

# 282,911 Participants & Engagements in 2024

 *14% increase over 2023!*

## Community Programs

454 In-person Participants • 438 Archive Views (More About MS) • 10 Programs

## TAKE CHARGE®

### TAKE CHARGE

147 Participants  
3 Programs

### BLACK COMMUNITY MEETUPS

287 Participants  
4 Meetups

### COACHING

1,573 Participants  
3 (4-week) Programs

## JUMPSTART®

### JUMPSTART

1,642 Participants  
10 Programs

### WEBINARS

17,433 Participants  
17 Webinars

### YQA

446 Participants  
4 Programs

## On-Demand

### PODCASTS

12,490 Listens  
65 Podcasts

### VIDEO SHORTS

185,061 Views  
57 Videos

### ARTICLES

26,475 views  
37 Articles

## Exercise

### MS MOVES VIDEOS

26,252 views  
19 Videos

### MS MOVES MEETUPS

698 participants  
10 Meetups

## Program Impact:

282,911 individuals living with MS and their families were empowered through live and on-demand health and wellness education.



### LIVE EDUCATION

23,415 people engaged in our live and interactive programs, offering direct interaction with MS healthcare professionals and connections with others living with MS.

### ON-DEMAND EDUCATION

259,496 people engaged with our on-demand webinars, videos, articles, and podcasts to better learn how to manage their MS and improve their overall health.

## Outcomes:



After engaging in a Can Do MS program, participants noted the following outcomes:

- 95% would recommend the program to others with MS.
- 92% are satisfied with the information they learned.
- 70% are ready to make meaningful changes to enhance or maintain wellness.
- 80% have the confidence to collaborate with healthcare providers to find solutions that work for them.

## Highlights:



- **In-Person Participation:** We welcomed 454 participants across ten in-person sessions, featuring a unique bilingual program in English and Spanish to accommodate diverse attendees.
- **JUMPSTART Engagement:** Our JUMPSTART programs attracted an average of 164 live attendees, demonstrating robust interest and active participation.
- **Coaching Program Commitment:** Our 4-week Coaching sessions achieved a 65% persistence rate, underscoring our participants' dedication and sustained involvement.

# Core Topics:



## **BOWEL AND BLADDER SYMPTOMS:**

Strategies, tools, and exercises you can use to keep your bowel and bladder symptoms from ruling your life.

## **FATIGUE & SLEEP:**

Insights from recent sleep studies, essential sleep hygiene practices, and learning how to advocate for the support you need.

## **TRAVEL AND LEISURE:**

Providing the know-how to embark on a journey where MS doesn't hold you back. Whether that's traveling or starting a sport that can bring your loved ones together.

## **MENTAL HEALTH AND COGNITION :**

Providing a safe space to process the toll of MS on your mental health as well as explore the interaction between your mental well-being and your cognition.

## **MS COMMUNITY GROUPS:**

Providing tailored education to unique MS community groups with shared experiences such as the Black community, care partners, newly diagnosed and those aging with MS.

## **DISEASE MODIFYING THERAPIES**

Providing up-to-date information about MS disease modifying therapies and what you need to know when working with your MS provider to make an initial treatment decision or if a treatment change is needed.

## **FALL PREVENTION:**

Recommendations for environmental adjustments, use of assistive devices, communication methods and specific exercises to enhance safety and confidence.

## **EMPLOYMENT AND MS:**

Understanding workplace rights, making informed disclosure decisions and implementing effective accommodations.

## **ASSISTIVE TECHNOLOGY:**

Make daily life easier by integrating assistive technology into your daily routines and leveraging technology for greater independence.

## **DIET AND EXERCISE:**

Create manageable and attainable health and wellness goals to fuel your body with just what it needs and move to feel energized.

## **PAIN MANAGEMENT:**

Understand the different types of MS pain, how to recognize them, and expert guidance on MS pain management.

## **MS RESEARCH UPDATES:**

Providing the most up-to-date information on MS research, treatment and the latest wellness research studies.

# What People Are Saying:



*“The Can Do MS Programs are life changing.”*

*“I wanted to express my gratitude for such an insightful and supportive session. It was incredibly validating to hear others share similar challenges, especially when discussing sensitive topics with our partners.”*

*“Excellent reminder that there are steps I can take RIGHT NOW that will improve my current and future outcomes with MS and my health.”*

*“Increased sense of community. Knowing I’m feeling similar to others helps me reframe my thoughts when I’m struggling (physically and/or mentally). Also, so many great tips, information, and resources were shared from presenters; thank you!”*

*“Affirmation that I am not alone, inspiration from group members, knowledge about the difference between grief and depression”*

*“I learned great information about research for MS. It was good to see and listen to other African Americans who are involved in research and the care of African Americans who have MS. This program is a great support system for African Americans who have MS. It provides a platform to discuss their feelings and experiences and gain resources that can be very helpful as we live with this disease.”*

*“It was a good reminder that we actually do have some element of control when it comes to what we put in our bodies. And it’s good to be reminded that we don’t have to live with all these stressful symptoms when there are therapies and medications that could potentially alleviate or mitigate the problems.”*

*“The coaches were great, knowledgeable and inspiring. The participants authentic, genuine and generous with their sharing. Can’t wait to start setting realistic goals and continue to keep CanDo MS as part of my support world.”*

*“Don’t ever give up! What did not work last month, might work this month allowing you to get a restful night sleep.”*

# Digital Highlights:



## WEBSITE

**Total Users** - 81.4K | 44%↑  
increase YoY

**Views** - 135.1K | 36.7% ↑  
increase YoY

## SOCIAL MEDIA

29,936 Followers  
12.7%↑ increase YoY

## EMAIL PERFORMANCE

32,617 subscribers  
42% average open rate

## VIDEO ANALYTICS

YouTube Videos - 79K  
Social Reels - 62K views

## TOP 5 ARTICLES

- \* Which Mobility Aid Is Right for Me?
- \* When to Quit Working with MS
- \* 4 Unexpected Challenges and Tips to Overcome Them
- \* How Does Multiple Sclerosis Progress With Age?
- \* Dating Someone With MS | What you need to know

## TOP 5 VIDEOS

- \* Mobility Aids Can Be Fashionable and Functional
- \* Biosimilars, Biologics, Generics and Brand Name Drugs
- \* What is Smoldering MS?
- \* Bicep Stretch with PT Courtney Capwell
- \* Care Partner Experience | Son of a Mom with MS

## THANK YOU TO THE FOLLOWING SPONSORS:



# TRANSFORMING LIVES

## 2024 Community Programs

The Can Do MS Community Programs feature in-person, full-day programs to help you and your care partner navigate the world of MS DMTs, maintain a healthy diet, stay active, and care for your mental health.

