

Helpful Resources for Individuals Living with MS

Resource Category	Organization Name	Website	Organization/ Service Description
Home Modification	ThriveHomes	https://thrivehomesllc.com/	Thrive Homes provides accessible modifications to homes in the Kansas City metro area. Thrive Homes works with Medicaid beneficiaries & accepts private pay.
Home Modification	Rebuilding Together Kansas City	https://rebuildingtogetherkc.org/	Rebuilding Together provides accessible home modifications to Kansas Citians who have low income and are in need of essential and/or safety-related home repairs. Special programs available for veterans. Primarily serve Clay, Platte, & Jackson counties.
Home Modification	Hope Builders	https://hopebuilders-kc.org/	Hope Builders provide accessible home modifications for older adults & adults with disabilities. Serves those residing in Jackson, Wyandotte, & Johnson counties.
Home Modification	Accessibility Remodeling	https://accessibilityremodeling.com/	Accessibility Remodeling works with clients & their families to complete wanted or needed modifications to the home to ensure safety & independent access. Service area includes Jackson, Johnson, Wyandotte, Clay, Platte, & Cass counties.
Home Modification	HomeAccess Remodeling	https://homeaccessremodeling.com/	Home Access Remodeling provides a variety of remodeling and home modification services, including consulting and design services.
Home Modification	Bee Organized	https://beeorganized.com/kansas-city/	Bee Organized provides professional home organization services & moving/ life transition services.
Home Modification	The Whole Person	https://thewholeperson.org/	The Whole Person provides a variety of services to individuals with disabilities, including home modifications.
Home Modification	Lifewise Clinical Home Renovations	https://lifewisechm.com	Combines construction expertise with clinical insights from occupational or physical therapists to assess and manage home modifications that enhance safety and independence for individuals with specific needs. They provide a comprehensive service, from assessment and design to the completion of necessary home adaptations.

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Home Modification	101 Mobility of Kansas City	https://www.101mobility.com/kansas-city/	Provides and installs a variety of accessibility and mobility solutions for homes and businesses, including stairlifts, wheelchair ramps and lifts, and bathroom safety modifications. They offer sales, rentals, installation, and service of these products.
Home Modification	Wineteer Construction	https://wineteerconstruction.com/	We specialize in tailored designs for kitchens, bathrooms, whole home, aging in place modifications, and basements. We also offer a wide variety of home remodeling services, as well as room additions and window and door replacements.
Transportation	Ride KC Freedom	https://ridekc.org/mobility-services	Ride KC Freedom provides free accessible transportation options to residents of Kansas City who qualify. Be sure to ask about other Transit providers in your county that are available for a small or no fee!
Transportation	OATS Transit	https://www.oatsransit.org/	OATS Transit provides affordable transportation options in Kansas City.
Transportation	zTrip	https://www.ztrip.com/wheelchair-accessible-vehicles/	Private company who has some vehicles that accommodate wheelchairs.
Transportation	10/10 Taxi	https://www.1010taxi.com/kansas-city-metro-area/	Private company in the Kansas City metro area who has some vehicles that accommodate wheelchairs. Also contracts with zTrip.
Transportation	Mid-America Regional Council (MARC)	https://www.marc.org	Consumer directed lift ramp services. You find transport provider (family, friend, student, or agency such as zTrip, OATS, or Ride KC). MARC can provide \$150/month grant (must save receipts/ledger and submit this monthly). They also can assist with home delivered meals and home services if you qualify. Screening and intake required. Serves Cass, Clay, Platte, Jackson, and Wyandotte counties.
Transportation	The Whole Person	https://thewholeperson.org/other-services/transportation.html	The Whole Person provides private pay, non-emergency, medical transportation to people with disabilities who need a ride to doctors' appointments, dentist appointments, dialysis, physical therapy, etc.
Transportation	Fireman Transport	https://www.firemantransport.com/	Non-emergency medical transportation, accommodating wheelchairs & stretchers. Private pay only.

