

Care Partner Resources

Multiple Sclerosis Association of America

Phone: (800) 532-7667

msaa@mymsaa.org

MSSA is dedicated to improving lives today through ongoing support and direct services to individuals with MS, their families, and their care partners.

- ❖ [MSAA Free Programs and Services](#) (Helpline, Chats, MRI Access Program, Safety, and Mobility Equipment, Cooling Vest, Educational Programs)
- ❖ [My MS Manager Mobile App](#)- MSAA provides this free to individuals with MS and their care partner to manage the course of the disease.
- ❖ [My MS Community Online Forum](#)- Free online community for individuals with MS, their families, and their care partners to share information and their experiences with MS.
- ❖ [Helping Those That Help Us: A Program for Care Partners](#)
- ❖ [The Partnership of Care: Redefining Caregiver to Care Partner](#)
- ❖ [Spanish Resources](#)

National Multiple Sclerosis Society

Phone: (800) 344-4867

nationalMSSociety.org

The National Multiple Sclerosis Society's vision is to empower people affected by MS to live their best lives. They offer support and information for care partners.

- ❖ [A Guide for Caregivers](#)
- ❖ [Peer-to-Peer Connections](#)
- ❖ [Local Groups Support](#)
- ❖ [Emotional Support](#)
- ❖ [Caring for Loved Ones with Advanced MS: A Guide for Families](#)

Multiple Sclerosis Foundation

Phone: 888-673-6287

msfocus.org

MS Focus understands the daily needs and challenges that must be met by both those with MS and their caregivers. The Homecare Assistance Grant connects to the best available local services: Home care, therapy visits, respite care, and going home.

- ❖ [Grant Online Application](#)

Can DO Multiple Sclerosis

Phone: 970-926-1290 or 800-367-3101

cando-ms.org

Can Do MS is a national nonprofit organization that delivers health and wellness education programs on exercise, nutrition, symptom management, and motivation to help families living with MS thrive.

- ❖ [Embracing Carers Support Partner Program: Coaching, Video Series, Podcasts](#)

Above MS

Phone: 1-800-456-2255

abovems.com

Above MS offers relevant disease education, healthy lifestyle information, and everyday inspiration.

- ❖ [A Care Partner's Perspective](#)
- ❖ [Care Partners: the unsung heroes](#)
- ❖ [Aby App](#)- free app from Above MS™ that offers a variety of tools, trackers, videos, and information to help support day-to-day life with MS.

National Alliance for Caregiving

Phone: 202-918-1013

caregiving.org

The National Alliance for Caregiving offers a portal of partners of caregiving associations and groups to provide additional resources to help family caregivers address and cope with the challenges of caring for a loved one.

- ❖ [Guidebooks](#)
- ❖ [Virtual Toolkits](#)
- ❖ [Covid-19 Resources](#)

U.S. Department of Veterans Affairs

<https://www.va.gov/>

The Veterans Health Administration is America's largest integrated health care system, providing care at 1,298 health care facilities, including 171 medical centers and 1,113 outpatient sites of care of varying complexity (VHA outpatient clinics), serving 9 million enrolled Veterans each year.

- ❖ [VA Caregiver Support Program](#)
- ❖ [Multiple Sclerosis Centers of Excellence](#)
- ❖ [Benefits and Services for Veterans with MS](#)
- ❖ [Program of Comprehensive Assistance for Family Caregivers](#)

MSWorld.com

<https://www.msworld.org/>

MS World provides support, information, and social networking through a chat and message board, wellness resources, and recipes for people living with MS and family members.

Multiple Sclerosis International Federation

<https://www.msif.org/>

MS International Federation is a global network of MS organizations with 47 members from around the world and links to many others.

- ❖ [Caregiving and Carers](#)- free downloadable resources available in a range of languages, videos, webinars, and podcasts.

LiveWiseMS Blog

<https://liveswisems.org/>

LiveWiseMS is resource connecting people living with MS, both patients and care partners, to specific content relevant to their symptoms and conditions.

- ❖ [Care Partner Resources](#)

MS Bucket

<http://www.msbucket.com/home>

MS Bucket is a website that offers information about valuable resources to MS patients, their families and communities.

- ❖ [Care Partner Resources](#)

MultipleSclerosis.net

<https://multiplesclerosis.net/>

A community hub with the latest updates of members living with MS.

- ❖ [Support for Caregivers](#): Articles, Community Networking, Community Polls, Share your Story.

Pediatric Multiple Sclerosis Alliance

<https://pediatricms.org/>

Facebook Support Group for parents and caregivers of children under 18 who are diagnosed with MS

Oscar de MS Monkey

<http://mroscarmonkey.org/site/>

Oscar the MS Monkey supports kids and families on their journey with MS.

- ❖ [Caregivers and Parents](#)

Family Caregiver Alliance

Phone: (800) 445-8106

caregiver.org

The mission of the Family Caregiver Alliance is to improve the quality of the life for family caregivers and the people who receive their care. They have resources in English, Spanish, Chinese, and Vietnamese.

- ❖ [Caregiver Resources](#)

Caregiver Action Network

Phone: 202-454-3970

caregiveraction.org

Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, diseases, or the frailties of old age.

