(W02) MANAGEMENT OF PROGRESSED MULTIPLE SCLEROSIS THROUGH DAY PROGRAMS
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Background: It has been validated by the Recommendations from the Consortium of Multiple Sclerosis Centers (CMSC), in the article entitled “A Multidisciplinary Approach to Improving Quality of Life in Patients with Multiple Sclerosis” (Bethoux F et al., 2008), that patient empowerment should guide all health-care professionals involved in treatment of multiple sclerosis (MS). The MS Achievement Center (MSAC) in St. Paul, MN, has used a member empowerment model for 25 years to help individuals with progressed MS stay active in their community, be better connected with community resources, and remain as independent as possible in their living situation. This program consists only of people with MS; of these members, 94% of them use a wheelchair as their primary source of mobility, and 100% require some level of assistance with activities of daily living. The MSAC has created a model that facilitates member empowerment through self-efficacy, self-confidence, and skill development using a multidisciplinary approach that includes the use of occupational and physical therapy, social work, speech language pathology, maintenance exercise programs, cognitive stimulation, creative arts, and spiritual wellness. Objectives: This presentation describes how referrals are obtained, the population that we currently serve, and how the multidisciplinary team works together to achieve member empowerment. Our current model is supported by research on the topics of socialization, performance of therapy, and regular exercise and support activities with the MS population. CMSC conference attendees will receive information about current research and practices to facilitate empowerment along with maintaining function and independence in a population with progressed MS.

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