

TRANSFORMING LIVES

Evaluation of the JUMPSTART® Program



December 2017

A POSITIVE APPROACH

The JUMPSTART Program provides participants and their support partners with interactive explorations of health, wellness, and lifestyle behaviors. Topics range from cognitive and fatigue issues to goal setting, nutrition, exercise, and emotional well-being. Support partner sessions are included specifically to address their unique needs.



“We gained confirmation that everyone handles their life the way that works best for them—no one person is the same... I really gained the knowledge that we’re not alone. This will help us find a place for MS without giving it more space than it needs.”

- JUMPSTART Program Participant

“Wonderful presentations, very professional and informative. The support partner session was exceptionally helpful. This has been the very first time that I’ve been able to share my thoughts and feelings as a caregiver. Very good ideas and networking!”

- JUMPSTART Program Participant

CURRENT SURVEY

- There were ten JUMPSTART Programs in 2017 with 761 people served across the country.
- Participants were asked to reflect upon their program experience and feelings before and after JUMPSTART at post (341 PwMS & 199 SPs).
- Average age: PwMS 52 years, SP 55 years; Gender: PwMS 78% Women; SP 48% Women.
- Five hours of individual and group workshops, seminars and panel discussion; served by four renowned MS specialists.

OBJECTIVES

- Participate in a one-day, multidisciplinary wellness program with others living with MS.
- Participate in interactive lectures and workshops.
- Participate in interactive lectures and workshops that allow opportunity for individualization of concepts and SMART goal setting.
- Participate in support partner group sessions, interactive lectures, and workshops to begin to optimizing their own wellness.

FINDINGS SUMMARY

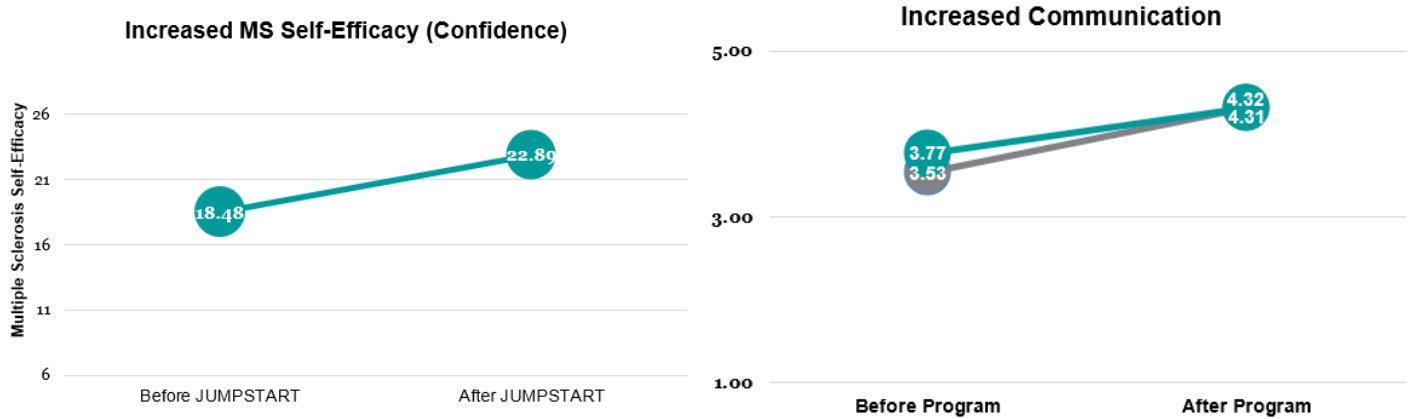
- 96% of PwMS reported improved confidence to better manage MS symptoms.*
- 92% of PwMS & SPs reported intention to make positive lifestyle behavior changes after JUMPSTART.
- PwMS & SPs reported increased feelings of empowerment, MS-specific communication, social support, and knowledge*.
- PwMS & SPs reported overwhelmingly high levels of program satisfaction and gaining of knowledge, skills, and resources.

**statistical analyses run, significant improvement was found ($p < .10$).*

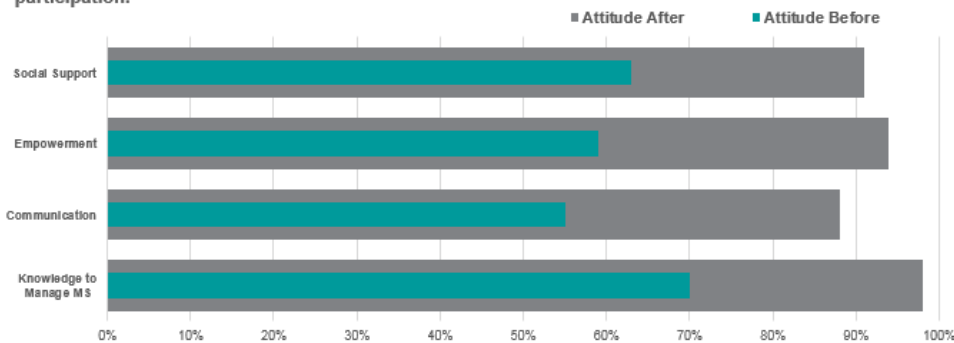
IMMEDIATE IMPACT

- **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, and 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 ($p < .05$)



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



“Most useful was meeting people and hearing different stories. Also, I had not thought about falls in depth. The information was extremely helpful.”

- JUMPSTART Program Participant

CONCLUSIONS

The JUMPSTART Program is an effective, interventional educational program promoting healthy lifestyle behaviors to actively manage MS. JUMPSTART 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 lifestyle empowerment programs. The JUMPSTART Program effectively teaches usable skills and provides participants with a deeper and broader understanding of their unique condition, exploring the physical, interpersonal, emotional, intellectual, and spiritual aspects of living with MS.



“I gained empowerment—I now will seek out assistance with my healthcare team or research other professionals.”

- JUMPSTART Program Participant