

# Living Well with MS: Friends and Family Module 4 Progressive

## Final week

This is the final week of our session and we are going to think about different ways people living with MS can manage the symptoms of their condition and how you can support them with this.

## Progressive MS

There are different types of MS. If someone has a diagnosis of a progressive kind of MS then their symptoms gradually get worse over time, rather than appearing as sudden relapses. But, the speed at which this happens is different from one person to the next and it's not yet possible to say exactly how it will effect one person.

## Managing MS symptoms

There are different techniques that can be used to help manage the symptoms of MS. This can range from diet and exercise to finding ways to manage challenges with memory and thinking. To find out about other ways your family member or friend can manage their condition then [click here](#).



## Rights



As well as understanding different ways to support your loved one, it is also important that you know where to go if you need help. Knowing that both you and your loved one have rights is important. You may not need or want to think about them right now and that's ok. If and when you want to find out about them then please have a look on the [MS Society's website](#) or speak to a member of our [Helpline team](#). Our Helpline Team can offer information, signposting and emotional support. Listen to [Alek's experience](#) of using the Helpline to find out about his rights.

## Living Well with MS

Find everything you need for this course at [mssociety.org.uk/living-well-with-ms-family](https://mssociety.org.uk/living-well-with-ms-family)

## Keeping in touch

You'll have a chance to reflect more on things you can do to support your loved one to live well in your final chat. There will also be a chance for you to stay in touch with the people you have met in the session and others who have attended other virtual sessions in our online peer network. The team supporting you on your session will tell you more about this.

