



WEBINAR   
WEDNESDAYS

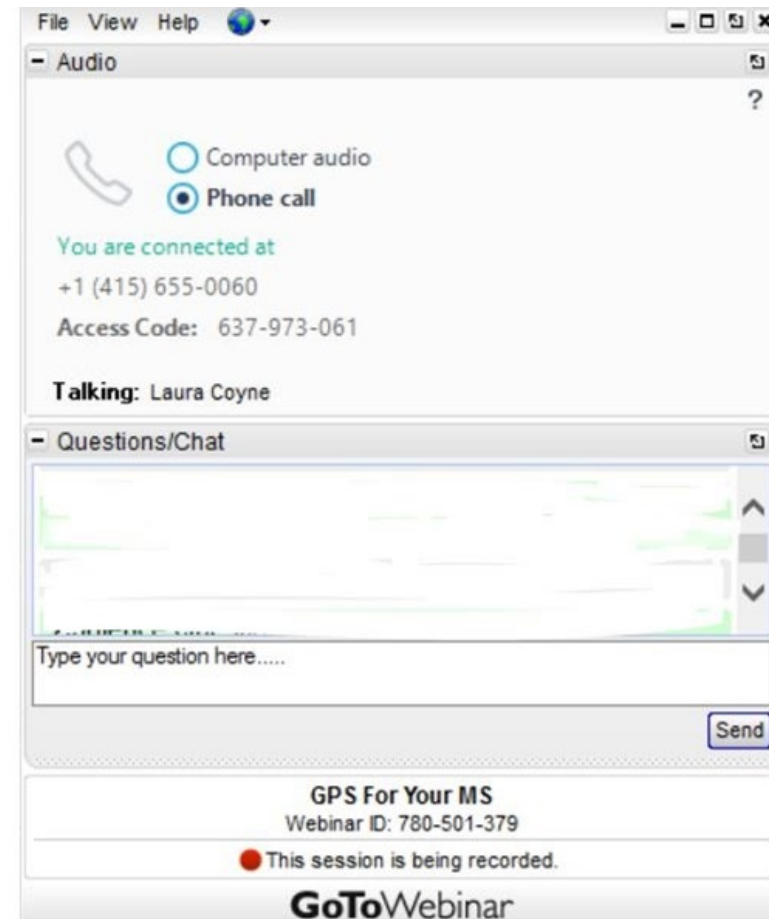
# How to Make Daily Life with MS Easier

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# How to Ask Questions During the Webinar

Type in your questions using the **Questions/Chat** box



# AUGUST PROGRAMS

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SPECIAL WEBINAR – Aug 10  
*Dealing with Anxiety in Today's COVID Landscape*

JUMPSTART – Aug 11  
*Get Started with Tried-and-True Life Hacks for MS*

Your Questions Answered – Aug 16  
*Daily Life with MS*



# COMMUNITY PROGRAMS

*Presented by Can Do MS*

**Join the brightest MS pros and the most positive MS warriors**

## **Attend In-Person**

*Finding Balance In Your Life*

- Seven Hills, OH – Sept 9
- Peachtree City, GA – Sept 22
- Brockton, MA – Sept 29
- Baltimore, MD – Oct 14

## **Attend Virtually or In-Person**

*Managing Invisible Symptoms*

- Solon, OH – Sept 10
- Atlanta, GA – Sept 24
- Newton, MA – Oct 1
- Baltimore, MD – Oct 15

*Register Today!*

[CanDo-MS.org/CommunityPrograms](https://CanDo-MS.org/CommunityPrograms) or (800) 367-3101



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# Learning Objectives

1

Strategies for making daily activities easier, safer, and more energy efficient

2

Role of exercise in managing daily activities

3

The ways that tools and adaptations can benefit you and the whole family



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**Reflect:  
What is your  
typical day  
comprised  
of?**

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**Household activities**

**Recreation / leisure**

**Travel**



**Work**

**Basic self care**

**Exercise**

**Caring for others**

**Mobility/transportation**

# Who Can Help?



# What Can Help?

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**Physical conditioning**

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**Environment modification**

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**Adaptations**

# Physical Activity

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**Physical conditioning is the backbone of optimizing your daily life**

- Helps manage fatigue and other symptoms
- Contributes to wellness
- Improves or maintains health
- Exercise should be purposeful

