®

Learn more:

- Email support@msfocus.org
- Call 888-MS Focus (888-673-6287)
- Visit www.msfocus.org



Let's Find Better Days®



Empowering People Living with Multiple Sclerosis to Live Their Best Lives

“Discover resources, MS News, and free MS seminar schedules!”

Whether you have been recently diagnosed with MS or are supporting a loved one affected by MS, we're committed to offering you the most up-to-date information and education.

EmpowerMS



“MS Views and News is a **leader** in providing MS education and resources”

- Learn about Living Well with MS
- Attend free in-person and online MS learning events
- Gain access to top MS specialists
- Become part of an MS Community



Stay Connected

Scan to Explore & Register



MONTHLY NEWSLETTER

FREE IN-PERSON AND ONLINE MS EDUCATION

DAILY BLOG POSTS

(888) 871-1664

www.msviewsandnews.org

THE COMPASS TO MS CARE

TO REGISTER :



Supports:

- ✓ Increased awareness of access to care in underserved regions
- ✓ Patients and Care Partners to engage with MS specialists delivering updated information and resources
- ✓ A sense of community and wellness through monthly events (in-person and live online)
- ✓ Raising awareness of MS updates, research, treatment options and avenues of wellness

MOVING WITH MS

VIRTUAL PHYSICAL THERAPY & MOVEMENT FOR MS

- ✓ Increased awareness about strength, balance and mobility
- ✓ Rebuild and rewire neurological pathways while increasing muscular strength and supporting neuroplasticity.
- ✓ MS-specific exercises that actually work

TO REGISTER :



Gretchen Hawley
PT, DPT, MSCS



MS Views NOW
VIRTUAL EDUCATION SERIES



MONTHLY ONLINE WEBINARS ADDRESSING
CURRENT EVENTS AND UPDATES IN MULTIPLE SCLEROSIS

MS VIEWS NOW

TOWN HALL WITH DR. AARON BOSTER

This project aims to provide monthly updated online information and connectivity with MS expert presenters. Supporting access to resources for the MS community (people living with MS, families, and care partners) in a virtual format.



www.msviewsandnews.org

TO REGISTER :



THE MS MENTAL WELLNESS CHAT

TO REGISTER :



This series is offered monthly to our online virtual learning community, (patients and care partners) looking for avenues to connect and learn about mental health and wellness. It embraces a biopsychosocial approach recognizing today's current challenges specifically for those living with MS.

The group will gain access to consistent work and learn about mental health and wellness with a licensed clinical social worker.



Jessica Thomas, LCSW
Licensed Clinical Social Worker



**National
Multiple Sclerosis
Society**

**TOGETHER WE WILL
CHANGE THE WORLD FOR PEOPLE WITH MS**





ANQUETTE
DIAGNOSED IN 2013



JOSHUA
DIAGNOSED IN 2015

Vision

A world free of MS.

Mission

We will cure MS while empowering people affected by MS to live their best lives.



National
Multiple Sclerosis
Society

When **Sylvia Lawry** founded **the National MS Society** in 1946 seeking answers for her brother Bernard, MS was neglected and poorly understood. Progress since then has **changed all aspects of life for people with MS.**



Sylvia Lawry and her brother, Bernard

WE'VE ACHIEVED MORE ADVANCES THAN THE WORLD HAS SEEN

for any other neurological condition.



Dozens of
**EFFECTIVE
TREATMENTS**
available



Set the standards for
**QUICK AND
ACCURATE**
diagnosis



Advanced careers of
1,000+
**MS RESEARCHERS AND
HEALTHCARE PROVIDERS**

OUR APPROACH



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Every Moment Matters





Our Mission: We will cure MS while empowering people affected by MS to live their best lives.



Accelerate Cures



**Improve Healthcare
Access**



**Inform, Connect and
Support**



ACCELERATE CURES 

"I'm hopeful I will see a cure in my lifetime. Through all the research that's been done and all the breakthroughs that have happened, it's countdown time."

— Jackie,
diagnosed in 2018

WE WILL CURE MS

for every single person — as fast as possible.



