



THE POWER TO BE MORE THAN YOUR MS

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Fact Sheet

Overview

Can Do MS is an innovative provider of lifestyle empowerment programs for people with MS and their support partners. A national nonprofit organization, we empower people to move beyond their MS by giving them the knowledge, skills, tools and confidence to adopt healthy lifestyle behaviors, actively co-manage their disease and live their best lives.

Who do we serve?

The organization has helped thousands of people living with MS transform challenges into possibilities in health and life. In 2010, we provided over 25 programs, giving 8,164 people the power to be more than their MS in 12 cities throughout the United States and Canada.

How were we started?

Can Do MS honors the legacy and beliefs of the organization's founder, Jimmie Heuga, a pioneer in the MS care management field. We continue to embrace his positive *can do* philosophy and perspective, which complements the traditional medical model and standard of care. Since 1984, we've been at the forefront of promoting the culture and belief that everyone living with MS has the power to live full lives.

What do we offer?

Our approach is rooted in a uniquely empowering whole person, whole health, whole community philosophy to maximizing health and living with MS. Can Do MS offers a range of individualized experiential learning formats, including multi-day workshops, weekend seminars, online resources and peer support programs. We compassionately equip individuals with the expanded knowledge, skills, awareness and confidence to become active co-managers of their health. We enhance and complement traditional models of care by focusing on the physical, interpersonal, emotional, intellectual and spiritual aspects of living with MS.

The organization offers several programs including:

CAN DO® Program—The flagship CAN DO Program is an intensive educational program that teaches people with MS and their support partners how to take charge of their lives within the context of their MS. The four-day program goes well beyond traditional health and wellness programs by using a comprehensive spectrum of assessments, active-learning formats and goal setting to actively empower people with MS and their support partners to live their best lives.

Spouses, family members or friends are encouraged to attend the CAN DO Program with a person with MS. Special sessions are devoted to this group of support partners, addressing their needs, goals, concerns and challenges.

TAKE CHARGE® Program — Our four-day CAN DO Program has been in existence since our founding in 1984. In today's busy world, people with MS and their support partners sometimes ask for a similar experience in a shorter span of time. This two-day program is a

new program that will incorporate education, experiential activities and interaction with professional staff as well as others with MS over a weekend.

JUMPSTART® Program — JUMPSTART is an educational and interactive program in which you and your support partner will learn the knowledge, skills and tools to adopt healthy lifestyle behaviors and actively co-manage your MS. Each JUMPSTART Program is customized and covers topics ranging from how to deal with cognitive and fatigue issues to goal-setting, nutrition, exercise and maintaining emotional well-being.

Live Fully, Live Well Program — Live Fully, Live Well is a collaborative program with the National MS Society. This program helps people living with multiple sclerosis and their support partners move from education to action. Live Fully, Live Well covers topics affecting the whole family living with MS to strengthen relationships, increase understanding and promote improved health and quality of life for the person with MS and their support partner.

Webinar Series — Can Do MS's new webinar series is an informative and accessible program for people with MS and their support partners to see beyond their MS by gaining the knowledge and tools to adopt healthy lifestyle behaviors, actively co-manage their MS and live their best lives. This program is offered monthly and at no charge to participants.

Who's part of the Can Do MS network of professionals?

Can Do MS has a network of more than 100 health care professionals from around the U.S. and Canada, including exercise physiologists, nutritionists, neurologists, physical and occupational therapists, physicians, psychologists, speech/language pathologists, registered nurses and other health care specialists. Our health care professionals are dedicated to teaching people with MS and their support partners how to take control of their lives and health by focusing on what they *can do* and live their best lives.

How do we collaborate?

We also work collaboratively with many MS care providers and organizations around the U.S. and Canada to provide our lifestyle empowerment programs where they're most requested and needed. In 2009, Can Do MS formed a collaborative partnership with the National Multiple Sclerosis Society to align resources and more effectively improve the quality of life of people with MS and their support partners. We are also members of the Consortium of MS Centers and MS Coalition. The MS Coalition is an affiliation of independent MS organizations dedicated to the enhancement of the quality of life for all those affected by MS.

How have we been recognized?

Can Do MS has earned a four-star rating three of the last four years, the highest rating possible, for its ability to efficiently manage and grow its finances, from nonprofit evaluator [Charity Navigator](#). This achievement recognizes our ability to efficiently manage and grow our finances. It reflects the success we have achieved by ensuring that more than 80 percent of all funds are used to directly benefit people living with MS. We are in the top 18 percent of over 5,000 nonprofits evaluated by Charity Navigator.

Key Contacts

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