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Transportation	Assisted Transportation	https://assistedtransportation.com/	Non-emergency medical transportation, accommodating wheelchairs & stretchers. Private pay only.
Transportation	Secure Transport	https://securetransportkc.com	SECURE TRANSPORT offers clients non-emergency medical transport and other specialty transportation services, both long or short distance, in four different areas.
Transportation	Ridesafe Transport	https://www.ridesafeekc.com	At Ridesafe Transport, our goal is to provide professional and affordable wheelchair transportation service across the local Kansas City area
Mobility & Adaptive Equipment	Accessibility Medical Equipment	https://www.accessibilitymedical.org/service/shop-in-person/	Sell new & used adaptive and assistive equipment. Donations accepted.
Mobility & Adaptive Equipment	NuMotion	https://www.numotion.com/	NuMotion provides products & services to individuals with mobility issues to maximize independence and quality of life. We often utilize NuMotion when ordering custom wheelchairs.
Mobility & Adaptive Equipment	Mobility First	https://www.mobilityfirst.com/	Mobility First provides products & services to improve independence and mobility, including wheelchairs and DME.
Mobility & Adaptive Equipment	Braun Ability/United Access	https://www.braunability.com/us/en.html	Our local and highly recommended wheelchair accessible vehicle dealer. Assistance with finding funding options is also a service they provide.
Mobility & Adaptive Equipment	The Mobility Resource	https://www.themobilityresource.com/	Online network of accessible vehicle options and helpful resource for finding funding assistance for a personal accessible vehicle.
Mobility & Adaptive Equipment	MoAT Show Me Loans	https://at.mo.gov/show-me-loans/	Low-interest loan options for a variety of assistive technology (including accessible vehicles) for individuals with disabilities who reside in Missouri.
Mobility & Adaptive Equipment	Alliance Rehab and Medical Equipment	https://alliancerehabmed.com	Provides Complex Rehab Technology (CRT) services and equipment, such as custom wheelchairs and other mobility devices, for individuals with significant disabilities and mobility needs. They focus on personalized solutions and ongoing support to improve the lives of their clients.

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Mobility & Adaptive Equipment	K-Loan	https://k-loan.net/	Low-interest loan options for a variety of assistive technology (including accessible vehicles) for individuals with disabilities who reside in Kansas.
Helpful Technology & Apps	Caring Bridge	https://www.caringbridge.org	CaringBridge is a no-cost, 501(c)(3) nonprofit health platform that surrounds family caregivers with support while they care for a loved one on a health journey. It is a place to easily communicate health updates, share important milestones, and request support from friends and family.
Helpful Technology & Apps	Next Door app	https://nextdoor.com	A neighborhood app in which neighbors, businesses of all sizes, and public agencies discover and discuss local information.
Helpful Technology & Apps	Drugs.com Mobile App	https://www.drugs.com	The most popular, comprehensive and up-to-date source of drug information online. Providing free, peer-reviewed, accurate and independent data on more than 24,000 prescription drugs, over-the-counter medicines & natural products.
Helpful Technology & Apps	Roll Mobility App	https://www.rollmobility.com/	The Roll Mobility App allows users to both review and read reviews about the accessibility of public spaces. Download this app today!
Helpful Technology & Apps	Meal Train	https://www.mealtrain.com/	Make organizing meals for friends or family, that are in need of short-term help, easy using Meal Train.
Helpful Technology & Apps	MidContinent Library-by-mail	https://www.mymcpl.org/services/library-mail	Mid Continent Public Library can deliver books, audiobooks, and more to your home if you have difficulty with community mobility or accessing transportation.
Helpful Technology & Apps	Headspace	https://www.headspace.com	Headspace is your complete mental health solution with meditations, stress-relieving exercises, sleep sounds, coaching and beyond.
Helpful Technology & Apps	My MS Manager	https://mymsaa.org/msaa-community/mobile/	This free app tracks disease activity and allows you to generate charts on things like your daily moods or pain level. The charts can be securely shared with your doctors.
Helpful Technology & Apps	Bezy MS	https://www.bezyms.com	This free app helps you connect with others with MS, either virtually or in person. “It’s like being in a support group, but you can do it on your own time,” Sullivan says.