The 2024 Community Programs were hosted in 10 metropolitan areas across the US:

- **March:** Tampa, Florida
- **April:** Oklahoma City, Oklahoma
- **April:** Columbia, Maryland
- **April:** Los Angeles, California
- **September:** Cleveland, Ohio
- **September:** New Orleans, Louisiana
- **October:** Troy, Michigan
- **November:** Austin, Texas

Plus...

In **May**, the **“More About MS”** Community Program took place in-person and virtually as part of the Consortium of MS Centers Annual Meeting in Nashville, Tennessee.

In **June**, the **“Men with MS”** Community Program took place in Denver, Colorado.

### CONFIDENCE & READINESS FOR CHANGE



Living well with MS involves setting realistic health and wellness goals to make **important and meaningful changes**. Can Do MS programs aim to help those living with MS and their care partners increase their **confidence and readiness** to meet their personal wellness goals.

**Community Programs** offer engaging sessions and workshops, Q&A with MS expert providers, and symptom management exercises.

# CAN DO

## MULTIPLE SCLEROSIS

### 2024 PROGRAM EVALUATIONS

#### LEARNING, CONNECTION, ACTIVATION

The 2024 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

Community Programs emphasized *learning new information* about MS DMTs and managing invisible symptoms, *connecting with others* living with MS, and participating actively in wellness activities to promote healthy behavior changes.

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

- Live, in-person presentations
- Small group discussions for goal setting
- Support group sessions for care partners



### COMMUNITY PROGRAM SURVEYS

- Participants were asked to evaluate Community Programs via online surveys before and after completing the program.
  - 217 participants completed surveys for the 8 standard Community Programs.
  - 75 participants completed surveys for the “More About MS” Community Program.
  - 14 participants completed surveys for the “Men with MS” Community Program.
- **75%** of respondents were individuals with MS (86% for the Men with MS Community Program) and **25%** were care partners.
- For the **More About MS Program**, **68%** of respondents attended in-person, and **32%** attended virtually.

## SUMMARY OF COMMUNITY PROGRAM OUTCOMES

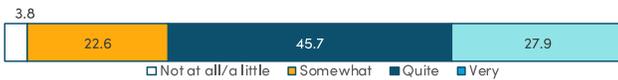
**Satisfaction:** Following the Community Programs, respondents reported high levels of satisfaction with:

- The **information learned** during community programs (**99%**).
- The **opportunities to participate** during the programs (**98%**).
- Their **connection with others** affected by MS during community programs (**98%**).

**Improved Confidence:** Following the Community Programs, respondents reported significantly increased confidence to:

- **Manage** their (or their partner's) MS symptoms during daily activities (**↑98%**).
- **Get support** from friends and family in managing life with MS (**↑29%**).
- **Participate** in home/community activities while managing life with MS (**↑116%**).
- **Collaborate** with their healthcare providers to manage their (or their partner's) MS (**↑85%**).

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?



**Readiness for Change:** The majority (**89%**) of respondents planned to make an **important and meaningful change** to enhance or maintain wellness with MS within 3 months following the programs.

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



## COMMENTS FROM PARTICIPANTS

### People with MS gained/learned...

- "...inspiration. It's back to the pool for me!"
- "...how to re-frame negative thoughts and achieve balance."
- "...specific strategies to be able to advocate better for myself."
- "...about so many MS resources—aqua therapy, making modifications to my house, helpful apps, how to work best with providers...I made wonderful connections with people...I'm sure glad I came."
- "...small exercise changes count towards my goal of 150 minutes/week!"

### Care partners of people with MS gained/learned...

- "...that Can Do MS can help caregivers just as much as they help people with MS."
- "...how to seek help when frustrated as a care partner...met some wonderful people!"
- "...communication strategies to be more present for my partner."
- "...a greater support network and good ideas for additional mobility aids for my partner."
- "...how to help my daughter with MS feel supported and confident so she has less anxiety."

### Participants from "More About MS" gained/learned...

- "...better strategies to NOT fall!"
- "...how to make use of my own skills and abilities to help manage and maintain my safety."
- "...about aging with MS...how to manage and stay well in general health."
- "...I am newly diagnosed and was not sure what to expect...I learned I am not alone and now have strategies for staying positive...I hope these programs continue!"

## CONCLUSIONS

The 2024 Community Programs created an inclusive, informative, and engaging environment, in which people with MS and their care partners reported high levels of satisfaction and confidence/readiness to achieve their goals.

The unique "Men with MS" and "More About MS" programs were especially well-received. 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 activate for positive behavior changes.

# TRANSFORMING LIVES

# CAN DO MULTIPLE SCLEROSIS

## 2024 TAKE CHARGE® Programs

The Can Do MS TAKE CHARGE program is a 2-day virtual wellness program designed to help people living with MS and their care partners set personal wellness goals around 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.

TAKE CHARGE programs allow extended time for presentations, community discussions, and one-on-one coaching to meet individual participants' specific goals around specific topics/groups.

