

In Their Own Words - Participant Experiences with Conductive Education®

Keith Sherwood, adult participant with multiple sclerosis
March of Dimes Canada, Halifax, Nova Scotia
November, 2013



I was diagnosed with multiple sclerosis (MS) in 1988. After the initial attack things settled down and it was not until the winter of 1996 that the symptoms reappeared with a vengeance. Once I accepted my new reality I decided that I was going to do whatever I could to make the best of what I had. I have the best medical team you can imagine dealing with disease progression, drug therapy and the relief of severe problems like spasticity. But no one was there to help me cope with living with MS. There was a gap between diagnosis, medical intervention and learning how to deal with the challenges that the disease presents on a daily basis.

It was not until I started attending Conductive Education that I began to learn how to deal with everyday challenges like turning over in bed, shifting my weight from side to side while trying to walk or transferring from my power-chair. Conductive Education has provided me with strategies that help every day. It also has been a morale booster in that I look forward to the sessions and no matter how tired I feel when finished I always have a sense that I have achieved something.

I consider myself to be a very lucky person. I have a wife and daughter who love me and are there for me always. I have good friends who help me when I am in need. I am not alone. Everyone faces adversity in his or her life, that is not unique. What is important is how you deal with it for that defines who you are. The people who help you come to terms with adversity and provide their unfailing love and support become your true heroes.