Disclaimer

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Presenter Disclosures

- List Speaker(s)
- The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:
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Strategies

1. Execute a care plan
2. Exercise
3. Eat Well
4. Education
5. Effective Communication
6. Effective Coping
7. Exploring Options

3. Dunlop (2014)
Strategies

1. **Execute a care plan**
2. Exercise
3. Eat Well
4. Education
5. Effective Communication
6. Effective Coping
7. Exploring Options
Your Care Plan

» Be an **ACTIVE** participant

» Develop a **TEAM** of individuals dedicated to your care
  
  » Seek care providers you trust
  
  » Build a strong relationship with your physician

» Identify your care partner(s)
### Build Your Care Team

<table>
<thead>
<tr>
<th>Family</th>
<th>Neurologist</th>
<th>Physical Therapist</th>
<th>Speech Therapist</th>
<th>Occupational Therapist</th>
<th>Nurse</th>
<th>Primary Physician</th>
<th>Dietician</th>
<th>Psychiatrist</th>
<th>Genetic Counselor</th>
<th>Other Specialists</th>
<th>Support Groups</th>
</tr>
</thead>
</table>

3. Dunlop (2014)
4. Reynolds (2009)
Strategies

- Execute a care plan
- Exercise
- Eat Well
- Education
- Effective Communication
- Effective Coping
- Exploring Options
Exercise

- Benefits
  - Helps with mood
  - Improve physical conation
  - Maintain function and independence

- Important part of the treatment plan
Exercise

➢ Where to start?
  ➢ Seek a physical therapist
  ➢ Community centers
  ➢ Library

➢ What type?
  ➢ Incorporate aerobic, strengthening, stretching
  ➢ Find exercise that you enjoy and adapt it into your daily routine
Strategies

- Execute a care plan
- Exercise
- **Eat Well**
- Education
- Effective Communication
- Effective Coping
- Exploring Options
Eat Well

- Balanced nutritious diet
- Limit Alcohol
- Moderation
- Address chewing and swallowing difficulties
Strategies

- Execute a care plan
- Exercise
- Eat Well
- Education
- Effective Communication
- Effective Coping
- Exploring Options
Educate Yourself

- Knowledge is power
- Know where to find reliable information
- Beware “Information overload”
Strategies

- Execute a care plan
- Exercise
- Eat Well
- Education
- Effective Communication
- Effective Coping
- Exploring Options
Effective Communication

- Knowing the vocabulary of ataxia
- Communication between providers
- Voice health
Strategies

- Execute a care plan
- Exercise
- Eat Well
- Education
- Effective Communication
- Effective Coping
- Exploring Options
Effective Coping

- Anger
- Denial
- Helplessness
- Isolation
- Guilt
- Fear
- Frustration
- Disappointment
- Confusion
- Uncertainty
- Embarrassment
- Anxiety
Effective Coping

- Additional stress
  - Relationship changes
  - Altered communication
  - Family conflicts
  - Apathy

- Disease progression can change emotions
  - Loss of independence
  - Loss of privacy
  - Lowered self-esteem
  - Guilt
Effective Coping

- Stress management
- Find the positive
- Develop and maintain your humor
- Professional services
- Know your limits and make adaptations
- Social support
- Support groups
FINALLY, A SUPPORT GROUP!
Effective Coping

- Caregiver Support
  - Ataxia impacts entire families and communities
  - Prevent caregiver burnout
  - Find ways to continuously support one another
  - Caregiver health
    - Care partner support groups
    - Take breaks
    - Visit your doctor
Strategies

- Execute a care plan
- Exercise
- Eat Well
- Education
- Effective Communication
- Effective Coping
- Exploring Options
Explore Options

- Learn what resources are available in your community
  - Activity centers
  - Wellness programs
  - Financial resources
  - Future planning
  - Case managers
“Life consists not in holding good cards but in playing those you hold well”

-Josh Billings