

# Working with MS Support Group

[WorkingWithMS.DC.MD.VA@gmail.com](mailto:WorkingWithMS.DC.MD.VA@gmail.com)

(301) 337-8106

<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

March 12, 2017

## Agenda

|        |   |
|--------|---|
| 3:00pm | Welcome!  |
|        | Brief Introductions/Member Check-in   |
| 3:10pm | <b>Need a Hand? MS Dexterity</b><br>“Impaired manual dexterity is frequent and disabling in patients with multiple sclerosis (MS), affecting activities of daily living (ADL) and quality of life.”<br>Christian P Kamm |
| 4:00pm | Member Sharings & Support   |
| 5:00pm | Adjourn   |

### Handouts & “News You Can Use”:

Loss of Hand Dexterity and Coordination

<http://www.healthcarejourney.com/loss-of-hand-dexterity-and-coordination.html>

6 Hand Exercises for Multiple Sclerosis

<http://www.everydayhealth.com/multiple-sclerosis/living-with/hand-exercises-multiple-sclerosis/>

Dexterity and Mobility Impairment Fact Sheet

[http://accessibility.gtri.gatech.edu/assistant/acc\\_info/factsheet\\_dexterity\\_mobility.php](http://accessibility.gtri.gatech.edu/assistant/acc_info/factsheet_dexterity_mobility.php)

Dexterity Solutions (CAP)

<http://www.cap.mil/Solutions/ProductDisability.aspx?DisabilityID=1>

Assistive Technology for People with Limited or No Use of Their Hands

<http://atcoalition.org/article/assistive-technology-people-limited-or-no-use-their-hands>

Assistive Devices (International Essential Tremor Foundation)

<http://www.essentialtremor.org/treatments/assistive-devices/>

Hand Helpers (Daily Living Aids)

[http://www.rehabmart.com/category/hand\\_helper.htm](http://www.rehabmart.com/category/hand_helper.htm)

Guide for Individuals with Dexterity and Mobility Impairments

<https://www.microsoft.com/enable/guides/dexterity.aspx>

### Next/Upcoming Meetings:

April 9<sup>th</sup> – Meeting

May 14<sup>th</sup> – NO MEETING!

May 21<sup>st</sup> – Meeting **RESCHEDULED! (As I will be on business travel the week before.)**

June 11<sup>th</sup> – Meeting