



## Tips and Links to Helpful Resources Regarding ADL's

- Local MS chapter
- Local Goodwill and Salvation Army stores may have equipment you need.
- Check local online sites such as "NextDoor" and local Facebook pages.
- Senior centers in your area are great for resources and community involvement.
- Reach out to Aging organizations in your state (sometimes called center on aging, department of aging, division on aging or older adult services).
- Consider driving services such as Uber, Lyft, public busses, and some states even have free busses that do door to door services for people with disabilities as well. Each state has a different name for it (Colorado has Access-a-ride and Virginia has Handi-Ride). Some of the senior centers or centers on aging can help you find what it is called in your state. Also, contact your insurance company regarding transportation for medical appointments. Some insurances do offer assistance for transportation.
- If you have a comorbidity (ex. diabetes, kidney disease, vision impairments) remember to search for resources specific to those needs as well. There are so many resources out there beyond MS that may be able to help you.
- If you are caring for or living with someone who has a disability (dementia/Alzheimer's, Parkinson's, vision impairments), do not forget that you can search for resources to help them as well. Decreasing the efforts needed from you to provide care and support will allow you to be able to focus on your health more easily.
- The MS Navigator is a great resource to help you search for specialists or resources:
  - 1-800-344-4867
  - <https://www.nationalmssociety.org/Resources-Support/Find-Support/Ask-an-MS-Navigator>
- Search for Assistive technology clinics where you might be able to try out equipment before purchasing:
  - Colleges with an OT/PT program are a great resource for this, try reaching out.
  - <https://www.resna.org/Resources/University-Programs>
- Often searching for adaptive equipment for people who have spinal cord injuries can be very helpful too. There are several pieces of equipment that are more associated with spinal cord injuries or stroke.
- If Vision is a challenge, consider looking into 'low vision clinics' or 'low vision programs' in your area.
- Home Modification:
  - <https://msfocus.org/Get-Help> (several resources however the 'assistive technology program' specifically helps with home modifications)
  - <https://multiplesclerosisnewstoday.com/2017/06/09/common-home-modifications-improve-life-ms/>
  - <https://www.nationalmssociety.org/Living-Well-With-MS/Work-and-Home/Increasing-Accessibility>
  - <https://www.nationalmssociety.org/Get-Involved/Advocate-for-Change/Current-Advocacy-Issues/Home-Modification-Tax-Credit#take-action-now>

- <https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-At-Home-with-MS—Adapting-Your-Environment.pdf>