Three TAKE CHARGE programs were offered in 2024, with topics focused on:

- [Progression and Aging](#) (February/March)
- [Black MS Community](#) (May)
- [Newly Diagnosed](#) (August)

### CONFIDENCE & READINESS FOR CHANGE



Living well with MS involves setting realistic health and wellness goals to make [important and meaningful changes](#). Can Do MS programs aim to help those living with MS and their care partners increase their [confidence and readiness](#) to meet their personal wellness goals.

### WELLBEING, PURPOSE, AND DAILY FUNCTION

TAKE CHARGE programs also emphasized developing a sense of [wellbeing](#) and [purpose](#) in life and enhancing [daily function](#).

### LEARNING, CONNECTION, ACTIVATION

The 2024 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

TAKE CHARGE programs provided tailored educational content and resources to people with MS and their care partners to promote *learning new information, participating within these unique MS communities, and other wellness activities*.

TAKE CHARGE programs introduced participants to the Can Do MS philosophy via the:

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



- The Progression and Aging Program included 139 applicants and 63 live attendees
- The Black Community program included 101 applicants and 39 live attendees
- The Newly Diagnosed program included 86 applicants and 45 attendees

### TAKE CHARGE PROGRAM SURVEYS

Participants were asked to evaluate TAKE CHARGE via online surveys before and after completing the program.

- **90** participants completed surveys across the three TAKE CHARGE programs:
  - Progression and Aging = **44**
  - Black MS Community = **17**
  - Newly Diagnosed = **29**
- Respondents were individuals with MS (**89%**) and care partners (**11%**).
- Follow-up surveys were collected at 3 and 6 months for the Progression and Aging program, and at 3 months for the Black Community program.

## SUMMARY OF TAKE CHARGE PROGRAM OUTCOMES

Following Take Charge programs, the majority of respondents reported high levels of:

- Wellbeing: **89%** (↑139%)
- Hopefulness: **86%** (↑17%)
- Life Satisfaction: **93%** (↑51%)
- Sense of Life Purpose: **91%** (↑29%)
- Sense of Meaning: **91%** (↑23%)

Respondents reported **improved daily function** following the TAKE CHARGE programs, including:

- Keeping up with social commitments: **↑49%**
- Performing daily routines: **↑19%**
- Dealing with the uncertainty of MS: **↑17%**
- Decreasing fatigue quite a bite: **↑17%**

## PROGRESSION AND AGING PROGRAM

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



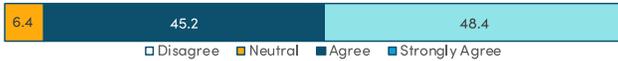
I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



I will take action(s) to achieve my wellness goal(s).



I am more aware of MS and wellness resources.



I feel more connected to others with MS (and/or care partners).



### Participants gained/learned...

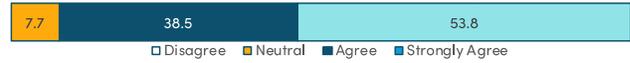
- "...more options for being active and new strategies for mood and cognition."
- "...a new commitment to my wellbeing."
- "...a clearer understanding of the MS disease process and what questions I can ask my neurologist at my next visit."
- "about common aging changes versus MS changes...very helpful information."
- "about smoldering MS and how it can affect the brain."
- "...that others deal with similar problems and I can get past the pain."

## BLACK MS COMMUNITY PROGRAM

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



I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



I will take action(s) to achieve my wellness goal(s).



I am more aware of MS and wellness resources.



I feel more connected to others with MS (and/or care partners).



### Participants gained/learned...

- "...the impact of seeing and being with other Black people with MS like me."
- "...how I can better balance life activities and work on accepting my 'new normal'."

## NEWLY DIAGNOSED PROGRAM

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



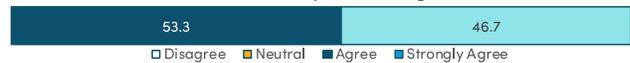
I feel more confident in my ability to face challenges.



I feel prepared to create realistic wellness goals.



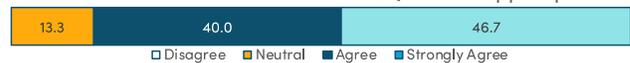
I will take action(s) to achieve my wellness goal(s).



I am more aware of MS and wellness resources.



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



### Participants gained/learned...

- "...cognitive reframing to view my situation more positively."
- "...strategies to help manage my fatigue and accept the 'new me'."

## CARE PARTNER OUTCOMES

Following TAKE CHARGE programs, the majority of **care partners** also reported improvements, including:

- Understanding they also live with MS: **75%** (↑**25%**)
- Recognizing the importance of attending to their own health needs: **75%** (↑**25%**)
- Learning strategies for a healthy partnership with a loved one with MS: **75%** (↑**88%**)
- Taking care of themselves, including exercise and nutrition. **100%** (↑**300%**).
- Feeling a greater sense of balance in their life: **100%** (↑**50%**)

### Care partners gained/learned...

- "...strategies for taking care of my own needs while taking care of my partner."
- "...all about smoldering MS and why we might see changes without new lesions."
- "...a sense that I'm not alone and others are going through similar challenges with their loved ones."
- "...a new community for support."
- "...other caregivers have the same concerns I have...it was very helpful to have the support and be able to share information and strategies."
- "...to give myself grace when I need it and accept that I can't do it all...it is okay to rest."

## CONCLUSIONS

The 2024 TAKE CHARGE programs created an inclusive, informative, and engaging environment, in which people with MS and care partners reported high levels of readiness and confidence to achieve their goals, and satisfaction in life.

Importantly, TAKE CHARGE also supported functional improvements in daily activities, for both people living with MS and their care partners.

Take Charge programs offered protected space for unique MS communities to come together to share their experience and receive support across their shared identities.

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.

# TRANSFORMING LIVES

## 2024 Coaching Programs

The Can Do MS Coaching programs are multi-session virtual meetings designed for small groups to set goals, create plans of action, and make real changes in daily life and MS management.

