



**National
Multiple Sclerosis
Society**

**MS Learn Online
Feature Presentation
Everyday Tips for Your Bedroom and Dressing when Living
with Primary Progressive
with MS Shelley Peterman Schwarz**

Tracey>> Hi I'm Tracey Kimball

Tom>> and I'm Tom Kimball. Welcome to MS Learn Online. On Tracey's high fatigue days, she may spend more time in the bedroom resting than in any other room in our house.

Tracey>> That's true. So I relate to some of the ideas and tips offered by Shelley Peterman Schwarz. Shelley has primary-progressive MS and has done some clever things to make the time she spends in her bedroom a bit more pleasant.

Tom>> She also has some good ideas about dressing. Let's see what Shelley has to say.

Shelley Peterman Schwarz>> Welcome to my bedroom. A place where I spend a lot of time. It is kind of a sanctuary for me and I choose colors and a design that are soothing and peaceful. I even chose a duvet cover with the colors I love and it's got a slippery fabric so I'm able to move around in the bed a little bit. The slippery surface is a real help to me. I love the pillows on my bed.

Thankfully my husband doesn't mind taking them off at night and putting them back on in the morning. Speaking of pillows, I spend a lot of time in bed so I have a lot of pillows. I use different pillows for different things. I have a contour neck pillow, a crib or a baby pillow, a neck roll and I even have a cooling pillow. So if you're looking for a different kinds of pillows to make you feel more comfortable in bed, contact a physical therapist or an occupational therapist and they'll work with you to find one that works for you.

Because I'm not very mobile things often get out of reach. That's why I keep reachers all around the house. Like this the telestick that has a sticky surface. Here is another telestick that has a hook and a magnet and it brings things closer to me, like my remote control. This controls my bedroom world. My husband programmed this, its Smart technology and it turns off the TV, the DVD, the lights and the fan.

I need lots of help dressing. So I always give myself enough time. I lay out the clothes the night before so they are already. I dress once for the entire day. I think about what I'm going to be doing and sometimes I change my shirt and put on a fancy jacket for a night time activity.

I have my clothes organized so that they are easy to see because I have forgotten that I have certain clothing. My favorite are pants with an elasticized waste and I get them one size larger so they are easier to put on and take off.

I have an electric bed. I use it to elevate my feet and my head. Sometimes the insurance company will be for them, all or part of an electric bed.

You know I spend a lot of time in bed. So we put a couch in here, then when my family and friends come over I can stay connected and they can visit while I rest.

A couple of my friends found a pillow they said was just perfect for me, [It's all about Me!] I have to agree.

Tracey>> I really appreciate Shelley's ingenuity with some of her grooming ideas and general bathroom tips.

Tom>> And most of these accommodations didn't cost much at all.

Tracey>> If you haven't had a chance to check out Shelley's kitchen and meal preparation ideas, you'll want to watch that segment as well.

Tom>> In addition to the resources found on the National MS Society website you may want to check out Shelley's website Meeting Life's Challenges.com