

Can Do Multiple Sclerosis | ONE DAY **JUMPSTART® PROGRAM** *Outcomes*

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WHAT IS JUMPSTART?

As MS leads to significant implications for mental and physical functioning with a unique progression trajectory, needed are interventions that encompass the whole person. In particular, the need for empowering strategies that strengthen quality of life and overall health in chronically disabled populations has been called for. In addition to increasing mental empowerment there is a need to attend to physical needs through interventions that promote physical activity and movement.

Programs that focus on needs of individuals diagnosed with MS and their support partner can address multiple dimensions of dealing with a chronic disease and how this might affect important relationships.

As part of efforts to have all individuals live fully with MS, Can Do Multiple Sclerosis (Can Do MS) has implemented the JUMPSTART programming. JUMPSTART is a one-day introduction to Can Do MS's lifestyle empowerment philosophy for people with MS and their support partners. Offered at no charge, JUMPSTART provides educational presentations, workshops and interactive sessions so participants can begin to see themselves beyond the challenges of their MS. The mission of JUMPSTART is to provide a one day local program that encompasses interdisciplinary edu-

cational tools, skills, information, and resources to improve confidence and empower individuals with MS and their support partners. The program's main objectives are to reach people with MS and their support partners who need resources and information, introduce lifestyle empowerment via practical and easy tools, and provide a program that engages and excites individuals toward the Can Do MS mission of lifestyle empowerment.



Outcomes:

- **Significant improvement in confidence to better manage MS symptoms**
- **Significant improvement in MS related couples communication**
- **99% of participants rated the quality as high**
- **87% used skills learned at 3-months post JUMPSTART**

Evaluation of JUMPSTART

Proper evaluation of curriculum is essential in order to draw accurate and meaningful conclusions. For the purposes of JUMPSTART, staff/administration want to understand the full impact the program is having

on individuals. Assessment is also warranted to determine if JUMPSTART is a good introduction to the Can Do MS philosophy of lifestyle empowerment.

“JUMPSTART allowed me to emotionally handle just living with MS much better”



THE POWER TO BE MORE THAN YOUR MS

What did Participants think about JUMPSTART?

- Participants enjoyed the program (99%)
- Would recommend the program (97%)
- Gained skills & information related to living better with MS (95%)
- Discovered new MS resources that can better help them to live with MS (91%)

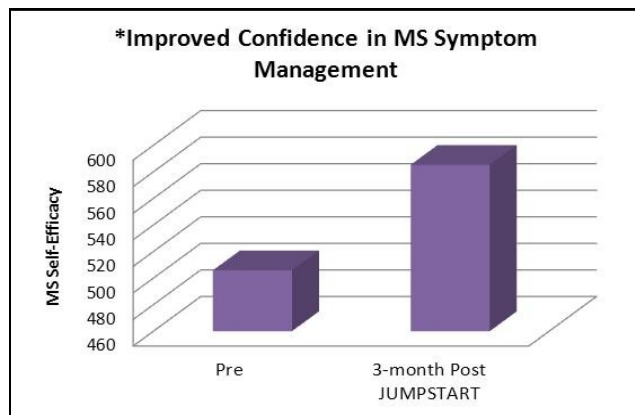
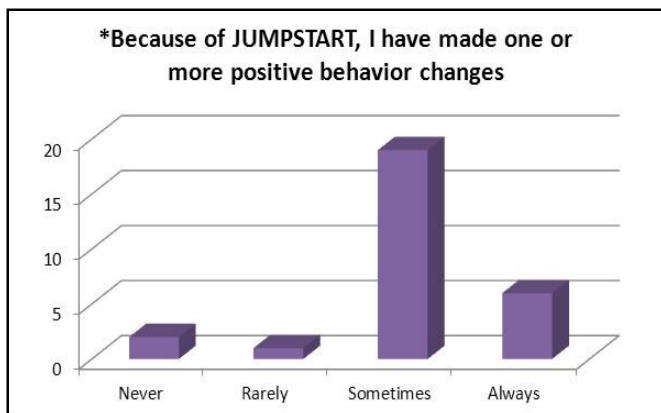
What Did Participants Gain:

- “A reminder of the support possibilities and strength I already have, but now am reminded of it ‘out there’ with Can DO MS, support groups and individuals”
- “Better outlook and encouragement....”
- “I got to be here with my husband, together as a couple, laughing, learning and getting on in this part of our lives”

What Outcomes can JUMPSTART Produce?

At 3-months after completion of JUMPSTART participants reported:

- Significant improvement in illness communication & confidence in MS Symptom Management*
 - Use of JUMPSTART skills in current relationships (73%) and resources (79%)
 - 87% positive behavior changes as a result of the JUMPSTART Program*



CONCLUSIONS:

JUMPSTART resulted in improvements in knowledge, skills, and resources. Excitingly, we also see changes in outcomes of MS confidence and illness communication at 3-months. These preliminary improvements can translate to a variety of long term consequences such as improved

quality of life, better relationship functioning, and better management of MS. These findings allow us to conclude that JUMPSTART is an effective way to introduce Can Do MS mission and assist in an individuals' MS journey.

“JUMPSTART gave me a renewed commitment to be active & positive in living with MS”

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