Society-funded researchers
have been behind nearly
**EVERY MAJOR
BREAKTHROUGH IN MS**



We lead a
**COORDINATED,
GLOBAL EFFORT**
to speed life-changing
solutions and cures



**WE ATTRACT,
CULTIVATE AND INVEST**
in the next generation of
MS research leaders

IMPROVE ACCESS 

“The Society’s advocacy work is making a real impact in my life and the lives of others living with MS. **Our collective voices are a powerful tool** to create change.”

— Lisa, MS Activist,
diagnosed in 2010



WE SHINE A LIGHT

on systemic problems and advance policies to solve them.



A powerful network of

34,000+ MS ACTIVISTS

advances federal, state and community policies that make life better for families affected by MS



Years of MS activism has led to

PIVOTAL LEGISLATION

on disability rights, affordable care and treatments and federal research funding



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Multiple Sclerosis
Society



IMPROVE ACCESS



“My doctor never makes me feel like I'm walking this journey alone. She listens to everything I say. She advocates for me. **She empowers me** each time I go to see her.”

— Kresence (R),
diagnosed in 2016

NO ONE SHOULD FACE MS ALONE.

The National MS Society is here so no one has to.



NATIONALMSSOCIETY.ORG

is the world's leading source of
MS information



EVERY PERSON AFFECTED BY MS

has access to life-changing
1:1 support from MS Navigators



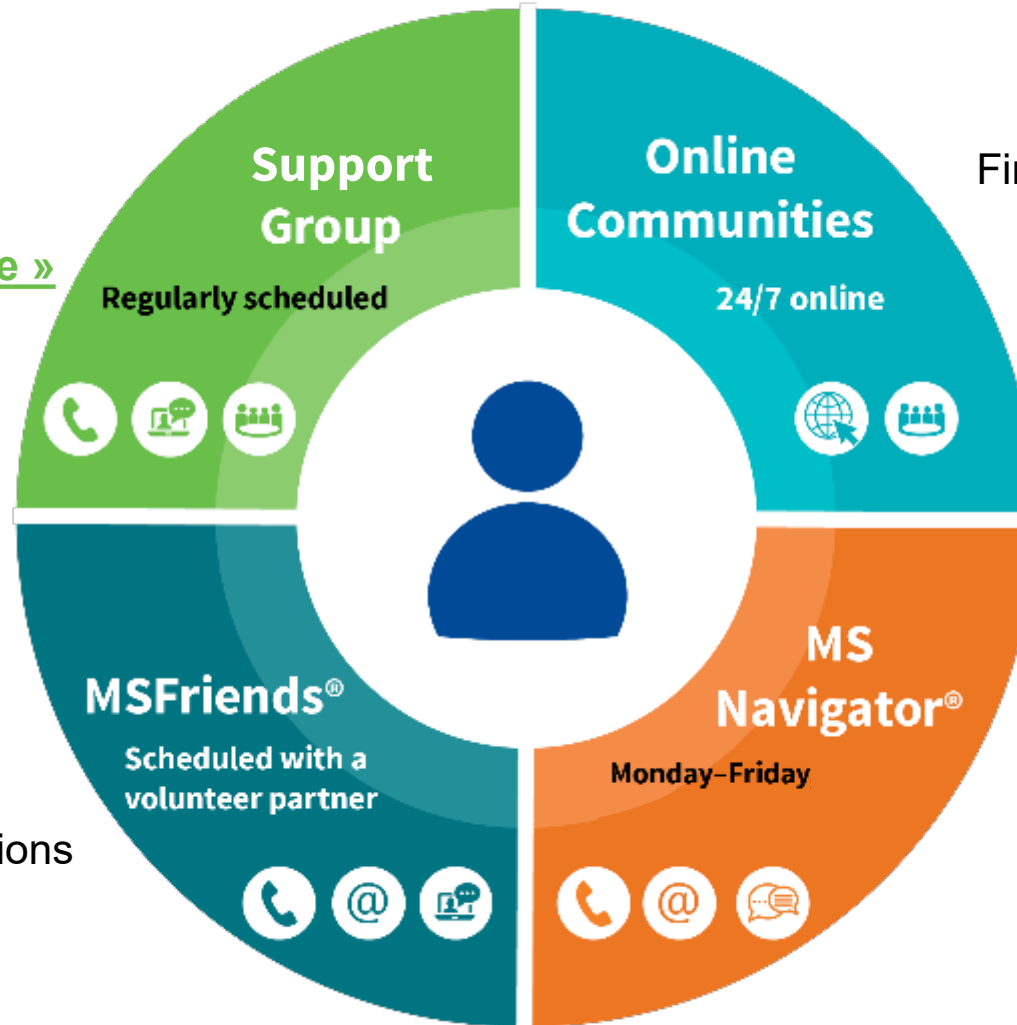
SOCIETY PROGRAMS

provide vital connections,
community and education
to people nationwide

Connection Opportunities

Community, education and group conversations

[Find a group in your area or online »](#)



