

MS Resources

Equipment Loaning and Funding

STL Help (loaner equipment)
636-933-9393
<https://www.stlhelp.org/>

Show Me Loans (low interest rate funding for equipment)
800-647-8557
<https://at.mo.gov/show-me-loans/index.html>

Shop 'n Swap (low cost equipment marketplace)
800-647-8557
<https://at.mo.gov/recycle-reuse/swap-n-shop.html>

Exercise Classes

MS Society STL Chapter Exercise Class
636-893-1107
<https://www.nationalmssociety.org/Chapters/MOS/Services-and-Support/Services/MS-Exercise-Class> (further info on the website for online class, education on importance of exercise and nutrition, and other therapeutic exercise in the area)

Paraquad
314-289-4200
<https://www.paraquad.org/>

HouseFit
314-339-7430
<https://www.housefitstl.com/>

Caregiver Support

Aging Ahead (Respite Care, funding help, day program)
636-207-0847
<https://www.agingmissouri.org/>

MS Society STL Chapter (Caregiver ONLY Support Group)
314-781-9022
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group> (same webpage for those w/ MS or call 314-781-9022)

Adult Day Programs List for MO
<https://health.mo.gov/seniors/nursinghomes/pdf/ADC-licensed.pdf>

MS Navigators (education and community resources)
800-344-486741
<https://www.nationalmssociety.org/For-Professionals/Clinical-Care/MS-Navigator-Program>

Management and Treatment

Informational Handouts from MS Society
<https://www.nationalmssociety.org/Chapters/MOS/Services-and-Support/Health-Wellness/Symptom-Management>

<https://www.nationalmssociety.org/Chapters/MOS/Services-and-Support/Health-Wellness/Treating-MS>