



MORE ABOUT MS
WORKSHOP HANDOUT

STAYING ACTIVE

Workshop Handout

Staying active on your own or with others is about finding activities that interest you, connecting with healthcare professionals who can help you find the motivation, confidence, tools, and opportunities to take the plunge!

Tools to Consider

- Mobility aides can help you remain safe, mobile and independent
- Adaptive tools and gadgets can make activities easier and less tiring
- Cooling garments can help you beat the heat

Options to Consider

- Plan, prioritize, and pace yourself to conserve energy
- Consider doing old activities in new ways or trying new activities
- Scout out bathrooms ahead of time with bathroom apps (iPee Address, Where2Go)
- Always have a Plan B to avoid disappointments



WHAT DOES STAYING ACTIVE MEAN TO YOU?

- Being out and about
- Exercise
- Enjoying sex and intimacy
- Traveling
- Taking care of your home or garden
- Engaging in individual or team sports
- Engaging in recreational activities
- Socializing with others
- Attending kids' or grandkids' activities

Workshop Handout



WHAT BARRIERS DO YOU FACE?

- Fatigue
- Bladder or bowel issues
- Mobility challenges
- Impaired vision
- Temperature sensitivity
- Depression or anxiety
- Pain
- Cognitive changes
- Manual dexterity



WHAT FEELING MIGHT BE GETTING IN YOUR WAY?

- Fear of falling
- Embarrassment
- Feeling self-conscious
- Concerns about slowing others down



WHAT MINDSETS MIGHT BE GETTING IN YOUR WAY?

- "If I can't do it the old way, I don't want to do it at all."
- "I don't want other people staring at me."
- "I don't want to use a mobility aid."
- "I don't want my family to be embarrassed."
- "I don't like looking disabled"

