



Mid America MS Achievement Center News

Six years ago, The Mid America MS Achievement Center (MSAC) opened its doors to six participants. Since that time, The Center has been able to increase the days open, add groups, and add participants to already existing groups.

Each group of 6-7 participants attends a one day a week clinic. The day at the clinic begins at 10:00 am and lasts until 3 pm, consisting of one hour of occupational therapy, one hour of physical therapy, one hour of recreational therapy, and an hour support group facilitated by a psychologist. There is also an hour for lunch, where the participants bring a sack lunch or prepare a planned lunch.

During this time, they socialize, celebrate each others' birthdays, or enjoy a rest break during a busy day.

Each group actively focuses on maintaining or improving the participants' ability to take care of themselves; for example getting dressed, getting to the toilet and moving safely to reduce the risk of falling. All of these activities are consistent with the MSAC mission to optimize the quality of life of people with multiple sclerosis.

Throughout the entire time the MSAC has been open, these goals and the mission has been reached.



Participants reported a variety of improvements: falling less or not at all, moving to and from their wheelchairs more easily, and taking care of themselves with less help from their family. Some participants reported increased exercise at home which has improved their ability to do more activity with less fatigue.

This allows them to increase their interaction with their families because they require less rest time. Participants have reported that sharing and listening to others has improved their ability to adjust to changes brought about by MS. The participants encourage each other to take charge of their own lives and frequently talk to each other throughout the week to provide additional support to one another.

Each week, every participant works toward their own goals. The therapists provide the direction and instruction, everyone provides the encouragement, and the participants provide the work to obtain a goal. Everyone plays a part in the ultimate goal to “live to their fullest potential.”