

Resource Guide for People Living with Multiple Sclerosis



MULTIPLE SCLEROSIS 101



MS CANADA WEBSITE
www.mscanada.ca

For MS information, program details, and support on navigating your MS journey, please contact an MS Navigator (MS representative).

Call: 1-844-859-6789 Mon- Fri: 8 a.m.-8 p.m. ET

Email: msnavigators@mscanada.ca

Support and Services Available

- About MS
- Managing MS
- Supports and Services
- Self Advocacy
- 1:1 Peer Support
- Find your local Peer Support Groups
- Supportive online hub through SESH
- Guide for Newly Diagnosed

FINANCIAL SUPPORT

If you are no longer able to work, you may be eligible for support through your provincial social services.

- Disability Tax Credit (Canada.ca)
- Registered Disability Savings Plan + Tutorial (Canada.ca)
- Canada Pension Plan Disability benefit (CPP-D) (Canada.ca)
- Support to apply for CPP-D available through MS Canada (MSSociety.ca)
- Canada home accessibility tax credit (Canada.ca)
- Financial Support For Indigenous Students: *A Canada-wide portal for Indigenous individuals to locate educational funding opportunities and apply for them directly.* (indspirefunding.ca)
- Different bands and different provinces have different funding



INCOME SUPPORT, SICK LEAVE BENEFITS AND WORKPLACE ACCOMMODATIONS

- EI Sickness Benefits (Canada.ca)
- Living with Disability Benefits (Canada.ca)
- Workplace Duty to Accommodate (www.chrc-ccdp.gc.ca/en)
- Workplace Disclosure Decision Guide for Episodic Disability (<https://disclosureguide.realizecanada.org>)

ASSISTIVE DEVICES & AIDS TO DAILY LIVING

- Quality of Life Equipment Program ([MSCanada.ca](https://www.mscanada.ca))
- Red Cross Equipment Loan Program ([RedCross.ca](https://www.redcross.ca))

MAKING YOUR HOME & VEHICLE ACCESSIBLE

Each province has different types of funding available for home accessibility and vehicle modifications. Ask your health care team to find out what the program in your area is called and how to apply.

ATTENDANT SERVICES, SUPPORTIVE HOUSING AND PERSONAL SUPPORT WORKERS (PSWs)

Each province has its own programs and services for accessing subsidised attendant/PSW supports or supportive housing that includes 24 hour attendant services. If you need help with activities of daily living, speak to your health care team about your options for attendant outreach services or direct funding programs in your area.

SUPPORT FOR LOVED ONES & CAREGIVERS

- MS Canada Information and Resources for Caregivers ([MSSociety.ca](https://www.mssociety.ca))
- Supportive online hub through SESH ([seshgroups.com](https://www.seshgroups.com))
- Canadian Centre for Caregiving Excellence Resources ([canadiancaregiving.org](https://www.canadiancaregiving.org))
- Caregiver Tax Credit ([Canada.ca](https://www.canada.ca))



WELLNESS TOGETHER CANADA

- Call 1-866-585-0445 **or**
- Text WELLNESS to 686868 (*for youth*) or 741741 (*for adults*).

Mental Health Support:

If you are struggling with your mental health, or struggling in adjusting to your health condition, there are resources available to support you.

Options for accessing Mental Health Support:

- If you have private insurance, you may have full or partial coverage for counselling. You can also pay out of pocket for these services.
- Request a referral to a psychiatrist or social worker from your healthcare provider.
- Each province has their own free or subsidised mental health supports.
- You may be able to self-refer for counselling at your local hospital.
- Reach out to your Metis Office or Band Office to find out about mental health support options.
- See if you have access to an Employee Assistance Program. The counsellors there will refer you to the appropriate expertise for your situation.
- Ask your health care provider if there are hospital run programs you can access (like Mindfulness, Cognitive Behavioural Therapy and Dialectical Behavioural Therapy) covered by your provincial health care plan.
- Try a peer support group. This is not a replacement for professional mental health treatments but can help create connections and maintain hope.
- If you are having suicidal thoughts talk to your health care professionals and discuss a safety plan with your loved ones. If you are in crisis or you feel you are at risk of hurting yourself and/or others please call 911.

Mental Health Support Canada

- Call 211 for government and community-based, non-clinical, health and social services
- Call 811 for Nurses available 24/7

- Mental Health Services in Canada (www.canada.ca)
- [TogetherAll.com](https://www.togetherall.com)
- [TalkSuicide.ca](https://www.talksuicide.ca)
- Indigenous Mental Health (<https://www.canada.ca/en/indigenous-services-canada.html>)



This resource guide was co-created by the patient community in partnership with Roche Canada to support people living with MS. The guide includes general information on MS, financial support, and wellness resources.

The information provided in this document may change before we can update this form. It is also not intended to be exhaustive, but give you a place to start if you need it.