

Patty Glatfelter

Host of the MSA's PT with Patty program



My

Recipe

for

Wellness

A Guide for Improving  
Your Life with MS  
through Simple,  
Every-Day Activities.

# My Recipe for Wellness



Patty Glatfelter

Retired physical therapist  
and person living with  
MS since 1991

## Overview:

This is a comprehensive outline which hopefully covers most domains that require some thought, periodic updates and modifications as your journey when living with MS moves forward. **You should never try to tackle this all at once**, or even more than one or two aspects at a time. Not every area will require your attention, or it may not need your attention for a very long time as you build your foundation for wellness. Almost every topic is covered more in depth in one of my “Patty’s PT Tips” presentations on the [www.msasoco.org](http://www.msasoco.org) website. Some of the topics are covered in other recordings by the MSASOCO consultants- i.e. nutrition. If you feel “stuck” don’t fear doing some of your own research and always work with members of your health care team or family/friends/consultants as needed.

Keeping good records can help you see the progress you are making toward your wellness and wholeness. It also helps with those all too familiar brain fades... or maybe figuring out what choices weren’t the best for you. Try to strike a balance as often as possible. Not too much, not too little of any one thing at any given time.

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## Exercise

- o Strength training- type? Equipment needed?
- o Flexibility
- o Cardio-type, duration, frequency
- o Sensory Retraining/stimulation
- o Balance activity
- o Appropriate mobility equipment choices

## Nutrition

- o Meal planning
- o Grocery lists
- o Food storage and accessibility in the kitchen
- o Healthy take-out or on-the-go meals/snacks
- o Nutritionist consultation

## Brain Health

- o Relaxation/Mindfulness training
- o Brain "games" - reading, puzzles
- o Music
- o Recreational activity
- o Journaling
- o Counseling

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## Work / Life Balance

- o Employment
- o Household chores
- o Childcare
- o Phone calls / time with friends and family
- o Travel
- o Delegation of tasks when possible

## Physical Environment

- o Outdoor space and time
- o Modification of home
- o Auto safety and comfort
- o Clothing choices and adaptations

## Financial Planning

- o Long term planning
- o Record keeping
- o Coordinate banking, family / caregiver communications
- o Contact advisors - through the bank, National MS Society, private consultants, trusted agencies

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## Medical Planning

- o Medications / pharmacist
- o Neurologist
- o Urologist
- o Family practitioner
- o Dentist
- o Home health care / in home support
- o Other MD specialists
- o Physical therapy
- o Occupational therapy
- o Speech
- o Hospital record organization - both personally and with the assistance of your care providers

## Personal Record Keeping

- o Contact list for family / friends re: medical providers
- o Contact list for medical providers of family / friends
- o Medical insurance coverage
- o Car insurance coverage
- o Home / apartment insurance coverage