Living Well with MS: Friends and Family Module 4 Relapsing

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.

Disease Modifying Therapies

Disease modifying therapy (DMTs) can make a difference to people living with a relapsing form of MS. Making decisions about treatment can be daunting and there are many considerations to take into account which you can read about here.

Some people who have a family member or friend with MS have told us they can feel overwhelmed by DMT options. Hear from others with first-hand experience about how they felt when their loved one was presented with treatment options. You may also find it useful to listen to real life experiences of people living with MS around choosing DMTs.

Managing MS symptoms

As well as DMTs, there are different techniques that can be used to help manage the symptoms of MS. To find out about other ways your family member of 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.

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.