

# Your ALSguide

Your Guide to Living with ALS



## Newly Diagnosed Guide

This guide will walk you through the most important things you need to know and do after your diagnosis. Find trusted information, helpful tips, video clips with experts, and more.



### THE DIAGNOSIS

Early Symptoms  
Diagnosis Process  
Second Opinion  
Coping with ALS  
Sharing the News

### NEXT STEPS

ALS Clinics  
Support Services  
Health Insurance  
Employment  
For Veterans

### PLANNING AHEAD

Self-Care  
Medical Equipment  
Medical Decisions  
Advance Directives  
Quality of Life

### LEARN MORE

About ALS  
Research & Trials  
Approved Drugs  
ALS Resource List  
For Caregivers

**Your ALS Guide** is a free educational website for families. After losing a beloved family member to ALS, we partnered with leading experts to create the type of practical resource that would have helped us.

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