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Helpful Technology & Apps	Breathe2Relax	https://www.militarysource.mil/resources/mobile-apps/breathe2relax/	This free app shows you how to use breathing exercises to fight stress, anxiety and insomnia.
In-Home Caregiving & Services	Right at Home Care	https://www.rightathome.net/lees-summit	You deserve a care partner that understands the course of your journey and will help navigate the road ahead. Whether it's preparing a meal or providing 24-hour care, we will be there for you.
In-Home Caregiving & Services	Home Instead	https://www.homeinstead.com/ppc/home-care/	Home Instead provides in-home caregiving services. A large variety of different caregiver services are available.
In-Home Caregiving & Services	Compass Culinary	https://compassculinary.com	Compass Culinary provides customized meal planning & prepping. Ashleigh is able to plan meals, complete grocery shopping, and prepare meals that meet your needs and preferences.
In-Home Caregiving & Services	Care.com	https://www.care.com/	Care.com is a network of caregivers willing to provide a wide variety of care.
In-Home Caregiving & Services	A Place for Mom	https://www.aplaceformom.com/	A Place for Mom provides guidance and assistance with finding assisted living or home care which meet your needs and preferences.
In-Home Caregiving & Services	Senior Care Authority	https://www.seniorcareauthority.com	Senior Care Authority is a recognized leader in senior living options and eldercare consulting services. Our certified elder care advisors will help you sort through and understand all your choices, traverse a complex healthcare system, get accurate and up-to-date information, and connect you to vetted local resources.
In-Home Caregiving & Services	Oasis In-Home Care	https://oasiscaregivers.com	Oasis offers personal care, homemaker services, and companion care.
In-Home Caregiving & Services	Village Helpers In-Home Care	https://www.jkv.org/health-services/in-home-care/	Village Helpers can help you remain confident and independent at home by assisting with daily tasks like laundry, cooking, grocery shopping, or sitting with your loved one to give you a reprieve.

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In-Home Caregiving & Services	Respite Care KC	https://respitecarekc.com/	Respite Care KC is a private pay service that provides post-surgical assistance in the home, accessible transportation options, and caregiver respite solutions.
Therapy & Rehab	Yoga Therapy with Shannon	https://yogatherapywithshan.com	Offers personalized sessions that combine traditional yoga practices with therapeutic techniques to address physical, mental, and emotional well-being. Through tailored yoga poses, breathwork, and mindfulness, Shannon helps clients improve their health and find balance in their lives.
Therapy & Rehab	MS Society: Pilates for MS	https://www.msociety.org.uk/living-with-ms/physical-and-mental-health/staying-active/pilates-for-ms	Instructors Beth Svarovska and Ruth Reid worked with Alvina and Simon to create these Pilates videos with you in mind. They're suitable for all levels of mobility.
Therapy & Rehab	MS Society: Yoga for MS	https://www.msociety.org.uk/living-with-ms/physical-and-mental-health/staying-active/yoga-for-ms	Yoga and stretching exercises can help you treat and manage symptoms. This includes gentle stretching exercises that move each joint as far as possible in all directions.
Therapy & Rehab	MidAmerica Rehabilitation Hospital	https://www.encompasshealth.com/locations/mid-america-rehab	When you choose MidAmerica Rehabilitation Hospital for your rehabilitation, you receive compassionate care from an expert team of physical, occupational and speech therapists; physicians; nurses; dietitians; pharmacists and case managers.
Therapy & Rehab	Midwest Integrative Marriage & Family Therapy	https://mwintegrativetherapy.com	Midwest Integrative Marriage and Family Therapy offers therapy services for individuals, couples, and families, utilizing an integrative approach that blends various therapeutic models to address their unique needs and relationship dynamics. Their aim is to help clients improve communication, resolve conflicts, and foster healthier, more fulfilling relationships.
Therapy & Rehab	Ability KC	https://abilitykc.org	Our organization proudly provides a unique, personalized approach to care, serving people of all ages through educational, vocational, and therapeutic services.

