



## The Multiple Sclerosis Center of Southwest Florida

The Multiple Sclerosis Center of Southwest Florida is a 501 (c) 3 nonprofit organization that provides access to therapeutic, wellness, and mental health services through qualified contracted providers. Clients can receive services, not typically covered by insurance, to help them manage the symptoms of the disease. The MS Center covers the cost of the services, requiring only a small co-pay from the client.

New participants must **apply** to become an MS Center “**Client**” in order to be eligible to receive services and to receive a list of providers. **All current clients must renew their registration by December 15, 2015 in order to receive services in 2016.** Registration packets will be given out at each General Information Session. Or if you would like to receive a form via email or mail, please contact us at 239-435-1901 or email [Jeanne@mscenterswfl.org](mailto:Jeanne@mscenterswfl.org).

Don't need the services? All persons with MS are encouraged to **register** to become a “**Member**” of the MS Center in order to participate in our activities and educational events. **Join the family!** Call us at 239-435-1901 or email [Jeanne@mscenterswfl.org](mailto:Jeanne@mscenterswfl.org).

### How It Works

After submitting your application to the Center, an Intake Counselor will contact you.

If approved as a client you will then:

- Choose a provider from our directory.
- Contact the provider to make an appointment.
- The provider will contact the Center to verify coverage.

We have several providers located in Collier and in Lee Counties. Additional providers will be announced in October/November 2015.

*Note:* Clients must contact the Center for authorization to change to a new provider.

## **MS Center Services**

### **MASSAGE THERAPY:**

Provided by contracted licensed massage therapists. Most are Certified Medical Massage Therapists. The MS Center will authorize the number of visits on an individual basis. There is a \$10 co-pay per visit.

### **ACUPUNCTURE:**

Provided by contracted licensed acupuncturists. The MS Center will authorize the number of visits on an individual basis. There is a \$10 co-pay per visit.

### **MENTAL HEALTH COUNSELING:**

Counseling sessions are provided by a licensed mental health professional for clients and their families. The MS Center will authorize the number of visits on an individual basis. The co-pay is \$10 per visit.

### **EXERCISE THERAPY/PERSONAL TRAINING**

Individualized and group exercise programs are held weekly at the MS Center. \$10 co-pay for individual sessions.

### **NAPLES EQUESTRIAN CHALLENGE:**

Therapeutic horseback riding for exercise, balance, posture, and fun. Fall session Sept. through Dec., spring session March through May. \$10 co-pay per session.

### **YOGA:**

Instructor teaches class at the Center every Wednesday and Friday afternoons at the Center. Please call for times. Either seated or mat. No co-pay.

\*\*\*A Provider Directory is available for registered clients\*\*\*

### **MS Center's LUNCH AND LEARN SERIES:**

Relax and learn about MS related topics, such as nutrition, therapies, and treatments. The lecture and luncheon event is held monthly, except during the summer. The events are free.

## OTHER PROGRAMS IN THE COMMUNITY

**The National MS Society** provides classes at NCH and at Lee Memorial/Cape Coral Wellness Centers. You must register for those National MS Society programs as follows:  
NCH Naples Wellness 239-793-7009 or Lee Memorial & Cape Coral Wellness 239-549-3637.

### **The MS Foundation**

This national nonprofit organization is headquartered in Fort Lauderdale, and provides grants to individuals for assistance with homecare, assistive technology, and participation in approved group wellness classes. Visit their website for more information: [www.MSFocus.org](http://www.MSFocus.org).

### **MS Sew Pretty Center**

Sew Pretty Corp is a 501(c) 3 non-profit organization in Fort Myers, whose purpose is to enhance the opportunities for persons with multiple sclerosis and disabled veterans to engage in community activities, increase their awareness of community resources and services, and serve as advocates for the disabled. Visit their website: [www.SewPretty-MS.com](http://www.SewPretty-MS.com).

**Medical & Sports Rehabilitation Center** in Naples has an exercise class for people with MS, on Tuesdays from 11 am to 12 noon. It is taught by Michelle Fernandez, Exercise Physiologist.