Coaching programs consist of four weekly 75- to 90-minute Coaching sessions, led by Can Do MS Coaches to guide participants and foster group-based learning.

The 2024 Coaching programs focused on three topics that past years' participants rated as high importance and yielded high engagement:

- [Mind Over MS: Strategies for Staying Sharp](#) (Feb)
- [How to Reduce Your Risk of Falling](#) (Mar)
- [Bowel and Bladder Health: Finding Comfort, Control, and Freedom](#) (Sept)

Plus...

The [How to Reduce Your Risk of Falling](#) program featured three additional 90-minute [monthly Meetups](#) (Apr, May, Jun) and three [recorded videos](#) to complement the Coaching program.



### CONFIDENCE & READINESS FOR CHANGE

Living well with MS involves setting realistic health and wellness goals to make [important and meaningful changes](#). Through learning, connection, and activation, Can Do MS programs aim to help those living with MS and their care partners increase their [confidence and readiness](#) to meet their personal wellness goals.

# CAN DO

## MULTIPLE SCLEROSIS

### 2024 PROGRAM EVALUATIONS

#### LEARNING, CONNECTION, ACTIVATION

The 2024 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

Coaching programs promoted *learning new information* about the coaching topic, *connecting with others* living with MS and care partners with similar goals, and *participating actively* in the virtual Coaching sessions and follow-up activities to maximize progress.

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

- Live, interactive Coaching sessions
- Small group discussions
- Structured and individualized goal setting
- Interactive sharing of tips and progress



### COACHING PROGRAM SURVEYS

Participants were asked to evaluate Coaching programs via online surveys before and after completing the program.

- **79** participants completed surveys for the Mind Over MS Coaching Program.
- **80** participants completed surveys for the Bowel and Bladder Coaching Program.
- **87** participants completed surveys for the Reducing Falls Coaching Program.

## COACHING OUTCOMES: MIND OVER MS

**Satisfaction:** Respondents reported feeling satisfied with:

- The information learned during the programs (**98%**).
- Their connection with others during the programs (**94%**).
- Their participation during the programs (**98%**).

**Recommend:** The majority (**94%**) of respondents would probably recommend or definitely recommend this Coaching program to other people living with MS.

### CONFIDENCE AND 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 family in managing life with MS?



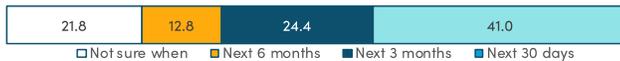
How confident are you that you can participate in home/community activities while managing life with MS?



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 and meaningful change in your life to enhance or maintain your wellness with MS?



### COMMENTS FROM PARTICIPANTS

#### Participants with MS gained/learned...

- "...problem-solving strategies to save time and motivate me to be more active."
- "...ways to calm my mind before getting too overwhelmed."
- "...strategies to improve my memory and help with cognitive challenges."
- "...new ideas to enhance my ability to live well with MS in my home and community."
- "ways to keep going and not give up."
- "...tips and tricks to assist with mental tasks and reduce likelihood of mental fatigue."
- "...thorough explanation of CBT strategies for cognition."

## COACHING OUTCOMES: BOWEL AND BLADDER HEALTH

**Satisfaction:** Respondents reported feeling satisfied with:

- The information learned during the programs (**96%**).
- Their connection with others during the programs (**96%**).
- Their participation during the programs (**100%**).

**Recommend:** The majority (**92%**) of respondents would probably recommend or definitely recommend this Coaching program to other people living with MS.

### CONFIDENCE AND 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 family 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 and meaningful change in your life to enhance or maintain your wellness with MS?



### COMMENTS FROM PARTICIPANTS

#### Participants with MS gained/learned...

- "...new approaches to bowel management...I benefitted hearing about others' similar outcomes after doing pelvic floor exercises."
- "...about bladder control supplies, like reusable underwear...great breakout sessions!"
- "...that there are many gadgets and apps available to help make traveling easier."
- "...ways to improve/maintain control of my urine flow without having surgery."
- "...great info and tips to avoid bladder infections and how best to fully empty my bladder."

## COACHING OUTCOMES: REDUCE YOUR RISK OF FALLING

**Satisfaction:** **100%** of respondents reported feeling satisfied with:

- The *information learned* during the programs.
- Their *connection with others* during the programs.
- Their *participation* during the programs.

**Readiness for Change:** The majority (**87%**) of respondents felt **ready to make an important and meaningful change** to enhance or maintain wellness with MS within 6 months following the programs.

**Recommend:** The majority (**96%**) of respondents **would probably recommend or definitely recommend** these programs to other people living with MS.

### CONFIDENCE AND 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 family in managing life with MS?



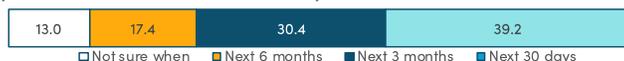
How confident are you that you can **participate** in home/community activities while managing life with MS?



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

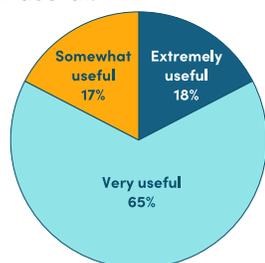


When do you intend to make an **important and meaningful change** in your life to enhance or maintain your wellness with MS?



### USEFULNESS OF VIDEOS

The Coaching program included instructional videos for fall prevention. **100%** of respondents rated the videos as at least somewhat useful.



## ACTIVITY-SPECIFIC BALANCE OUTCOMES AND BEHAVIOR CHANGES TO REDUCE FALLS

Participants were asked to rate their ability to perform different activities without losing their balance. Following the Coaching program, respondents reported at least 10% improvement in:

- Walking around the house (**↑13%**)\*
- Bending over to pick up an item (**↑14%**)\*
- Walking outside from the house to a car (**↑18%**)\*
- Getting into or out of the car (**↑15%**)\*
- Walk across a parking lot. (**↑13%**).
- Walking up or down a ramp (**↑18%**)\*
- Walk in a crowded area (**↑11%**).