Find community anytime — anywhere

[Find an online MS community »](#)

Listening ear, one-on-one conversations

[Learn more »](#)

Education, resources and support

Call 1-800-344-4867

[Learn more »](#)



**National
Multiple Sclerosis
Society**



Connect with
others who
understand MS



Build your
network of
support



Get
connected

800-344-4867

www.nationalMSSociety.org



Shift.ms



By MSers, for MSers.



George's story

In 2004, aged 22, and a year into his first 'proper' job, our CEO and co-founder George Pepper was diagnosed with multiple sclerosis.

He experienced an aggressive start to MS, with seven relapses in the first 18 months.

When George couldn't find other MSers that he could relate to, he decided to take matters into his own hands, founding our online, volunteer-led charity **Shift.ms**.





By MSers, for MSers

We're a global digital community that supports people with MS (MSers) from diagnosis onwards, by connecting them with others who get it.

Our goal is to support MSers in finding social connection and empowering them to make proactive decisions inspired by the lived experience of others.

We're an independent charity and our app is free.



Shift.ms, at a glance

- ★ 67,000+ members worldwide
- ★ Connect with people who understand what you're going through and build your support network
- ★ Learn how to adapt to your diagnosis and better manage your health
- ★ Find answers to all your MS questions
- ★ Get honest advice from the people who've been where you are
- ★ Read, listen, watch the stories of other MSers

“

Living with MS can be scary, overwhelming, challenging and mentally taxing. To have an app that provides support from a community who knows exactly what you're going through really helps.

Trevor, 42, Canada, PPMS



Sharing lived experience

- ★ Feel inspired by the lived experience of MSers
- ★ Watch fresh video content dropping on our app every week
- ★ Ask the community anything on the live feed
- ★ Treatment choices and side effects
- ★ Symptom flare-ups
- ★ Mental health concerns
- ★ Practical support
- ★ Lifestyle recommendations
- ★ Reply to conversation threads with your own advice and experience



Explaining what MS is for the millionth time vs talking to #MSersLikeMe

ugh



So...



The Buddy Network

MS is both unpredictable and uncertain. It affects everyone differently, so it can be hard for an MSer to find someone they can relate to through traditional support services. That's where The Buddy Network comes in.

The Buddy Network is a 1:1 peer support project that connects newly diagnosed MSers with a Buddy, an 'experienced' MSer.

What can a Buddy provide?

- ★ A friendly ear to listen to you
- ★ An unbiased outlook
- ★ A non-judgemental approach
- ★ Signpost you to reliable and reputable resources



Download the Shift.ms app



Find us on socials



Shift.ms



shiftdotms



@shiftms



@shiftms

WE ARE
all



Who We Are and What We Do

- **We Are ILL is a nonprofit patient advocacy organization**, founded in 2020 by Victoria Reese Brathwaite, that **supports, educates and uplifts Black women living with multiple sclerosis (MS)**, and aims to improve health equity for this community.
- Our vision: To **redefine what “sick” looks like by making the MS community more inclusive** and by involving Black women in the conversations surrounding MS awareness, education, and treatment.
- We Are ILL’s initiatives **increase Black women’s visibility in and access to patient care, research, education, and the multiple sclerosis community as a whole**. These initiatives include:
 - Diversity in clinical trials
 - Wellness education
 - Self-advocacy
 - Community

Notable Offerings

- Wellness Week(end), our signature event, now in its 6th year
- Blogs from our ILLfluencers about how to live well in spite of MS
- Private Facebook Group of ~2,000 Black women living with MS
- Community Meetups across the country that foster stronger connections among our sisters in MS and their support squads



2025 Programs

**SHOP
CHATS**
UNDERSTANDING MS IN OUR COMMUNITY



UNDERSTANDING
THE BLACK PATIENT
EXPERIENCE

Sisterly Submitted,

THIS FAR BY
Faith

HBCU
FUTURE OF BLACK NEUROLOGY
IMPACT

WE ARE
ill

Thank you!



weareillms.com



[@weareillmatic](https://www.instagram.com/weareillmatic)



facebook.com/groups/weareillmatic

CAN DO

MULTIPLE SCLEROSIS

➔ MEETUPS

MS Moves

- For people living with MS to get active and stay motivated

Black Community

- For people in the Black Community who are living with MS or are care partners

Care Partner

- Spouses/Partners, Parents, Adult Children, Friends, Neighbors, etc.

