

# Your ALSguide

Your Guide to Living with ALS

Your **ALS Guide** is a user-friendly website that can answer your questions, connect you to resources, save you money, and help make life with ALS a little easier.

## VISIT US TO FIND:

- Trusted tips and information
- Videos with ALS experts
- In-depth educational guides
- Helpful equipment and devices
- Guidance for the newly diagnosed
- Support for caregivers
- ALS clinics and organizations
- Recommended resources
- And more...

[www.yourALSguide.com](http://www.yourALSguide.com)





This practical guide aims to help people living with ALS improve their everyday quality of life and empower both family and paid caregivers with the knowledge, skills, and resources needed to provide the best care possible.



We developed this online guide in collaboration with families impacted by ALS and healthcare professionals with decades of experience.

## TOPICS INCLUDE:

Home Safety

Home Accessibility

Mobility

Transferring

Toileting

Bathing

Grooming

Dressing

Eating

Sleeping

Conserving Energy

Mental Health

Range of Motion

Leisure Activities

Smart Home

[www.yourALSguide.com/daily-living](http://www.yourALSguide.com/daily-living)