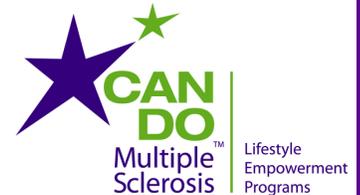


The Start of What is Possible:

Evaluation of the JUMPSTART® Program



THE POWER TO BE MORE THAN YOUR MS

The Need to Live Fully with MS:

The JUMPSTART Program is a one-day introduction to Can Do Multiple Sclerosis's lifestyle empowerment philosophy for people with MS (PwMS) and their support partners (SP). Offered at no charge, the program provides educational presentations, workshops and interactive sessions so participants can begin to see themselves beyond the challenges of their MS.

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). The JUMPSTART Program goes beyond focusing on empowerment by incorporating a health focused orientation of physical activity and complete wellness with research showing physical activity can improve quality of life and MS symptoms (Motl & McAuley, 2009). This one-day program provides PwMS and their SPs with an interactive exploration of health, wellness and lifestyle empowerment approaches and topics. The overwhelmingly positive orientation of Can Do MS and the JUMPSTART Program is unique with the mission of living more fully with MS.

“JUMPSTART helped me to focus on what I can do— not what I can’t”

-JUMPSTART Program Participant

“I gained information, a strategy and met others with MS having similar issues.”

-Program Participant



Program Mission:

- Provide a one-day local program encompassing interdisciplinary educational tools, skills, information and resources.
- Participants will gain knowledge, skills, support and learn about MS specific resources.
- Participants will find new sources of self-empowerment and confidence to be more than their MS.

Findings Summary:

- At immediate post JUMPSTART Program, PwMS & SPs showed improvement in attitudes of empowerment, MS specific communication, confidence to live with MS and hope*.
- At immediate post program, 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 findings demonstrated PwMS showed improved confidence to better manage MS symptoms and personal growth/mindfulness in living with MS at 1-month after the JUMPSTART Program*.

*statistical analyses run (detailed report available)

The most frequently expressed words when participants described what they gained from the JUMPSTART Program.



Fig. 1: PwMS Gains from JUMPSTART Program

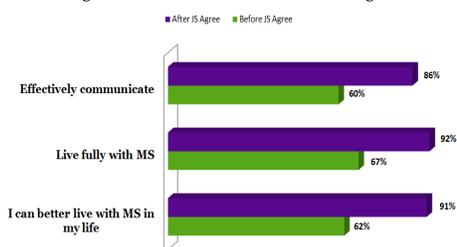


Fig. 2: Positive JUMPSTART Program Feedback

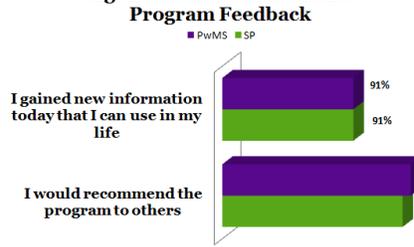
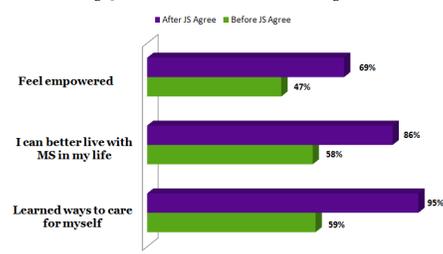


Fig. 3: SP Gains from JUMPSTART Program



Immediate Outcomes:

The JUMPSTART® Program is showing immediate positive results for PwMS & SPs (Fig 1-3). Statistical analyses found significant changes from reflections of before and after the program*:

- **Increased positive and optimistic attitudes about living with MS** (PwMS, Fig. 1)
- **Increased confidence and knowledge to be an MS support partner** (SP, Fig. 3)
- **Overwhelming program satisfaction and learning of useful information and skills** (Fig. 2)

*statistical analyses run (detailed report available)

Fig. 4: Improved MS Benefit Finding: Mindfulness

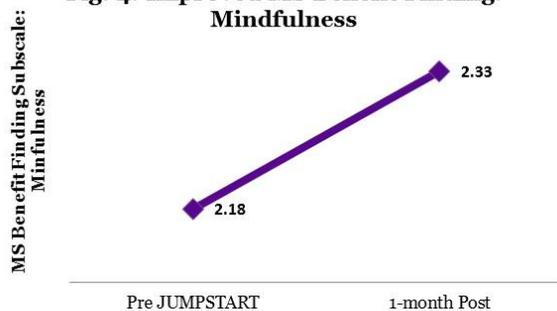


Figure 4: Previous data collected shows the program's ability to empower participants.

Previous Findings:

Previously, JUMPSTART Program participants showed additional 1-month outcomes:

- **Increased personal growth/mindfulness in living with MS** (Fig. 4)
- **Increased confidence in MS symptom management**
- **Usage of JUMPSTART Program resources (69%) & skills in current relationships (75%)**
- **Incorporation of lifestyle empowerment philosophy into living with MS (80%)**

*2013 data, statistical analyses run (detailed report available)

What did program participants gain?

- "I will have a better jumpstart on MS and life."
- "I gained more confidence to speak to doctors about my invisible symptoms."
- "I feel more self confident in dealing with my MS."
- "I remember the need for better communication and reflect on the support partner sessions"
- "I have practiced 'letting go' a little bit more as I watch out for the safety of my partner."

*MS experts teaching PwMS and SPs ways to better live with MS.



*JUMPSTART Program participants learning from others living with MS.

Conclusions: The JUMPSTART Program is an effective interventional educational program promoting healthy lifestyle behaviors to actively manage MS. The program resulted in immediate outcomes of knowledge, skills and increased attitudes of empowerment and hope to live more fully with MS. Previous findings support longer outcomes such as personal growth/mindfulness and confidence in management of MS symptoms. Mindfulness has been shown to be effective in the management of a broad range of physical and mental health problems, including MS symptoms (Mills & Allen, 2000). Additionally, increased optimism may lead to 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. Can Do MS takes a whole person, whole health, whole community approach to MS by providing people with MS and their support partners with lifestyle empowerment programs. The JUMPSTART Program effectively teaches usable skills and provides participants with a deeper and broader understanding of their unique condition, exploring the physical, interpersonal, emotional, intellectual and spiritual aspects of living with MS.