Newly Diagnosed

- For those diagnosed within the last 5 to 10 years



Coaching Series: How To Reduce Your Risk of Falling

WHAT YOU'LL GAIN

- Environmental adaptations
- Assistive Tools
- Communication Strategy
- Strength-Building Exercises

DETAILS



Tuesdays, April 15–May 6



6:00–7:30 pm ET



Additional Meetups on
June 3, June 24, and July 15

Register now
cando-ms.org/fallprevention



MS COMMUNITY PROGRAMS



REGISTER TODAY!

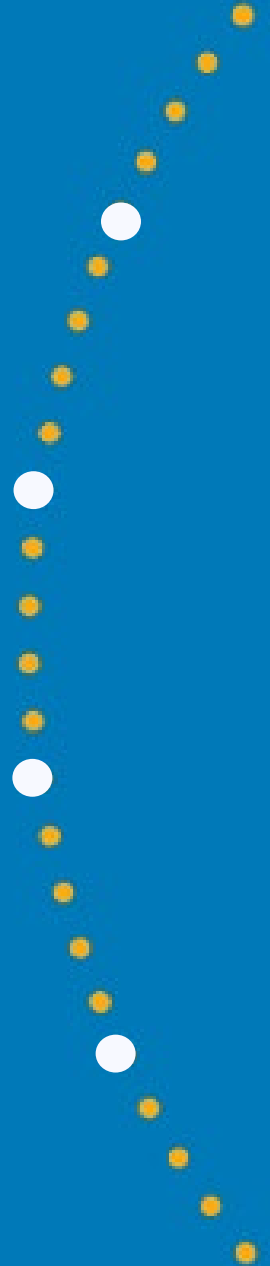
CanDo-MS.org/CP
More Dates & Locations

BIRMINGHAM, AL
APRIL 5

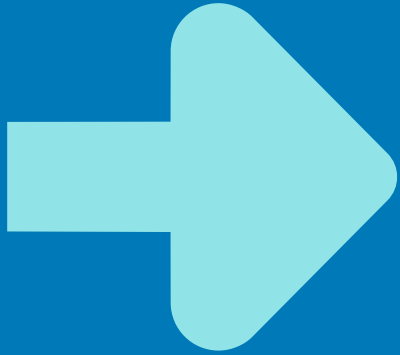
BALTIMORE, MD
APRIL 26

HOUSTON, TX
JUNE 21

OMAHA, NE
JUNE 28



MS COMMUNITY PROGRAMS



“

The whole program was fabulous. This has been one of the very best interactive programs I've attended and I've had MS for 30 years. It was very inspiring

“

I gained confidence, grounding, community, and support.



More About MS

WHERE:

Sheraton Phoenix
340 N 3rd Street
Phoenix, AZ 85004

 VIRTUAL OPTION

WHEN:

May 30, 2025
10:00am – 4:30pm MT

 VIRTUAL
10:00am – 2:00pm MT

REGISTER
HERE



ABOUT THE PROGRAM:

Get all the best of Can Do live from the Consortium of Multiple Sclerosis Centers (CMSC) annual meeting. Join us to learn, practice, and take action with new wellness strategies for your everyday life! Whether it's finding the right MS DMT for you, or focusing on your diet and exercise – you can feel better and live better with MS. This program will show you how.

GET PERSONALIZED GUIDANCE ON:



MOVEMENT
& EXERCISE



FATIGUE, MOOD,
& COGNITION



CARE PARTNER
SUPPORT



WHAT'S NEW IN
MS TREATMENTS



Multiple Sclerosis
Association of America



Q+A



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X

@CanDoMS



INSTAGRAM

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04.02.2025

Bringing MS Vision Problems into Focus

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