

Have you heard of Shift.ms?



ms Shift.ms

The digital community for people with multiple sclerosis

For an estimated 2,500,000 people in the world with multiple sclerosis, a diagnosis can be life changing.

Some of the factors that can accompany an MS diagnosis include:

- A strain on health and mental wellbeing;
- A feeling of disempowerment. Often patients are thrown into diagnosis, with little knowledge about the condition;
- Pressure to get up to speed and be an expert in their own health;
- Uncertainty around lifestyle factors and goals such as work, relationships and family, independence;
- Social Isolation between patients and others. Not only can the symptoms of MS (mobility issues, invisible symptoms) act as a barrier, but a lack of shared understanding can push people apart.

We believe that MS isn't about giving up on your ambitions. Just rethinking how to achieve them.

Our mission

To equip people to make sense of MS as soon as possible after diagnosis.

What is Shift.ms?

Shift.ms is a digital community for people with multiple sclerosis. We aim to create a positive, enabling community which empowers patients living with MS to acknowledge their condition, rethink how to achieve their ambitions and get on with their lives.

What we do

To achieve our aim, we focus on three areas:

- **Reduced isolation, anxiety and depression**
- **Coming to terms with your diagnosis and adapting to a life with MS**
- **Increased knowledge and confidence to make positive choices about your health, lifestyle and future**

Shift.ms is based in the UK but is a global charity used by people with MS across the world.

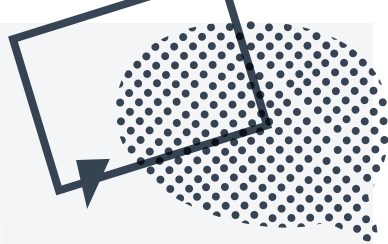
Stats

60,000+ members

30,000 visitors to www.Shift.ms per month

200,000+ forum posts and replies

Our Impact



70% of Shift.ms members report a social or emotional benefit from the service within six months of joining

92% of MS patients who use the service feel more informed about their MS

81% of Shift.ms members found a positive impact from peer support

82% of Shift.ms members reported positive impact after joining less than two years after diagnosis

87% of Shift.ms members receive the support they need within 24 hours of posting on the forum

“It helped hugely in regard to entering my first MS forum, I had nobody to discuss my MS symptoms with until I found Shift.ms. It offered much more than support, it also educated me as I wasn’t long diagnosed when I joined it.”

@Sparkybabs

“The sense of community that Shift.ms affords people of all ages, walks of life and from all around the world has made this big disease seem like a smaller part of my life.”

@JoanJordan

“I have digested the fact that I do have an illness, it’s not all in my mind and having the opportunity to speak to others going through the same I find empowering.”

@Sophiashuriah

What’s in it for your patients?



A digital peer-support network founded by MSers, for MSers.

24/7 free support for recently diagnosed MSers to come to terms with their diagnosis and adapt to life with MS.

A mental health benefit - helping to reduce the isolation, anxiety & depression that often accompanies diagnosis.

Complementary to healthcare services, Shift.ms helps reduce pressure on healthcare professionals, while improving care, and therefore delivering better outcomes and reducing costs to the NHS.