# Modifying Your Environment

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**Your home is your sanctuary.  
Design your environment to meet your needs.**

- ***Mind Focus***
  - Be open rearranging & simplify your living space to make it easier to move around
- ***Heart Focus***
  - Invest in what is important to you
  - Invest in sensory comfort
- ***Body Focus***
  - Use smartly! Have your living spaces do the work for you



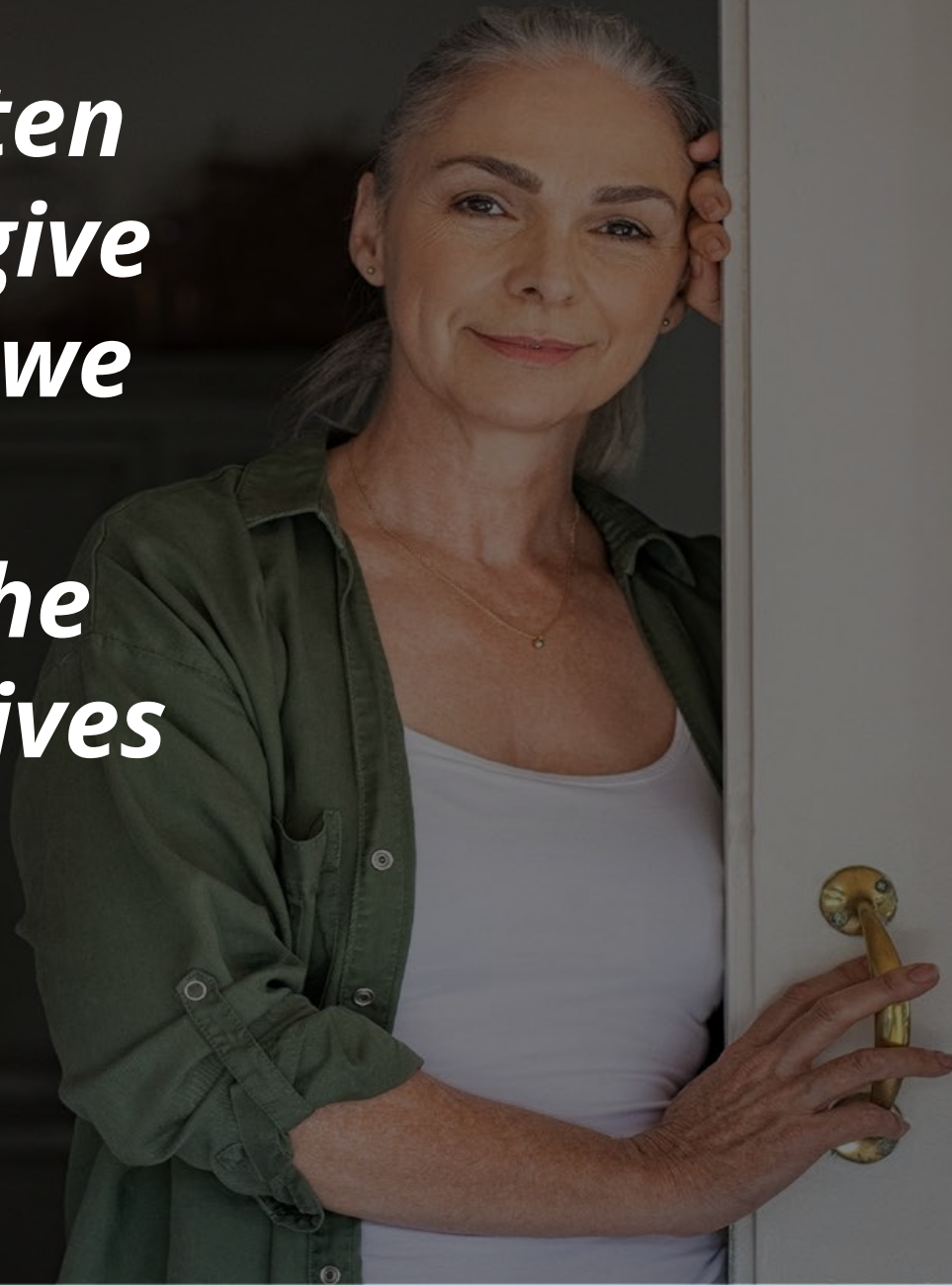
# Using Adaptations

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**Tools & methods simplify the doing.**

