



WEBINAR 
WEDNESDAYS

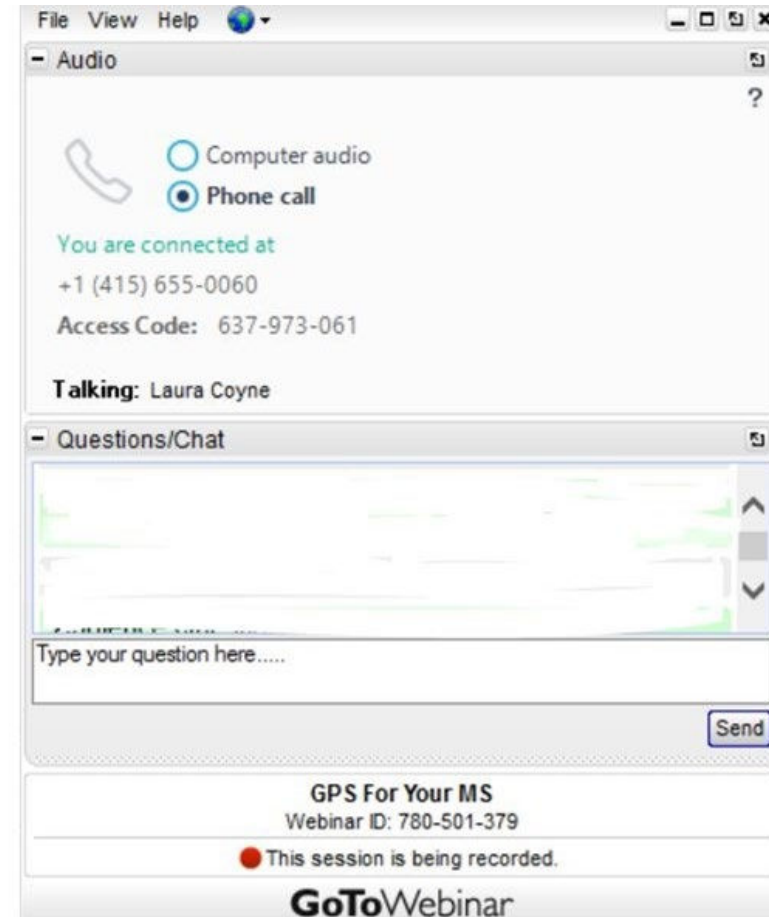
How to Make Daily Life with MS Easier

SPONSORED BY:



How to Ask Questions During the Webinar

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



AUGUST PROGRAMS

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 or (800) 367-3101

Ann Mullinix, OTR/L, NBC-HWC



Occupational Therapist, Health & Wellness Coach
Minneapolis, MN

Alex Ng, PhD, FACSM



Exercise Physiologist
Milwaukee, WI

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



—

Reflect:
What is your
typical day
comprised
of?

Household activities

Recreation / leisure

Travel



Work

Basic self care

Exercise

Caring for others

Mobility/transportation

Who Can Help?



What Can Help?

