

# Chronic Conditions and Falls Risk: Multiple Sclerosis for People Who Use Wheelchairs and Scooters

Learn the link between multiple sclerosis and falls, and which falls prevention solutions are right for you.

## Types of Multiple Sclerosis (MS)



- Clinically isolated syndrome
- Relapsing-remitting MS
- Secondary progressive MS
- Primary progressive MS

## Why do people with MS fall?

*The reasons can be related to the environment, your body, or what you are doing.*



Falls happens for a lot of different reasons.

Examples:

- Poor sitting balance
- Fatigue
- Muscle weakness
- Poor mobility skills (transfers, wheelchair skills)

## Solutions



Talk with your healthcare team, they can help you:

- Learn why falls happen
- Make your home safer
- Manage MS symptoms and fear of falling
- Change the way you do things to make them safer
- Find the mobility device that is best for you