\*indicates statistical significance

**Immediately post-program**, the majority of respondents (**96%**) reported making **at least 1 specific behavior change** to reduce their fall risk, including:

- Making their environment safer (**30%**)
- Adding specific exercises (**57%**)
- Working with a physical therapist (**13%**)
- Using an appropriate mobility aid (**48%**)

**At 6 months post-program**, the majority of respondents (**87%**) had **continued to use or started to use at least 1 specific behavior change** to reduce fall risk, including:

- Making their environment safer (**44%**)
- Adding specific exercises (**52%**)
- Working with a physical therapist (**26%**)
- Using an appropriate mobility aid (**65%**)

Additional **specific strategies** were described by respondents for reducing their fall risk as a result of this Coaching program:

- "I consciously think about what I'm about to do, and **how to do it safely**, in order to reduce the risk of falling."
- "I'm getting an **AFO**, doing exercises through **MS Moves** more regularly, and got another mobility aid upstairs to help with carrying things."
- "I use **bags** to carry things up and downstairs."
- "I began attending my local MS Achievement Center to **get more active** and be around others navigating similar issues."
- "I've reduced risky behaviors and **improved my communication** with my spouse to align our teamwork around mobility and fall risk."
- "**Focusing my attention** more carefully when moving, especially when performing transfers."
- "Practicing **mindfulness**."
- "**Understanding the reasons** for my falls helps me prevent them."

## COMMENTS FROM PARTICIPANTS

### Participants with MS gained/learned...

- "...about how physical therapy (PT) and occupational therapy (OT) can help with fall prevention strategies."
- "...specific strategies to strengthen my hips and thighs to reduce fall risk."
- "...how to arrange my house to reduce falls."
- "...a sense of support and true caring from Can Do MS and the speakers! Thank you!"
- "...great support and examples of using mobility aids...I haven't had this type of support before, which makes this so important and special."
- "...this Coaching Series helped me to realize that I could give back and assist others living with MS."
- "...the strategies included in this program can be applied to a wide range of abilities!"
- "...increased awareness to my challenges and specific strategies I can use to address them with SMART goals."



## CONCLUSIONS

The 2024 Can Do MS Coaching programs addressed the diverse needs of the MS Community, and importantly, targeted key issues identified by past participants of Can Do MS programs.

The Coaching programs create an inclusive, informative, and engaging environment, in which people with MS reported high levels of satisfaction and confidence to achieve their goals.

Additional supplements to Coaching programs, including monthly meetups and recorded content, have shown to increase engagement and sustainability of benefits.

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

# TRANSFORMING LIVES

## 2024 JUMPSTART® & Your Questions Answered (YQA) Programs

JUMPSTART® and Your Questions Answered (YQA) programs presented information on monthly topics, led by MS experts. 2024 featured 10 monthly JUMPSTART programs and 4 quarterly YQA programs on current and timely topics.

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

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

### 2024 JUMPSTART and YQA Programs

- January YQA: [MS Treatment Options](#)
- February JUMPSTART: [Communication, Intimacy, and Sex](#)
- March JUMPSTART: [Managing Whole Health: Self Care](#)
- April JUMPSTART+YQA: [Working With MS](#)
- May JUMPSTART: [Mental Health and Cognition](#)
- June JUMPSTART: [Adaptive Living and Travel with MS](#)
- July JUMPSTART+YQA: [Bowel and Bladder Symptoms](#)
- August JUMPSTART: [Making Technology Work for You](#)
- September JUMPSTART: [Fatigue and Sleep](#)
- October JUMPSTART+YQA: [Diet and Exercise](#)
- November: [Pain Management](#)



# CAN DO

## MULTIPLE SCLEROSIS

### 2024 PROGRAM EVALUATIONS

#### LEARNING, CONNECTION, ACTIVATION

The 2024 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:

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



#### JUMPSTART AND YQA PARTICIPANTS

- 10 JUMPSTARTS & 4 YQA program were offered in 2024 with 2,088 live attendees.
- Participants were asked to evaluate JUMPSTART and YQA virtual programs via online surveys (post-program).
  - We received a total of **565 survey responses** across the 10 monthly JUMPSTART and 4 YQA programs.
  - JUMPSTART sessions on **sexual function** (N = 68) and **mental health/cognition** (N = 66) had the largest number of responses.
  - July's JUMPSTART+YQA had the largest responses (N = 59).
- Participants were:
  - **97%** individuals with MS
  - **3%** care partners or "other"

## SUMMARY OF JUMPSTART & YQA OUTCOMES

**Satisfaction:** Respondents reported feeling satisfied with:

- The information learned during the programs (**99%**).
- Their connection with others during the programs (**99%**).
- Their participation during the programs (**99%**).

**Improved Confidence:** Respondents reported that the programs resulted in feeling **confident** that they can:

- **Manage** their (or their partner's) MS symptoms during daily activities (**99%**).
- **Get support** from friends and family in managing life with MS (**95%**).
- **Participate** in home/community activities while managing life with MS (**98%**).
- **Collaborate** with their healthcare providers to manage their (or their partner's) MS (**98%**).

**Readiness for Change:** The majority (**90%**) of respondents felt **ready to make an important and meaningful change** to enhance or maintain wellness with MS within 6 months following the programs.

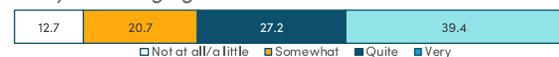
**Recommend:** The majority (**95%**) of respondents **would probably recommend or definitely recommend** these programs to other people living with MS.

## CONFIDENCE AND READINESS OUTCOMES

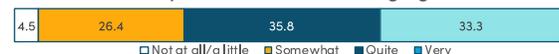
How confident are you that you can **manage** your (or your partner's) MS symptoms during daily activities?