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Therapy & Rehab	Enhabit Home Health & Hospice	https://www.ehab.com/	Enhabit Home Health & Hospice provides home health nursing and therapy, as well as hospice services if needed.
Additional MS Resources	Center of Practical Bioethics	https://www.practicalbioethics.org	A program that helps individuals and healthcare providers navigate complex ethical dilemmas in healthcare, particularly when they face difficult decisions about medical treatment, patient care, and end-of-life issues. The program provides guidance and support for patients, families, and healthcare professionals to help them make informed, ethical decisions when they are at a critical crossroads in care.
Additional MS Resources	myMSTeam	https://www.mymsteam.com	MyMSTeam is the social network for those living with multiple sclerosis. Get the emotional support you need from others like you, and gain practical advice and insights on managing treatment or therapies for multiple sclerosis. MyMSTeam is the only social network where you can truly connect, make real friendships, and share daily ups and downs in a judgement-free place.
Additional MS Resources	MyDirectives	https://www.mydirectives.com/	MyDirectives is a website that is free to use and allows you to both create and store advance directive information. Once information is stored, it will also create a wallet card with a QR code that gives any healthcare professional or family member remote access to your advance directive information. Advance directives may include DPOA, Healthcare Treatment Directive, DNR, etc.
Additional MS Resources	KanCare Ombudsman	kancare.ombudsman@ks.gov	The KanCare Ombudsman office can help with answering questions about KanCare, resolve issues with KanCare, interpret letters from KanCare, and provide application, complaint, and appeal assistance for KanCare services.
Additional MS Resources	Meals on Wheels	https://www.mealsonwheelsamerica.org/	Meals on Wheels delivers healthy meals to your home. Individuals who have physical or financial barriers which impact their access to healthy meals may qualify for this program.
Additional MS Resources	Carestreet Senior Living Placement Service	https://www.carestreet.com	Assists with finding the right placement in Independent Living, Assisted Living and Memory Care Locations. Coordinating in-home caregiving to help you stay at home longer. Assisting with complex cases including Skilled Nursing, Long Term Care, Rehabilitation and Hospitalization.

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Additional MS Resources	Care Patrol	https://carepatrol.com/about-carepatrol/	Our local senior advisors will come to your place and sit down with you face to face to take the time to learn about your needs. They provide a "local" view on facilities and resources and will help you in-person when you tour and compare each community.
Additional MS Resources	PACE	https://www.medicare.gov/health-drug-plans/health-plans/your-coverage-options/other-medicare-health-plans/PACE	Program of All-Inclusive Care for the Elderly (PACE) is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility. Covers all Medicare- and Medicaid-covered care and services, and anything else the health care professionals in your PACE team decide you need to improve and maintain your health.
Additional MS Resources	MS Navigator	https://www.nationalmssociety.org/resources/get-support/ms-navigator	MS Navigators are highly skilled, compassionate professionals who help connect you to the information, resources and support needed to move your life with multiple sclerosis forward.
Additional MS Resources	Ready.gov	https://www.ready.gov	Ready is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies and disasters.
Additional MS Resources	Friends of Man	https://friendsofman.org/	At Friends of Man we are a 501(c)(3), non-profit, tax-exempt charity using 100% of donations for charitable assistance.
Additional MS Resources	Accessibility Medical Equipment	https://www.accessibilitymedical.org	Accessibility Medical is able to assist individuals with disabilities of all ages, seniors, those with temporary medical equipment needs, and the organizations who serve them to be able to provide equipment that would otherwise be beyond their reach due to a lack of insurance coverage.
Additional MS Resources	Can Do MS	https://cando-ms.org/	CanDo MS offers a variety of free educational programs and resources to individuals with MS and their carepartners.
Additional MS Resources	Living Spinal	https://livingspinal.com	IntimateRider® Sex Chair for Wheelchair Users
Additional MS Resources	All-Terrain Medical & Mobility LLC	https://www.allterrainmedical.com	The IntimateRider sexual disability aid is designed for users living with limited mobility, whether it's due to spinal cord injury, arthritis, back pain, or other factors.

