

Relationships - Oct 24, 2015

All of us have to accommodate the changes MS causes, and they are impactful. What I would like to talk about all the others who live with MS too, our families and friends. How we address others, is something we can control. All of us have been given many tools to work through the result of having MS. I am always telling others, 'if you have to have MS, now is a good time.' It is so easy to become egocentric, that we often fail to see 'the forest through the trees.' To that end, I would like to recognize those in my life that contribute.

Advocacy. I pride myself on keeping up to date on trends in MS. What makes this possible, and more meaningful, is someone else advocates on my behalf. It is a hard thing to say I don't know everything, but there are unseen others who know as much or more. I (think) have a good understanding of the medical trends, but I often am less informed about other facets of my situation (legal, social, family.)

Care Giving. There are things I can no longer do as I used to. For the things I do not do the same, or am limited, I have others. These Care Givers, never signed up for this journey, but it impacts them nonetheless. These are incredibly strong people, and deserve our support, understanding and acceptance. No part of MS is good, but these persons volunteered! I know personally, I have cognition issues. MS has 'given' me a sleep disorder. One of the effects of this 'gift,' is a change throughout the day in my cognitive abilities. I am able to begin the day pretty 'normal.' By the end of the day, my fuse becomes increasingly short. Care Givers understand and have to cope with it.

Connection. I am lucky. I have many around me who include me. This support is financial, emotional and social. All these connections help me feel enabled. Most the connections, do not understand the daily struggle, but it doesn't matter. Things that haven't been impacted. Still are my domain.