



## 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. We impact more than 10,000 people per year through our MS education, programs and website – [www.mscando.org](http://www.mscando.org). In 2015, we hosted 10 in-person programs in seven different cities throughout North America, which included two outdoor adaptive ski experiences. We also offered 14 online programs, which included Webinar Series, Ask the Can Do Team – online Q & A and Library Articles for people looking for more information on a wide range of MS topics. Overall, we impacted 14,100 people in 2015.

### How were we started?

Can Do MS honors the legacy and beliefs of the organization's founder, Olympic medalist Jimmie Heuga, and 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 life with MS. Can Do MS offers a range of individualized, experiential program formats that 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. Spouses, family members or friends are strongly encouraged to attend all in-person programs with a person with MS. Special attention is devoted to this group of support partners, addressing their needs, goals, concerns and challenges.

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

Can Do MS has a network of more than 65 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 Can Do MS Programs Consultants (MS experts) 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* to live their best lives.

## Our Programs:

**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 control 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.

**TAKE CHARGE® Program** – The [TAKE CHARGE Program](#) is a two-day wellness weekend that provides an interactive and multi-disciplinary approach to MS care management. Participants and support partners learn the individualized skills and mindset to take charge of their health and life with MS in a small group setting.

**JUMPSTART® Program** – The [JUMPSTART Program](#) is an educational and interactive one-day program in which people with MS and their support partner gain the knowledge, skills and tools to adopt healthy lifestyle behaviors and actively co-manage their MS. Each JUMPSTART Program is customized to local MS community needs and can cover topics ranging from how to deal with cognitive and fatigue issues to goal-setting, nutrition, exercise and maintaining emotional well-being. Support partner sessions are included specifically to address their unique needs.

**Webinar & Telelearning Series** - Can Do MS and the National MS Society brings together a collaboration of MS experts to help you build strategies to live your best life with MS. Each free [webinar and telelearning program](#) features two presenters with time for Q&A, allowing participants to interact with our team of MS experts to learn how to actively co-manage their MS.

**Ask the Can Do Team** - Can Do MS's online Q & A gives people living with MS and their support partners an opportunity to connect with our Programs Consultants and ask questions on topics relating to MS. Archived on the Can Do MS website, [www.mscando.org/AskCanDo](http://www.mscando.org/AskCanDo), this online resource provides an excellent service for people looking for more information on a wide range of topics.

### How do we collaborate?

We collaborate with many MS care providers and organizations around North America to provide our lifestyle empowerment programs where they're needed most. In 2009, Can Do MS formed a collaborative partnership with the National Multiple Sclerosis Society to align resources and bring our programs to their chapters. We are also members of the Consortium of MS Centers and MS Coalition, 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?

In 2015, Can Do MS's sound fiscal management practices and commitment to accountability and transparency earned our organization a [four-star rating from Charity Navigator](#), America's largest independent charity evaluator. This is the seventh time that Can Do MS has earned this top distinction in the last nine years. This achievement recognizes our commitment to fiscal responsibility, with more than 80 percent of all funds directed towards our programs. [Click here](#) to see Can Do MS's current rating.