How confident are you that you can **get support** from friends and family 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 and meaningful change** in your life to enhance or maintain your wellness with MS?



## CARE PARTNER OUTCOMES

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

- Attending to their own health and wellness (**94%**).
- Maintaining a healthy partnership with their loved one with MS (**94%**).

## COMMENTS FROM PARTICIPANTS

### Participants with MS gained/learned...

- "...I found out that I have many options for my treatment of MS, and that I can get financial support for one of the medications I take – Yay! This was so helpful!"
- "...I now feel more open to talk about sexuality as part of conversations with health care providers. Thank you!"
- "...I got my partner to listen to this program with me about intimacy. It helped us communicate about sex and our needs."
- "...I have avoided nutrition programs in the past. This was different. Such helpful information I can use."
- "...Having all of the SSDI and disability application materials in one place with discussion was very helpful and important to me. This process can be so confusing but this program broke it down into easier steps."
- "...I learned what a neuropsychologist is and will be asking for a referral."

### Care partners gained/learned...

- "...My partner has anxiety. I'm going to encourage them to explore options for a new therapist who has experience with MS anxiety."
- "...A good list of additional apps and aids to use to improve my partner living with his MS."
- "...The reminder that finding ways to diminish pain to a bearable level for living can be more realistic than wishing it all away."

## CONCLUSIONS

The 2024 JUMPSTART & YQA programs offered a wide range of topics addressing diverse needs of the MS Community.

Can Do MS JUMPSTART & YQA programs create an inclusive, informative, and engaging environment, in which people affected by MS report high levels of satisfaction and confidence to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering interactive programs like these to support those living with MS and their care partners to learn, participate, and connect with others affected by MS.

# TRANSFORMING LIVES

## 2024 Webinar Wednesday® Series Evaluation

The Webinar Wednesday Series offer positive practice, 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 MS healthcare professionals and includes time for Q&A.

The 2024 Webinar Wednesday programs featured 12 monthly webinars, with a focus on current and timely topics for those living with MS, plus 3 special topic webinars:

- January: [MS DMTs: How To Choose, When To Switch](#)
- February: [Understanding and Overcoming Sexual Challenges in MS](#)
- March: [Top 10 Tips To Live Better With MS](#)
- April: [Working with MS: Your Rights, Disclosure Decisions, and Accommodations](#)
- May: [The Reality of Mental Health with MS](#)
- June: [MS Travel and Leisure: Tools, Tips, and Adaptations](#)
- July: [MS Incontinence: Regaining Control](#)
- August: [MS Gadgets: How Assistive Technology Can Help You](#)
- [August Special Webinar: Generics and Biosimilars: Sorting Out Fact From Fiction](#)
- September: [MS Fatigue: Why You Are More Than Just Tired](#)
- October: [Diet and Exercise Recommendations for Relapsing MS](#)
- [October Special Webinar: MS and Family Planning: Everything You Need to Know](#)
- November: [Expert Tips for Effective Relief From MS Pain](#)
- [November Special Webinar: Car-T Cell Therapy – An Emerging Treatment for MS](#)
- December: [Latest MS Research and News](#)



# CAN DO

## MULTIPLE SCLEROSIS

### 2024 PROGRAM EVALUATIONS

#### LEARN, PARTICIPATE, CONNECT

The 2024 Can Do MS programs focused on fostering learning, participation, and connection in the MS community.

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

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

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



#### WEBINAR WEDNESDAY PROGRAM SURVEYS

- 15 webinars were provided in 2024 with 6,722 registrants 7,962 live attendees and 7,713 archive views.
- Participants were asked to evaluate Webinar Wednesday programs via online surveys (post-program).
  - We received a total of **>2,800 survey responses**, with an average of **~190 responses** per webinar.
  - All 15 webinars had **>130 survey responses**.
  - The September webinar on had the largest number of responses (N = 420).
  - The webinar on [Car-T Cell Therapy](#) was the most popular special webinar (N = 235).
- Participants were:
  - **97%** individuals with MS
  - **3%** care partner

## SUMMARY OF WEBINAR OUTCOMES

**Satisfaction:** **99%** of respondents were satisfied with the information learned during the Webinar Wednesday programs.

**Improved Confidence:** Respondents reported that webinars resulted in feeling confident that they can:

- **Get support** from friends and family in managing life with MS (**97%**).
- **Participate** in home/community activities while managing life with MS (**98%**).
- **Collaborate** with their healthcare providers to manage their (or their partner's) MS (**98%**).

**Readiness for Change:** The majority (**98%**) of respondents felt ready to make an important and meaningful change to enhance or maintain wellness with MS within 6 months following the webinars.

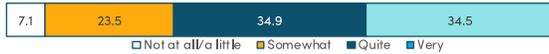
**Recommend:** The majority (**99%**) of respondents would recommend these webinars to other people living with MS.

## CONFIDENCE AND READINESS OUTCOMES

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



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



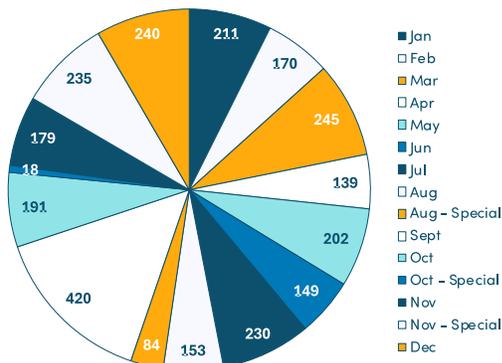
How confident are you that you can collaborate with your healthcare providers to manage your (or your partner's) MS?



