

# What is vsMS

**Survey on people living with RMS and care partners to shed light on the reality of MS.**

**Goal: Better understand the physical and emotional impact of MS.**

**1000+ people with RMS**

**500+ care partners**

**7 countries**

**July to August 2015**

# What has been learned

[www.vs-MS.com](http://www.vs-MS.com)

- **Cognition**
- **Dissability & Progression**
- **Effect on Career**
- **Emotional Burden on the care partner**
- **Emotional Burden on the patient**
- **Intimacy**
- **Physical Symptoms**
- **Relationships**

# What this data mean

- **Normalise the situation**
  - **Better understanding**
  - **Raise awareness**
- **Group work**
  - **Patient & Doctor**
  - **Other experts (psychologists, physiotherapists...)**
- **Disability**
  - **Redefining the concept**
  - **Change the way ADAPTATION works**

# **How can this be applied in real life**

**Steps (needs) that may make life easier for people with MS:**

## **1.- Need for information and acceptance**

**Symptoms or worries than can be better dealt with by getting some more information from doctors, psychologists or people in regional support groups (associations or other groups of people).**

## **2.- Need for support**

**Worries or thoughts that need to be dealt with by telling people that can support every patient trying to avoid them being hidden from everyone else.**

### **3.-Need for private disclosure**

**Things that need to be told to people in some specific cases because disclosing some information related to the illness and the person may be important in certain situations.**

### **4.-Need for openness**

**Reveal those symptoms that may seem too personal but that may be crucial in order to have healthy, completely normal relations with people around you.**