

# Living Well with MS: Friends and Family Module 3

## Impact of MS

Some people who have a loved one with a diagnosis of MS have told us they worry about the impact that MS may have on their daily life and future plans. This week we are going to give this some thought.

You may be worried about your [financial future](#) or be thinking about how MS may impact upon your current or [future family life](#). It is natural to have worries and a diagnosis of MS doesn't mean all of your plans have to change. [Hear how those with first-hand experience feel MS has impacted upon their lives.](#)

Both you and your loved one may have lots of questions and you will have a chance to talk to others about this at the session this week. In the meantime, it may be helpful for you to have a look at some of the [most common questions](#) people who are affected by MS have at the start of their MS journey.

## Telling other people

It may be difficult to know what to say or to feel that you have permission from the person with MS to talk about it. [Listen to real people share their experiences of how they felt before telling people about their loved ones diagnosis.](#)

You may also find some of these resources helpful when preparing to talk to [family](#) or [children](#) about your loved ones diagnosis.



## Peer support



Talking about MS with other people can be a good way to look after yourself. It can be useful learning from other people's experiences and also sharing your own experiences. [Listen to what people with first-hand experience want to say to you as you begin your journey with MS.](#) You'll have a chance to talk about some of these areas in your catch up this week.