



LIFE BEYOND DIAGNOSIS

Newly diagnosed with multiple sclerosis?

The diagnosis of multiple sclerosis can be devastating and leave the individual and their family wondering about the future. The way people are told about the condition is often horrific, and many people are left feeling, frightened, uncertain and not knowing what the future holds. There are often many questions – some of which remain unanswered. The people involved may not even know what questions to ask. Many people want to be able to actively do something to retain their mobility, gain some control over what is happening in their life and yet are often at a loss as to what can be done. Traditional medical practice gives the diagnosis but takes little account of how the person can be taught to manage the condition and talks about the ‘inevitable’, offering very little hope.

To the outsider the symptoms may not appear severe but are very severe to the person living with them, the effects of the condition beginning to be a part of daily life.

Conductive Education cannot prevent the progressive nature of the condition but conductors are trained to observe and search for any early warning signs, which may lead to later difficulties. For example: a person may be slightly favouring one side of the body, this could lead to later problems with balance. On the other hand there may be immediate problems, which the individual wants to try and solve. Honest advice to try and prevent the formation of ‘bad’ habits plays a significant role in the prevention of later difficulties and provides the person with detailed knowledge about their movements.

People who have attended for these sessions have found that they have regained control over their own mobility, have a new base of knowledge to assist them in dealing with their family activities and are able to maintain their mobility for as long as possible. Confidence, which has been shattered by the diagnosis, begins to be restored.

The initial period following diagnosis is a very difficult time for both the individual and their family. The opportunity to gain early practical advice on mobility is invaluable as it helps to regain some control and understanding of the situation. Without exception those who have attended have reported that they wish they had done so earlier as it restored their ability to live an active life.

Conductive Education is not a crisis care system, but one, which can look forward and offers hope and provides concrete strategies for turning that hope towards reality. It teaches that there is life after diagnosis for the person and their families.

If you or someone you know would like to receive this service then they should contact:

Mrs. Nicola Sandford on 0121 449 1569

The cost for this one off service is £65.00

Sessional Services
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