

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:

JUMPSTART is a one-day introduction to Can Do Multiple Sclerosis'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 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). JUMPSTART 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 people with MS and their support partners (SP) 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 gain a better understanding of myself and my MS”

-JUMPSTART Participant

“I gained a good feeling of knowing that I am not alone.”

-JUMPSTART 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, PwMS & SPs showed improvement in attitudes of empowerment, MS specific communication, confidence to live with MS and hope*.
- At immediate post JUMPSTART, 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 JUMPSTART*.

*statistical analyses run (detailed report available)



Participants gain support and confidence to be more than their MS.

Fig. 1: I can effectively communicate, to better live with MS in my life.

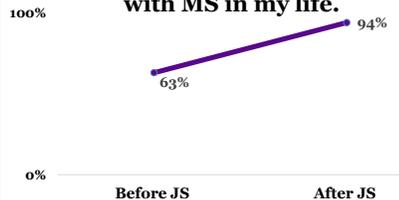


Fig. 2: JUMPSTART Feedback

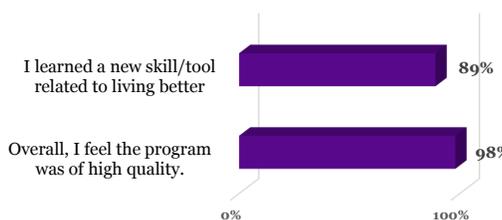
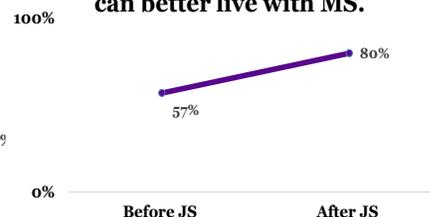


Fig. 3: I feel confident that I can better live with MS.



Immediate Outcomes:

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

- **Increased ability to communicate about living with MS** (Fig. 1)
- **Overwhelming program satisfaction and learning of useful information and skills** (Fig. 2)
- **Increased confidence to better live with MS** (Fig. 3)
- **Additional findings: gaining of support & intention to use knowledge and resources gained**

*statistical analyses run (detailed report available)

Fig. 4: Improved MS Benefit Finding: Mindfulness

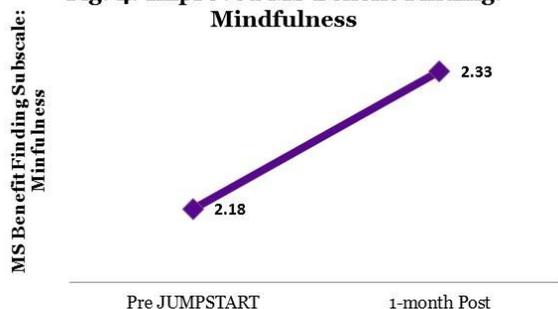


Figure 4: Previous data collected shows JUMPSTART's ability to empower participants.

Previous Findings:

Previously JUMPSTART 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 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 JUMPSTART participants gain (2015)?

- "I learned information and that I am not alone in this battle"
- "Strategies for feeling better about yourself"
- "I gained a better perspective of what to expect and how to deal with it"
- "I learned of a new MS resource and received knowledge about eating healthy"
- "I gained a way to better communicate my feelings and how to ask for help"



*Participants actively learning tools to better live with MS

*PwMS & Support Partners learning together



Conclusions: The JUMPSTART Program is an effective interventional educational program promoting healthy lifestyle behaviors to actively manage MS. JUMPSTART 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.