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



## RESPONSES BY MONTH



## THE CAN DO MS IMPACT: COMMENTS FROM PARTICIPANTS

### Participants with MS gained/learned/shared...

- "...I will ask primary care doctor to better monitor my D3 and my B12 levels."
- "...that exercise will increase my brain volume."
- "...different methods to manage my MS symptoms."
- "...I will re-establish a robust, healthy diet regimen."
- "...I will speak up more with my doctor to manage my MS."
- "...that self-care is extremely important and don't be afraid to ask for help."
- "...that physical therapy can help with my pain."
- "...I will be bolder about seeking help."
- "Clearer understanding of my MS flareups and less fear when these happen... gives me talking points with my neurologist."
- "...I was encouraged to keep moving and never give up."
- "...great information on physical exercise. I was able to follow along and do all of the exercises with the speaker!"
- "...I now have a plan for diet and working out that feels sustainable."
- "...better strategies to deal with my leg spasms."
- "...strategies to save my energy and improve my sleep."
- "...understanding the science behind the fatigue helps me forgive myself for not being 100% all the time, which helps mitigate sadness/depression."
- "...terminology I can use with my doctor about assistive devices to help with mobility."

### Care partners gained/learned/shared...

- "...information about devices that will make daily life easier."
- "...I feel empowered to better help my partner manage MS."
- "...the tips on managing fecal incontinence were so helpful!"
- "...I had known about some of these strategies but was unsure how to use them. This session gave me tips I can actually use with my partner to improve both of our quality of life."
- "...I learned some new ways to be more assertive as we travel...to be transparent, ask for what we need, and about different accommodations."
- "...mental health supports are available for BOTH of us."
- "...I learned that my daughter is not alone and there are resources to help her/us."
- "...strategies to better communicate with my partner so we are on the same TEAM."
- "...this was the clearest presentation on DMTs I've seen yet."

## CONCLUSIONS

The 2024 Webinar Wednesday programs offered a wide range of topics addressing diverse needs of the MS Community.

Can Do MS webinars create an inclusive, informative, and engaging environment, in which people affected by MS report high satisfaction and confidence to achieve their goals.

Survey outcomes emphasize the need for Can Do MS to continue offering topical monthly webinars for those living with MS and their care partners to learn, participate, and connect with others affected by MS.

# TRANSFORMING LIVES

## 2024 MS Moves® Program Evaluation

The Can Do Multiple Sclerosis MS Moves program features monthly exercise videos and live virtual meetups to help participants build and stick to an exercise routine focused on fitness and function.

**Exercise videos** were approximately 15–20 minutes in duration and led by MS certified specialists and physical therapy experts. Videos were delivered to participants via email and guided them through brief fitness exercises and routines focused on specific goals (e.g., climbing stairs safely).

**Live virtual meetups** were 1 hour in duration at the end of each month (February through November 2024) and focused on talking through challenges, sharing tips, and focusing on what strategies work for managing MS.



### CONFIDENCE & READINESS FOR CHANGE

Living well with MS involves setting realistic health and wellness goals to make **important and meaningful changes**. Can Do MS programs aim to help those living with MS and their care partners increase their **confidence and readiness** to meet their personal wellness goals.

The MS Moves program offers pre-recorded and live options for helping participants meet their individual exercise goals. Live sessions help tailor goals to meet individual participant needs.

# CAN DO

## MULTIPLE SCLEROSIS

## 2024 PROGRAM EVALUATIONS

### LEARNING, CONNECTION, ACTIVATION

The 2024 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

The MS Moves program promoted *learning new information* about maintaining safe and healthy exercise with MS, *connecting with others* living with MS who have similar activity goals, and *participating actively* in the live virtual sessions to maximize progress.

MS Moves introduced participants to the Can Do MS philosophy via the:

- Brief videos throughout the month
- Live, interactive meetup sessions
- Structured and individualized goal setting
- Interactive sharing of tips and progress



### MS MOVES PROGRAM SURVEYS

Participants were asked to evaluate MS Moves via online surveys (post-video/meetup).

- **139 participants** completed surveys between February and November.
- Monthly responses ranged from **6 to 52**, with August having the most responses.
- Most participants reported using an assistive mobility device (**68%**) for daily ambulation.
- Most participants (**83%**) reported living with MS for over 10 years.

## SUMMARY OF MS MOVES OUTCOMES

**Satisfaction:** Respondents reported feeling satisfied with:

- The information learned during the program (**93%**).
- Their connection with others during the program (**99%**).

**Improved Confidence:** Respondents reported that the program resulted in feeling at least moderately confident that they can improve their physical function (**92%**).

**Readiness for Change:** The majority (**93%**) of respondents felt ready to incorporate exercise into their daily life within 1 month following the program.

**Recommend:** All (**100%**) of respondents would recommend this program to other people living with MS.

## ACTIVITY AND FUNCTION OUTCOMES

How has your activity level changed since participating in MS Moves?



Did MS Moves contribute to your change in activity level?

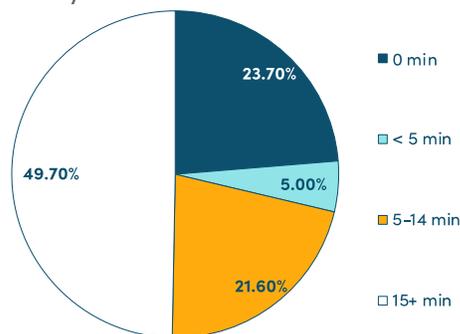


Did MS Moves improve your daily function?



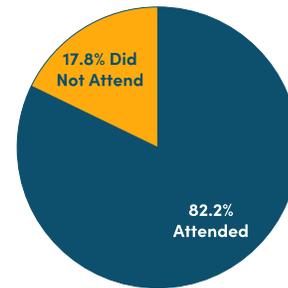
## MONTHLY EXERCISE VIDEO PARTICIPATION

Respondents reported how long they viewed each of the monthly exercise videos. On average, approximately half of respondents (**50%**) viewed the videos for  $\geq 15$  min. Outside interruptions/conflicts were the most common reasons for discontinuing videos. Average time spent viewing videos over the course of the year are as follow:



## MONTHLY MEETUP PARTICIPATION

Respondents reported whether they attended each of the live monthly meetups. On average, over **80%** attended the meetups over the course of the year. The remaining participants participated as video viewers only.