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Additional MS Resources	Assistance Dogs International	https://assistance dogsinternational.org	Assistance Dogs International, Inc. (ADI) is a worldwide coalition of not-for-profit organizations that train and place Assistance Dogs.
Additional MS Resources	Canine Companions	https://canine.org	Canine Companions is a national organization that enhances the lives of people with disabilities by providing highly trained service dogs at no charge to the recipient.
Additional MS Resources	Aging and Disability Resource Center	https://www.kdads.ks.gov/services-programs/aging-and-disability-resource-center	Helps you find local resources, make care plans, and connect you with publicly funded service programs. provides free online training and tips to all caregivers across Kansas.
Additional MS Resources	LiveWise MS	http://liverisems.org	LiveWiseMS is a unique, trusted resource connecting people living with MS to specific content relevant to their symptoms and conditions.
Additional MS Resources	Nourish	https://www.usenourish.com	Dietitians specializing in Multiple Sclerosis, covered by your insurance. Telehealth sessions from a registered dietitian.
Caregiver Resources	Access Personal Care	https://www.accesspersonalcare.org	Assistance is provided with daily living tasks like cooking, cleaning, and bathing. Plans of care vary depending on the needs of the particular individual.
Caregiver Resources	Sandwiched KC	https://sandwichedkc.com	We are a 501c3 nonprofit helping family caregivers in the Kansas City metro area by providing FREE information and referral, support groups, education, and self-care activities.
Adaptive Clothing	Billy Footwear	https://billyfootwear.com	Billy Footwear incorporates zippers that go along the side of the shoes and around the toe, allowing the upper of each shoe to open and fold over completely. Thus the wearer can place his or her foot onto the shoe footbed unobstructed. Then with a tug on the zipper-pull the shoe closes and secures overtop the user's foot.
Adaptive Clothing	Buck and Buck	https://www.buckandbuck.com	Buck & Buck adaptive clothing is a specialized line of apparel designed with features that make dressing easier for individuals with disabilities, mobility issues, or other physical limitations. These modifications often include easy closures like Velcro or snaps, open backs or sides, and comfortable fabrics to promote independence and dignity in dressing.

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Adaptive Clothing	Magna Ready	https://magnaready.com	MagnaReady is an adaptive clothing brand that designs shirts and other apparel with magnetic closures instead of traditional buttons, making dressing easier for individuals with dexterity issues or limited mobility. Their aim is to provide stylish and functional clothing that promotes independence and dignity.
Adaptive Clothing	Multiple Sclerosis Association of America	https://mymsaa.org/msaa-help/cooling-products/	The MSAA Cooling Distribution Program offers cooling vests and accessories for individuals diagnosed with multiple sclerosis. A cooling vest is a lightweight garment that contains insulated pockets which hold small ice packs that help to cool the body. MSAA provides these products at no charge to individuals with MS who qualify for assistance, and items are shipped directly to the client.
Adaptive Clothing	Cadense	https://cadense.com	Cadense shoes help individuals with multiple sclerosis, particularly those experiencing foot drop, by featuring a unique sole design that allows the foot to slide forward more easily, reducing tripping and promoting a more natural gait. This can increase confidence and reduce fatigue during walking.

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