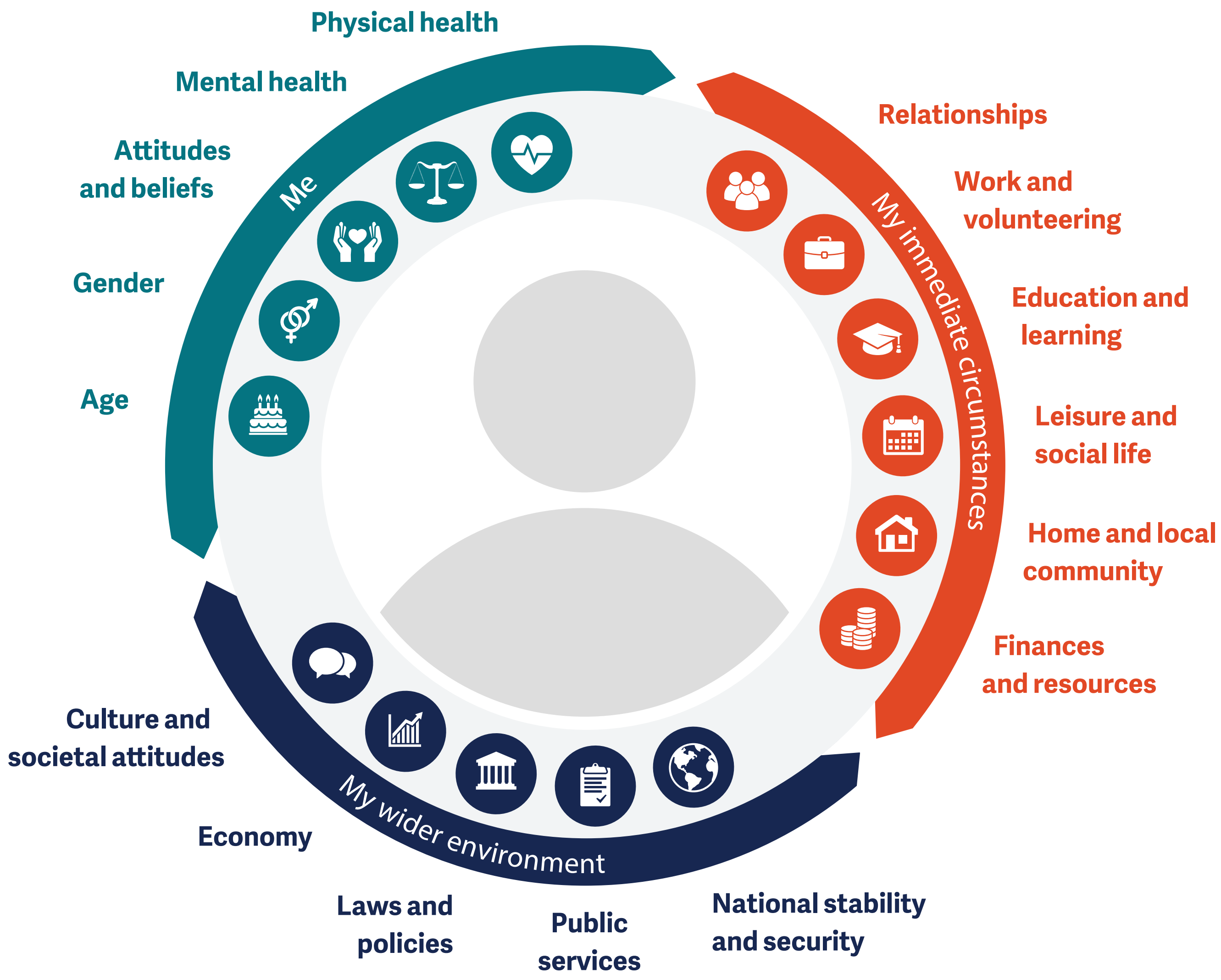
QUALITY OF LIFE WITH MS

What influences quality of life?

Many factors influence a person's quality of life, both inside and outside their direct control. These factors vary from person to person, from place to place and change over time. Multiple Sclerosis (MS) can impact these factors at any time.



How can quality of life be improved?

The seven principles below are based on the insights and experience of people affected by MS and agreed by the MSIF movement. There is no priority amongst the principles – it is for individuals and organisations to decide what is most important to them at any time. No country can claim to have achieved them all. They are our call to action for continuous improvement in every country.

The seven principles	**Examples of factors they can influence**
Empowerment, independence and a central role for people affected by MS in decisions that affect their lives	❤ ⚖ 💼 📋 💬
Access to comprehensive and effective treatments and care for the changing physical and mental health needs of life with MS	❤ ⚖ 👥 💼 🪙
Support for the network of family, friends, loved ones and unpaid caregivers	⚖ 🎓 👥 📅 🏠
Work, volunteering, education and leisure opportunities that are accessible and flexible	⚖ 💼 🎓 📅 🪙
Accessible public and private spaces, technology and transport	💼 🎓 📅 🏠 💬
Financial resources to meet the changing needs and costs of living with MS	⚖ 👥 💼 🪙 📈
Supportive attitudes, policies and practices that promote equality and challenge stigma and discrimination	⚖ 🎓 📅 💬 🏛

**People affected by MS includes people with MS, their caregivers, family members and friends closest to them.*

ms international federation