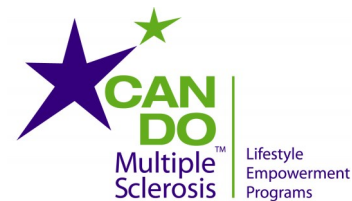


# Transforming Lives:

## Evaluation of Immediate Outcomes from the CAN DO® PROGRAM



THE POWER TO BE MORE THAN YOUR MS

### The Need to Live Fully with MS:

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 live fully with MS. Using an interdisciplinary team, this intensive four-day experience goes beyond traditional programs by providing comprehensive assessments and education about MS – its effects, treatment options and lifestyle adaptation strategies. Participants develop a personalized lifestyle plan, learn how to address lifestyle areas unique to them and discover ways to seek out and acquire needed resources.

The individualized course of MS calls for more empowering and person-specific interventions. Taking a positive and optimistic approach to living with MS impacts physical adjustment, healthy coping strategies and influences positive physical health outcomes (de Ridder, 2000; Rasmussen, 2009). CAN DO goes beyond focusing on empowerment by incorporating a health focused orientation of physical activity and complete wellness with research showing PA can improve quality of life and MS symptoms (Motl & McAuley, 2009). CAN DO brings multiple formats and professionals together to provide variety and options best suited to each and every person with MS and support partner attending. The overwhelmingly positive and hands-on orientation of Can Do MS and the CAN DO Program is unique with the mission of living more fully with MS.

***"I gained my life back! I have hope and am taking on life with a full breath again"***

-CAN DO Participant



CAN DO provides personalized whole health to every participant



CAN DO participants engaged in learning new skills to live a fuller life with MS.



### Program Mission:

- Provide a four-day program dedicated exclusively to helping individuals live their best lives with MS through a personal approach that addresses physical, emotional, interpersonal, intellectual and spiritual needs.
- Participants will gain knowledge, skills, support and confidence to transform challenges into possibilities.
- Participants will find new sources of self-empowerment and improve communication skills.

### Findings Summary:

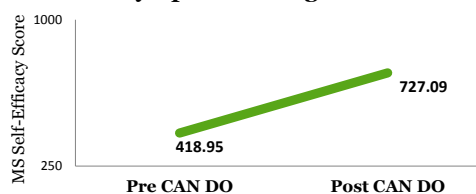
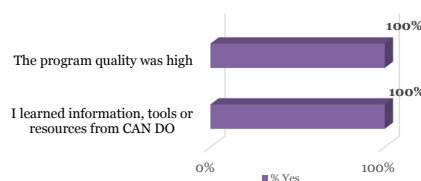
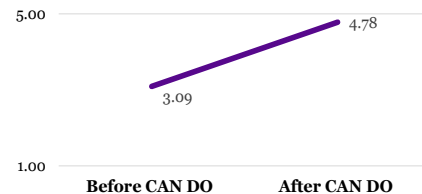
Immediate post CAN DO:

- PwMS reported improved confidence to better manage MS symptoms\*.
- PwMS & SPs showed improvement in attitudes of empowerment, MS specific communication, confidence to live with MS and hope\*.
- PwMS & SPs reported overwhelmingly high levels of program satisfaction, gaining of knowledge, skills and resources, and intention to use skills and resources learned from the program.

Previous research:

- At 6-months after CAN DO, PwMS showed improved confidence to better manage MS symptoms, finding benefit in living with MS (personal growth) and improved MS specific communication\*.

\*statistical analyses run (detailed report available)

**Fig. 1: Improved Confidence in MS Symptom Management****Fig. 2: CAN DO Feedback****Fig.3: I know how to engage in effective communication**

### **Immediate Outcomes:**

The CAN DO® Program is showing immediate positive results for persons with MS & SPs (Fig 1-3). Statistical analyses\* found significant changes on reports of feelings before compared to feelings after CAN DO:

- **Increased confidence in MS symptom management\***
- **Overwhelming program satisfaction and learning of useful information and skills**
- **Increased ability to communicate about living with MS to others\***

\*statistical analyses run (detailed report available)

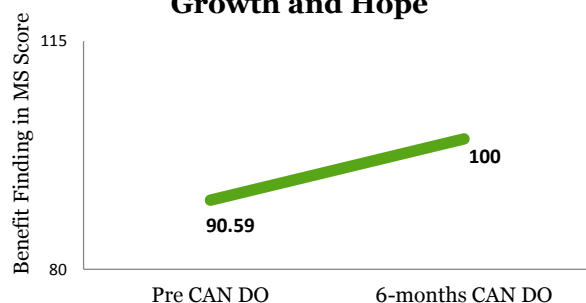
**Fig. 4: Improved Personal Growth and Hope**

Figure 4: Previous data collected shows CAN DOs ability to empower participants long-term.

### **Previous Long-Term Findings:**

Previously, CAN DO participants showed additional 6-month outcomes:

- Increased personal growth and hope in living with MS (for both PwMS and SP)\*
- Increased MS Specific Communication\*
- Achievement of short term goals set during CAN DO (91%)
- Positive behavior changes at 6-months post CAN DO (e.g., exercise, nutrition)

\*statistical analyses run (detailed report available)

### **What did CAN DO participants gain (2015)?**

- “Confidence and tools to help me where I struggle with MS”
- “A fresh sense of hope and many new friends”
- “Knowledge of what is going on with MS....”
- “Determination to take charge of my life...to set new goals”
- “A Can Do attitude”
- “A Can Do attitude and how to support my spouse in achieving his goals.”

\*CAN DO PwMS and SP participants learning together



\*CAN DO Staff take a personalized approach to care with each participant

**Conclusions:** The CAN DO Program is a personal and powerful MS program increasing confidence to transform challenges into possibilities. CAN DO resulted in immediate outcomes of knowledge, skills and increased confidence in MS the management of MS symptoms. Previous findings support longer-term outcomes such as benefit finding, confidence in MS management and illness communication at 6 months! Confidence in MS is linked to quality of life (Farrell et al., 2004), and may translate to improved management of MS. Implications of increasing positive constructs are better medication adherence, less morbidity and increased longevity in healthy and chronically ill populations (e.g., Cuffee et al., 2012; Moskowitz et al., 2008).

As disease characteristics and clinical symptoms vary widely, interventions tailored to individuals' which provide an empowering approach are needed. With a staff to participant ratio of 1.5:1, the CAN DO Program provides an unsurpassed level of personal attention in an intimate, unhurried environment. The CAN DO Program is an effective way to create empowerment and assist in multiple aspects of an individuals' MS journey.