- ***Mind Focus***
  - Be open to doing things differently to achieve the desired result
- ***Heart Focus***
  - Focus on finding purpose & meaning; place the ego aside
- ***Body Focus***
  - Compensates for weakness, balance, tremors, fatigue

***“Anytime we can listen  
to our true self and give  
the care it requires, we  
do it not only for  
ourselves, but for the  
many others whose lives  
we touch”  
- Parker Palmer***



# Polling Question

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**In your daily life,  
what would you  
like to be doing  
more of?**

# Polling Question

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**What barriers or obstacles are you facing when doing what you want to do?**



**I am struggling to get a good night's sleep because I often need to use the bathroom.**

**How do I overcome the challenges of getting into bed, out of bed, and moving in bed to find a comfortable sleeping position?**



# Activity: Sleep



## Exercise

- Physical Activity counts as well!
- Any and all movement counts!
- Regular exercise is one of the key ingredients in maintaining overall health



## Modify

- Physical layout
- Location of bed & access to bedroom
- Declutter for physical safety and mind clearing
- Temperature
- Dark vs light



## Adapt

- Sheets: cool, ease of movement
- Bed rails
- Commode
- Aesthetics
- Create a ritual
- Sleep hygiene
- Mindfulness
- Diet

# Other Self Care Modifications





**My MS wipes me out. I have a pattern of starting an exercise routine and then stopping it because of fatigue.**

**Do you have suggestions for how I can be successful in exercising on a regular basis?**



# Activity: Exercise



## Exercise

- Purposeful and regular
- Strive for 150 min/week
- Any movement counts
- Does not need to be continuous
- Make it fun!



## Modify

- Have options
- Start small
- Exercise in a cool room or at a cooler time of day
- Exercise when fatigue level is low



## Adapt

- Cooling devices: misters, fans, moisture wicking clothing
- Stay hydrated
- Mobility Aides
- Sit to perform instead of stand
- Accountability
- Plan and prep

# Other Exercise Modifications







**My MS has really worsened over the past two years, impacting the fun my husband and I shared through dancing, biking, and hiking.**

**Is there anything I can do, or do I need to accept that I have to give it all up?**

# Activity: Recreation / leisure



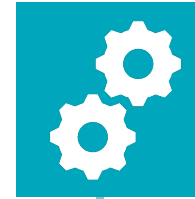
## Exercise

- Overall conditioning
- These activities count towards physical activity/exercise mins!



## Modify

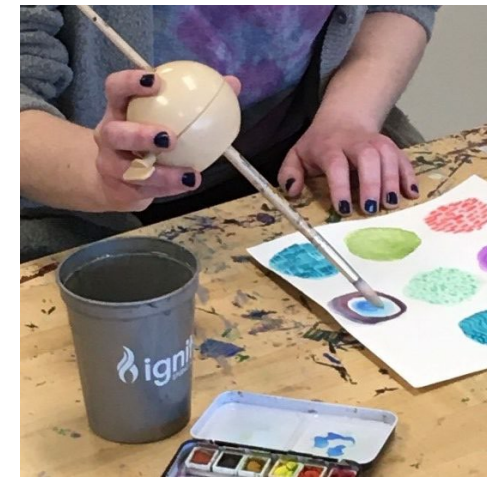
- Have options
- Brainstorm and think out-of-the-box
- Enjoy during the cooler time of day
- Pay attention to your biorhythm



## Adapt

- Research and plan
- Three wheel bike
- Adaptive skis
- Partner dance
- Cooling vest
- Align with your purpose
- **HAVE FUN!**

# Other Recreation Modifications





# Key Takeaways



- Every challenge presents an opportunity to choose how you want to respond to it
- Have the mindset of curiosity and positivity to find ways to do more of what you want to do
- Be heart focused: Anchor yourself in activities that are meaningful and bring joy
- Use your body more productively with tools and new approaches
- Exercise is key to daily living ease

# Q&A





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WEBINAR   
WEDNESDAYS

# Dealing with Anxiety in Today's COVID Landscape

Wednesday, August 10 at  
8pm ET

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