



FACT SHEET

Mission

Can Do MS transforms lives. A national nonprofit organization based in Avon, Colo., Can Do MS delivers health and wellness education programs for families with MS. Programs focus on exercise, nutrition, symptom management, and motivation to thrive in life.

Who do we serve?

Can Do MS delivers online and in-person programs to people with MS and their support partners. In 2016, we impacted 30,000 people through 10 in-person and 17 online programs.

What do we offer?

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 focus on exercise, diet, cognitive health, work, home, relationships, symptom management, emotional well-being, and the spiritual aspects of living with MS. Spouses, family members or friends are strongly encouraged to attend our programs with a person with MS. Special attention is devoted to this group of support partners, addressing their needs, goals, concerns, and challenges.

How do we deliver the programs?

Can Do MS has a network of more than 90 world-class healthcare 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 team of 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.

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.

With whom do we partner?

Demand for Can Do MS in-person programs is increasing. Partnerships provide the mechanism to bring our programs to scale nationally and meet the need. We collaborate with world-class MS centers, hospitals, and non-profit organizations to cost-effectively deliver regional and national programs.

Current partners:

- National MS Society
- MS Society of Canada
- U.S. Department of Veterans Affairs
- MS Institute at Shepherd Center

PROGRAMS AND SERVICES:

- **CAN DO® Program** - The flagship [CAN DO Program](#) is a four-day intensive educational program that teaches people with MS, and their support partners, how to take control of their lives. The 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.
- **Online Resources** - Can Do MS online resources include a library of MS articles, online Q&A, and educational videos. These resources give people with MS and their support partners an opportunity to connect with our world-class healthcare professionals and ask questions on topics relating to MS. Visit www.mscando.org/online-resources.