## COMMENTS FROM PARTICIPANTS

### Participants with MS gained/learned...

- "I attend these sessions with my aide so we can both learn how to support my mobility."
- "Attending these monthly sessions has helped me get stronger."
- "I use this program to supplement my PT and aquafit class! So helpful for staying motivated and active."
- "Great instruction and practical, clear examples of exercises adapted to various levels of function."
- "The exercises are challenging and I like them...I've noticed a difference in my core strength and my posture has improved."
- "I had never tried a bird dog or high plank before. I wasn't able to complete every exercise...yet...!"

## CONCLUSIONS

The 2024 MS Moves program created an inclusive, informative, and engaging environment, in which people with MS reported high levels of satisfaction and confidence/readiness to achieve their goals.

Importantly, participants report meaningful activity and functional – including improvements in strength and flexibility. The balance of pre-recorded videos and live meetups was well-received and offered options for those with different preferences.

Survey outcomes emphasize the need for Can Do MS to continue offering virtual exercise-oriented programs for those living with MS and their support partners to learn, participate, and connect with others affected by MS.

# TRANSFORMING LIVES

## 2024 Meetup Programs

The Can Do MS Meetup programs are recurring virtual meetings designed to connect people in the MS community who have shared experiences and identities.

Meetup programs consist of 75-minute sessions, led by Can Do MS consultants to provide a safe space to address your needs and find support to navigate the complexities of living with MS.

The 2024 Meetup programs focused on:

- **Black MS Community (4 sessions)**
  - March: *Clinical Trials*
  - June: *Depression and Grief*
  - September: *Combatting Comorbidities with Exercise*
  - December: *All About Disability*
- **Care Partners (6 sessions)**
  - February: *Physical and Emotional Wellbeing*
  - April: *Communication and Conflict Resolution*
  - June: *Planning for the Future*
  - August: *Your Partner's Safety and Independence*
  - October: *Sex and Intimacy*
  - December: *Navigating Grief, Anxiety, and Anger*

\*Two additional Meetup series were offered as embedded features of other Can Do Programs (*MS Moves* and *Coaching*). Survey results for these embedded Meetups are presented in their affiliated reports.



### CONFIDENCE & READINESS FOR CHANGE

Living well with MS involves setting realistic health and wellness goals to make **important and meaningful changes**. Can Do MS programs aim to help those living with MS and their care partners increase their **confidence and readiness** to meet their personal wellness goals.

# CAN DO

## MULTIPLE SCLEROSIS

### 2024 PROGRAM EVALUATIONS

#### LEARNING, CONNECTION, ACTIVATION

The 2024 Can Do MS programs focused on fostering *learning, connection, and activation* in the MS community.

Meetup programs emphasized *learning new information* about MS wellness, *connecting with others* living with MS (and care partners), and participating actively in activities to promote healthy behavior changes.

Meetup programs introduced participants to the Can Do MS philosophy via:

- Live, interactive, virtual meetings
- Small group discussions for sharing personal experiences and goal-setting



### MEETUP PROGRAM SURVEYS

- Participants were asked to evaluate Meetup Programs via online surveys after attending each meetup.
  - **102** participants completed surveys for the 4 Black MS Community Meetups.
    - Number of responses per session ranged from 12 to 33, with **June** having the highest number of responses (*Depression and Grief*).
  - **65** participants completed surveys for the 6 Care Partners Meetups.
    - Number of responses ranged from 7 to 17, with **February** having the highest number of responses (*Physical and Emotional Wellbeing*).

## BLACK MS COMMUNITY MEETUPS

**Satisfaction:** Respondents reported feeling satisfied with:

- The *information learned* during the programs (**100%**).
- Their *connection with others* during the programs (**99%**).
- Their *participation* during the programs (**98%**).

**Recommend:** The majority (**93%**) of respondents **would probably recommend or definitely recommend** this Meetup program to other people living with MS.

## CONFIDENCE AND 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 family 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 and meaningful change** in your life to enhance or maintain your wellness with MS?



## COMMENTS FROM PARTICIPANTS

**Participants with MS gained/learned...**

- "...how to proactively get involved in clinical trials to help myself and others with MS."
- "...a better understanding of different types of research and how I may be able to participate."
- "...gratitude that African Americans living with MS are being seen and gaining a voice in medicine."
- "...a great support system for African Americans with MS... a platform to discuss our experiences."
- "...a sense of a wider community of BIPOC people with MS."
- "...videos and other websites that offer solutions or informative content is awe expiring. The willingness to share and offer testimonies are priceless."

## CARE PARTNER MEETUPS

**The Care Partner Experience...**

*As a care partner, I understand that I also live with MS.*



*I recognize the importance of attending to my own health and wellness.*



*I am aware of strategies for maintaining a healthy partnership with my loved one with MS*



**Care partners of people with MS gained/learned...**

- "...this is the only group I know of for partners of people with MS, which has made it very meaningful."
- "...the discussion of accountability in the relationship was very helpful."
- "...good tips and acknowledgment of feelings which can be easily overlooked! Loved the "MS Free Zone."
- "...our sexual lives all have ups and downs, MS aside. And that intimacy and love will transcend... you will find new ways to connect with your loved one no matter what stage they're at."
- "...about Body Mapping to improve intimacy."
- "...safe strategies for getting my partner in and out of the car."
- "...how to solve issues as a team. Work slowly and carefully while communicating in advance for each step. Using proper chairs and furniture or grab bars for safety. A grab belt is a good help too."
- "...the simple important of taking care of myself by way of taking breaks throughout the day and " asking for help."

## CONCLUSIONS

The 2024 Meetup programs created an inclusive, informative, and engaging environment, in which people with MS and their care partners reported high levels of satisfaction and confidence/readiness to achieve their goals. Care partners additionally reported appreciation for having dedicated space to discuss unique opportunities and challenges.

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