

# MS Caregiver Education Resources

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as part of UNC DPT Capstone Project 2022

## *Mobility Tips for Caregivers*

- “Free From Falls”: An 8-module, free, online falls prevention program for MS  
<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/Free-From-Falls>
- “Principles of Caregiving” from The Arizona Direct Care Curriculum Project - training program for caregivers (fundamentals, aging, physical disabilities, dementia)  
[https://www.azahcccs.gov/PlansProviders/Downloads/DCW/Manual\\_%20Level%20I%20Fundamentals\\_English.pdf](https://www.azahcccs.gov/PlansProviders/Downloads/DCW/Manual_%20Level%20I%20Fundamentals_English.pdf)
- “Falls Prevention Conversation Guide For Caregivers” from Caregiving.org  
[https://www.caregiving.org/wp-content/uploads/2020/05/FallsPrevention\\_FINAL.pdf](https://www.caregiving.org/wp-content/uploads/2020/05/FallsPrevention_FINAL.pdf)
- “Caregiver Assistance News” (monthly editions) from the Caregiver Resource Center at Noyes Health in Dansville, NY, University of Rochester Medicine (falls prevention, transfers, safety)  
<https://www.urmc.rochester.edu/search.aspx?q=caregiver%20news>
- Today’s Caregiver – several articles on mobility and emotional aspects of caregiving  
<https://caregiver.com/articles/mobility>
- Home Modification Checklist  
<https://caregiver.com/articles/home-modification-checklist/>
- “Caregiver Guide: Mobility Problems” from Healthinaging.org  
<https://www.healthinaging.org/tools-and-tips/caregiver-guide-mobility-problems>
- “Mobility Techniques and Caregiver Tips” from Agrace.org  
<https://www.agrace.org/wp-content/uploads/2016/10/Mobility-Techniques.pdf>

## *Relationships and Caregiving*

- Blundell Jones, J., Walsh, S. & Isaac, C. The Relational Impact of Multiple Sclerosis: An Integrative Review of the Literature Using a Cognitive Analytic Framework. *J Clin Psychol Med Settings* **24**, 316–340 (2017).  
<https://doi.org/10.1007/s10880-017-9506-y>  
<https://link.springer.com/article/10.1007/s10880-017-9506-y#citeas>

- Relationship Matters Program - An Enrichment Program for Couples Living with MS

<https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/Relationship-Matters#:~:text=An%20Enrichment%20Program%20for%20Couples%20Living%20with%20MS&text=The%20National%20MS%20Society's%20Relationship,effective%20communication%20and%20listening%20skills>

- Care Partner Support Resources for People Affected by MS

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Calls-CarePartner-Support-Resource-List.pdf>

## ***Community Support***

- MS Caregiving Blog

<https://www.ms caregiver.com/about/>

- “Resources for Caregivers” from the National MS Society Website – links to local caregiver communities:

<https://www.nationalmssociety.org/Chapters/NJM/Services-and-Support/Services/Caregivers>

## ***Emotional/Psychological Impacts of Caregiving***

- National MS Society Guide for Caregivers

<https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-A-Guide-for-Caregivers.pdf>

- AARP Care Guides

<https://www.aarp.org/caregiving/care-guides/>

- Caregiver Books by James R. Sherman, PhD

“Creative Caregiving” <https://www.amazon.com/Creative-Caregiving-James-R-Sherman/dp/0935538178>

“Coping with Caregiver Worries” <https://www.amazon.com/Coping-caregiver-worries-survival/dp/0935538208>

“Positive Caregiver Attitudes” <https://www.amazon.com/Positive-Caregiver-Attitudes-James-Sherman/dp/0935538186>

- The Caregiver Helpbook by Legacy Caregiver Services

<https://www.amazon.com/Caregiver-Helpbook-Powerful-Tools-Caregivers/dp/0978544803>