- ❖ [Family Caregiver Toolbox](#)

Next Steps in Care

Nextstepsincare.org

Provides easy-to-use guides to help family caregivers and health care providers work closely together to plan and implement safe and smooth transitions for chronically or seriously ill patients.

- ❖ [For Family Caregivers](#)

Caregiving Forum

forumcaregiving.com

Whether you plan to become a caregiver, or it happens unexpectedly, you can reach out to others who are in a similar situation for information, advice, and support.

US Food and Drug Administration

Phone: 1-888-463-6332

fda.gov

FDA is responsible for advancing the public health by helping to speed innovations that make medical products more effective, safer, and more affordable and by helping the public get the accurate, science-based information they need to use medical products and foods to maintain and improve their health. FDA has resources to help you care for others.

- ❖ [Caring for Others: Resources to Help You](#)
- ❖ [Caring for Others: Tips for Medicines and Devices \(Partner Social Media Toolkit\)](#)
- ❖ [Spanish Version- Cuidando de otros: Recursos para ayudarle a usted](#)

Care Partners Resource

Phone: 303 903-5900

<https://carepartnersresource.com/>

Basic tips and resources to simplify your life as caregiver.

- ❖ [Free Care Partner Downloadable Resources](#)

Administration for Community Living

acl.gov

NFCSP provides grants to states and territories to fund various supports that help family and informal caregivers care for older adults in their homes for as long as possible. The website offers Information to caregivers about available services, assistance to caregivers in gaining access to the services, individual counseling, organization of support groups, and caregiver training.

- ❖ [National Family Caregiver Support Program](#)

Today's Caregiver

Phone: 800-829-2734

<https://caregiver.com/>

Single source of information, advice, guidance and support for families and caregivers.

- ❖ [Today's Caregiver Magazine](#)
- ❖ [Care Tips](#)
- ❖ [Book Club](#)

Daily Caring

<https://dailycaring.com/>

Daily Caring For is a senior caregiving website that offers practical and useful tips, advice, personal stories, and resources related to caregiving for older adults.

- ❖ [Caregiver Wellness](#)
- ❖ [Daily Care Tips](#)
- ❖ [Caring for someone with Multiple Sclerosis](#)
- ❖ [Meditation Apps for Caregivers](#)

Very Well Health

Award-winning resource for credible and up-to-date information you need to confidently make health choices for yourself and your loved ones.

- ❖ [Caring for a Friend or Loved One with MS](#)
- ❖ [Tips for Caregivers of Someone with MS](#)
- ❖ [For Care Givers and Loved Ones- Resources](#)

AARP

<https://www.aarp.org/>

AARP helps people navigate ageless realities — financial well-being, health, how to contribute to society and local communities, and how to fully enjoy life. AARP is a membership-based foundation, but they do offer free resources on their website.

- ❖ [Family Caregiving Resources](#)
- ❖ [Family Caregiving Guides](#)
- ❖ [Membership Benefits](#)

EDUMED

A comprehensive guide with tools, resources, and in-depth solutions to some of caregiving's toughest challenges.

- ❖ [The Caregiver Handbook](#)

Well Spouse Association (Membership-based Organization)

Phone: 800-838-0879

<https://wellspouse.org/>

The Well Spouse Association is a peer-to-peer support group for husbands, wives, or partners of chronically ill, injured, or individuals with a long-term disability. WSA is a community of active spousal caregivers and former caregivers that offers support groups, an online chat room and forum, bi-monthly weekend respite events, and a national conference.

- ❖ [Memberships and Benefits Information](#)

Practical Neurology

<https://practicalneurology.com/>

Practical Neurology is an open-access journal. All content is freely available online without needing to subscribe to or register for the journal.

- ❖ [Checklists and Articles for MS Patients and Caregivers](#)

Meditation Chapel

<https://meditationchapel.org/>

An online interspiritual meditation community with free online meditation groups for every faith.

CPL- Canine Partners for Life

<https://k94life.org/>

Companion dogs can support one individual in a home setting, or several people in a group setting. Companion dogs complete two years of training before being placed with their partner. A person partnered with a service dog has full public access rights as granted by federal law (The Americans with Disabilities Act), which allows them to take their dog into all public facilities.

- ❖ [Program Applications](#)
- ❖ [Mobility Assistance Dogs](#)

USA Service Animal Registrar

<https://usserviceanimalregistrar.org/>

The USE Service Animal Registrar is a site to help you register your service animal to ensure your service dog is allowed to remain by your side, no matter where you may travel.

- ❖ [Service Dogs for Multiple Sclerosis: A Guide for Prospective Owners and their Caregivers](#)

Additional Resources in Spanish

- ❖ [Red Social Solidaria- Cuidadores de Esclerosis Múltiple](#)
- ❖ [Federación Española para la lucha contra Esclerosis Múltiple-Guía Práctica para Cuidadores](#)
- ❖ [Sociedad Nacional de Esclerosis Múltiple- Guía para compañeros de apoyo](#)
- ❖ [Spanish Version- Cuidando de otros: Recursos para ayudarle a usted](#)
- ❖ <https://www.cando-ms.org/online-resources/can-do-library/recursos-en-espa%C3%B1ol>

