

TRANSFORMING LIVES

Evaluation of the CAN DO® Program



December 2017

A POWERFUL APPROACH

The flagship CAN DO Program is a four-day, intensive educational program that teaches people with MS and their support partners how to take control of their lives within the context of their MS.

The CAN DO Program goes beyond traditional health and wellness programs by using a comprehensive spectrum of assessments, active-learning formats, and goal-setting to empower people with MS and their support partners to thrive in their daily lives.

“I gained a better awareness of MS challenges and how best to manage them, the sense of community was wonderful. In the ‘real world,’ few understand our life challenges. It was wonderful to spend time with other couples who do, even if we didn’t always ‘talk MS’.”

- CAN DO Program Participant



“I gained confidence in being better able to walk, new understanding of drug choices, and I gained a whole new social network.”

- CAN DO Program Participant

“Being surrounded with MS professionals, persons living with MS, and their support partners for five days gave me the chance to think hard about a subject that has scared me in the past—what will the future bring—and how best to get ready for whatever may come.”

- CAN DO Program Participant

CURRENT SURVEY

- 93 people participated in the two CAN DO Programs in 2017 (Atlanta & Denver).
- 45 PwMS & 41 SPs completed retrospective pre- and post-program surveys.
- Average age: PwMS 53 years, SP 55 years; Gender: PwMS 72% Women, SP 36% Women.
- 36 hours of individual and group workshops seminars, one-to-one consultations, and evaluations; served by 30 renowned MS specialists.

OBJECTIVES

- Interact with a multidisciplinary team of healthcare professionals and share challenges and solutions with other individuals affected by MS.
- Access up-to-date information about the management of multiple sclerosis.
- Understand and integrate the six components of wellness; be empowered to make lifestyle changes to improve wellness, individually and together.
- Learn to utilize personal strengths for effective problem-solving in order to achieve personal and shared goals.
- Learn how to support one another throughout the disease course in order to achieve or maintain balance and satisfaction in relationships.

FINDINGS SUMMARY

- 98% of PwMS reported improved confidence to better manage MS symptoms.*
- 100% of PwMS and 95% of SPs reported intention to make positive lifestyle behavior changes after the CAN DO Program.
- PwMS & SPs reported increased feelings of empowerment, MS-specific communication, social support, and knowledge.*
- PwMS & SPs reported overwhelmingly high levels of program satisfaction and gaining of knowledge, skills, and resources.

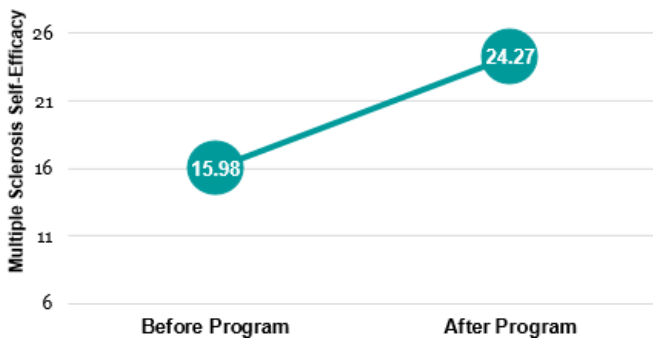
**statistical analyses run, significant improvement was found ($p < .05$).*

IMMEDIATE IMPACT

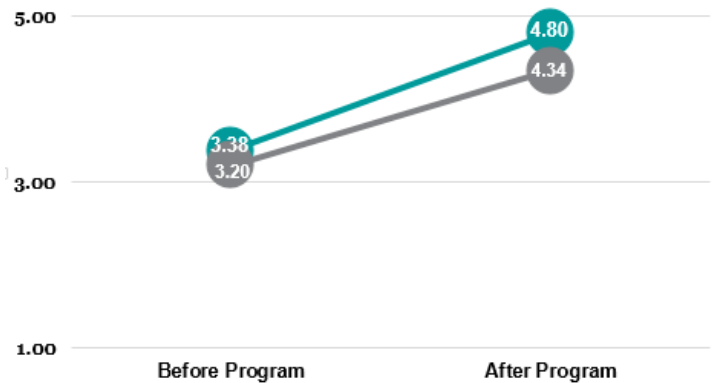
- **Increased confidence in living with MS*** (better confidence living with MS, higher scores are associated with better mental and physical health, less stress, less pain, fewer sleep problems, lower depressive symptoms; *Amtmann et al., 2012*)
- **Increased knowledge, communication, and empowerment to better live with MS***
- **Overwhelming program satisfaction and positive behavior change intentions**

*statistical analyses run, significant improvement was found ($p < .05$).

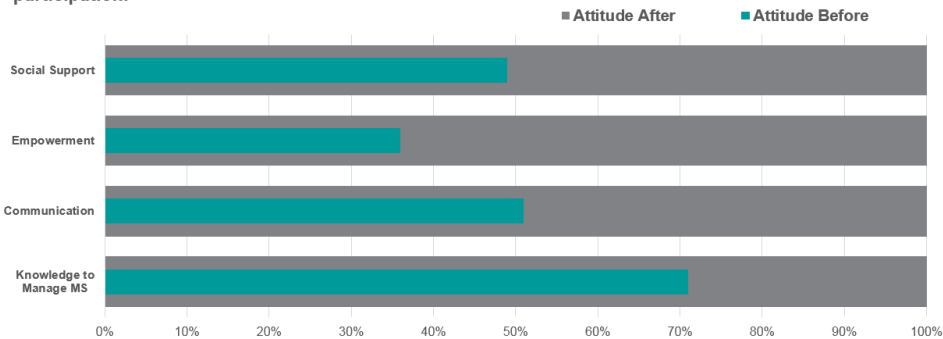
Increased MS Self-Efficacy (Confidence)



Increased Communication



CAN DO Participants are reporting positive changes in attitudes due to program participation.



"The 'whole mind and body' approach to maximizing my quality of life: addressing the fatigue, anxiety, and depression issues which complicate and inhibit my cognitive and physical abilities."

- CAN DO Program Participant

CONCLUSIONS

The CAN DO® Program offers the industry's most comprehensive view of multiple sclerosis, taking participants on a profound exploration of their unique condition and empowering them to transform challenges into possibilities. CAN DO resulted in outcomes of increased confidence to manage MS symptoms, knowledge, communication, social support, and empowerment. Confidence in symptom management is linked to quality of life and fewer depressive symptoms (*Amtmann et al., 2012*), and may translate to improved MS management. Participants reported positive lifestyle change intentions such as increased exercise, better nutrition, and better medication adherence. Implications of making physical and psychological life changes include improved quality of life and longevity for both the person with MS and support partners (e.g., *Cuffee et al., 2012*; *Moskowitz et al., 2008*; *Motl & McAuley, 2014*).

Can Do MS takes a whole person, whole health, whole community approach to MS by providing people with MS and their support partners with health and wellness education programs. The CAN DO Program provides an unsurpassed level of personal attention in an intimate, unhurried environment empowering and assisting in multiple aspects of an individual's MS journey.



"I am a strong, resilient woman. I can overcome challenges. I will use my Can Do superpowers! Thank you for changing my life!"

- CAN DO Program Participant