Physical conditioning

Environment modification

Adaptations

Physical Activity

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

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

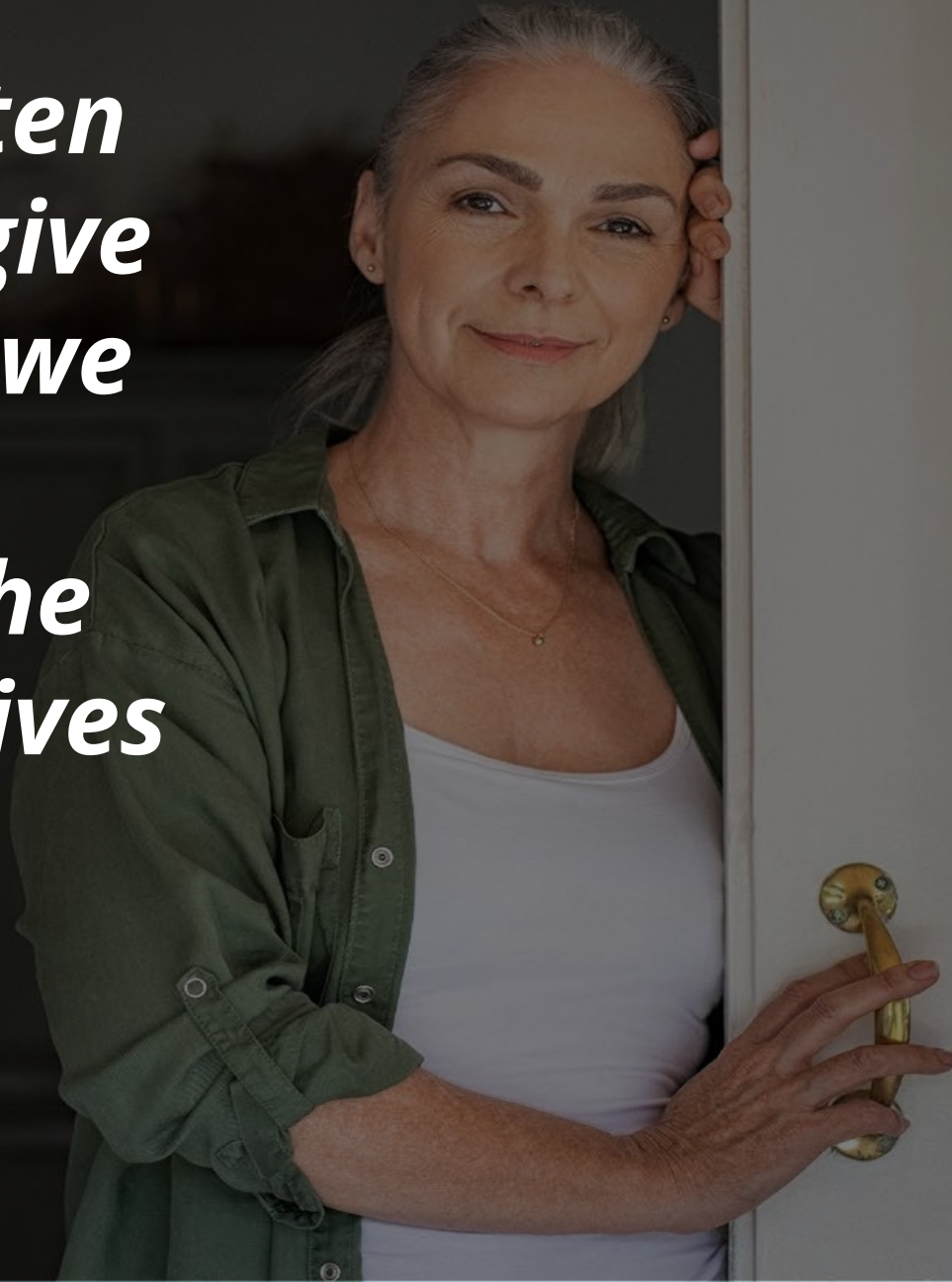
- ***Mind Focus***
 - Be open rearranging & simplify your living space to make it easier to move around
- ***Heart Focus***
 - Invest in what is important to you
 - Invest in sensory comfort
- ***Body Focus***
 - Use smartly! Have your living spaces do the work for you

Using Adaptations

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



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

Polling Question



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



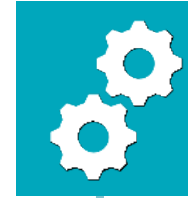
Exercise

- 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

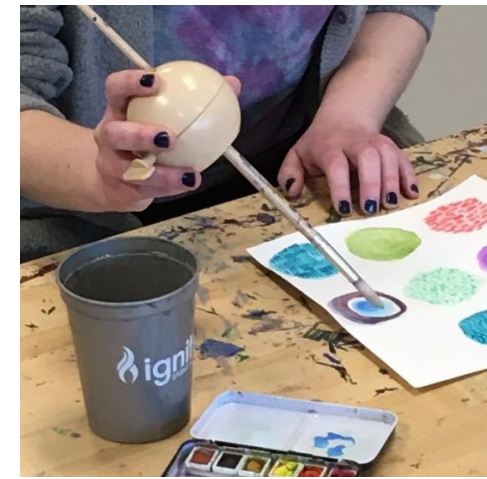
- Have options
- Brainstorm and think out-of-the-box
- Enjoy during the cooler time of day
- Pay attention to your biorhythm



Adapt

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

Other Recreation Modifications



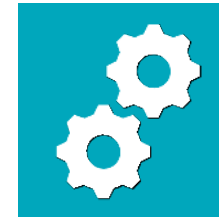
Other Aspects of Daily Life



Exercise



Modify



Adapt

A silhouette of a person standing on a dark rock, facing away from the viewer with their arms raised in a 'V' shape. The background is a vibrant sunset sky with orange, yellow, and blue hues and scattered clouds. The person is wearing a light-colored tank top and dark leggings.

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





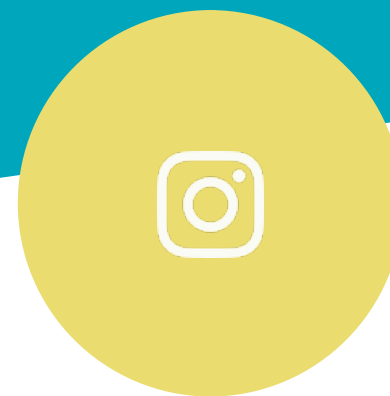
Connect With Us



Twitter
[@CanDoMS](#)



Facebook
[@CanDoMultipleSclerosis](#)



Instagram
[@CanDoMultipleSclerosis](#)





WEBINAR 
WEDNESDAYS

Dealing with Anxiety in Today's COVID Landscape

Wednesday, August 10 at
8pm ET

SPONSORED BY:



The preceding program is copyrighted by Can Do Multiple Sclerosis. It is provided for your personal educational and referential use only. Any repurposing or dissemination of its content requires the consent by Can Do Multiple Sclerosis.

© Can Do Multiple Sclerosis