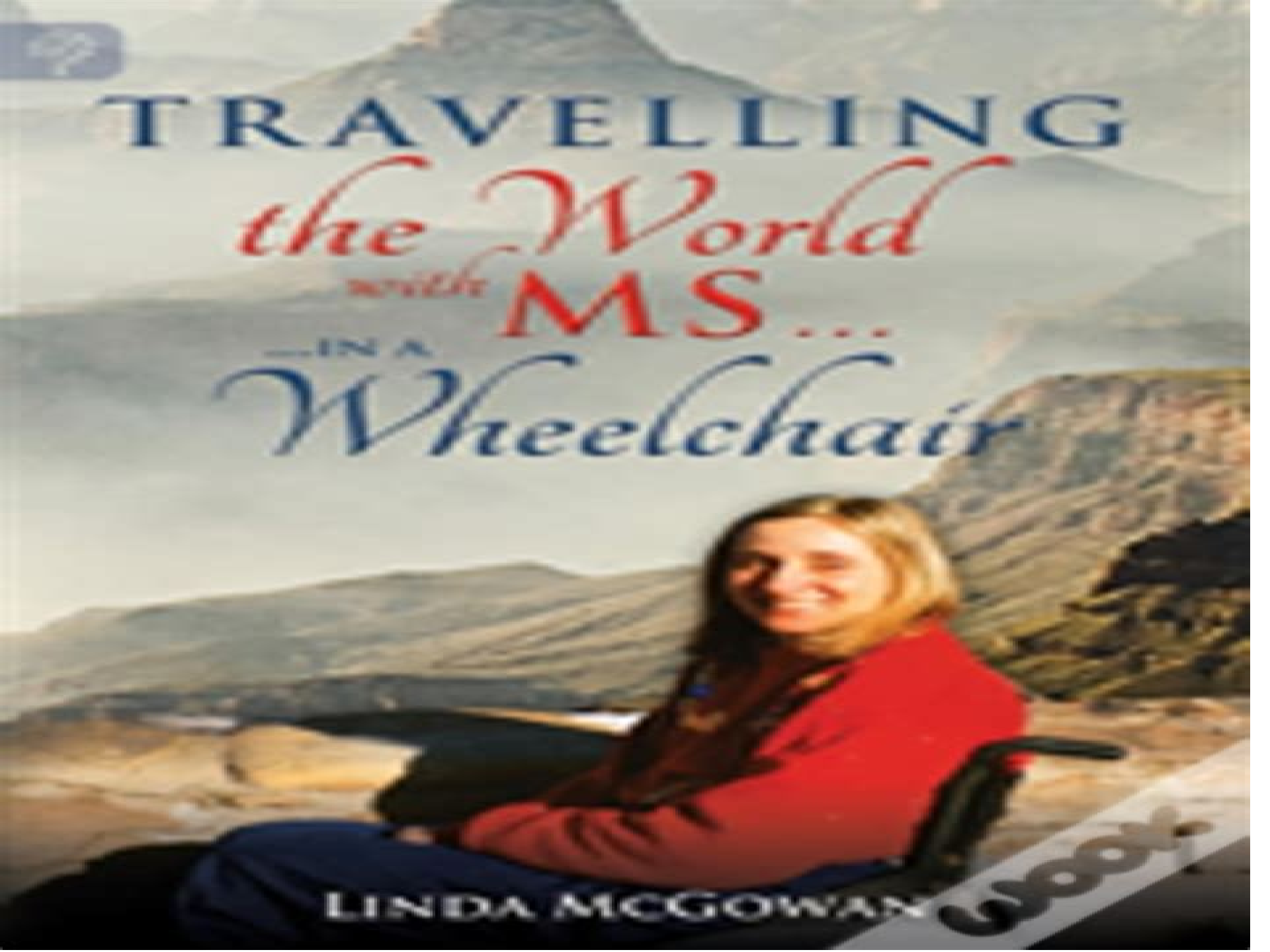


TRAVELLING
the World
with MS...
—IN A
Wheelchair

LINDA MCGOWAN



Travelling The World With Ms In A Wheelchair

World Health Organization



Travelling The World With Ms In A Wheelchair:

Travelling the World with MS... Linda McGowan, 2014-10-15 Since her diagnosis with Multiple Sclerosis in 1983 Linda McGowan has tenaciously pursued her dream of travelling the globe From viewing the top of the world from a basket on the back of a porter at the Annapurna base camp in Nepal to hob knobbing with emperor penguins at the end of the world on the Falkland Islands Linda describes in vivid detail her exploits and colourful encounters while travelling through vastly different countries Using creativity patience and an open mind Linda shows how she conquered unique challenges and enjoyed a plethora of wondrous sights people foods and experiences all from the apparent vulnerability of her wheelchair **What**

Happened to You? Sylvia Longmire, 2021-05-25 One woman Four wheels No limits Between late 2015 and early 2021 award winning accessible travel writer Sylvia Longmire visited 48 countries 34 of those solo 176 cities flew 444 714 miles and spent 522 days away from home all while completely relying on an electric wheelchair for mobility Some call her crazy for traveling alone without the ability to walk while others call her courageous for breaking the many stereotypes associated with disability She just calls herself fortunate to have the opportunity to see so much of the world while her multiple sclerosis slowly progresses But this book isn't just about the sights and landmarks and landscapes Sylvia has seen from Singapore and Sydney to Dublin and Dubai It's also about all the fascinating curious unusual and helpful people she has met along the way and the lessons they've taught her about the world and herself Some of her travel stories are funny some are introspective and others are downright gut wrenching But as you'll read in these pages they serve as the ultimate answer to the most common of questions asked of wheelchair users everywhere What happened to you **Blogging While Disabled** Sylvia

Longmire, 2020-05-18 Do you have a story to tell Do you know a lot about a particular topic Are traditional employment options out of reach because of your disability Then this is the book for you Too many people assume that wheelchair users have little to contribute to the professional world or are unable to work simply because of their disability We know nothing could be further from the truth we just need to be presented with the opportunity In *Blogging While Disabled* I will help you create that opportunity by showing you how to share your message with the world and how to make money doing it One of the best ways to start earning income when your wheelchair keeps you at home is by writing Some people think you have to be the next Ernest Hemingway to start a blog but all you really need is an idea and some motivation This book will help you discover your passion as well as your voice for expressing it You will learn the nuts and bolts of creating a blog from coming up with a name to ideas for blog posts You will also learn strategies for helping potential readers discover you including social media sharing and search engine optimization There are also plenty of links and resources available throughout the book when you're ready to dive deeper into the world of professional writing Award winning accessible travel writer and author Sylvia Longmire has been writing professionally since 2003 and working from home as a full time wheelchair user since 2014 In that time she has developed a highly successful career writing about wheelchair travel disability advocacy and

border security She has also started several successful businesses to create a brand that is now recognized around the world In Blogging While Disabled Sylvia shares everything she s learned that has made her a successful writer who just happens to use a wheelchair

Multiple Sclerosis Institute of Medicine,Board on Neuroscience and Behavioral Health,Committee on Multiple Sclerosis: Current Status and Strategies for the Future,2001-08-10 Multiple sclerosis is a chronic and often disabling disease of the nervous system affecting about 1 million people worldwide Even though it has been known for over a hundred years no cause or cure has yet been discovered but now there is hope New therapies have been shown to slow the disease progress in some patients and the pace of discoveries about the cellular machinery of the brain and spinal cord has accelerated This book presents a comprehensive overview of multiple sclerosis today as researchers seek to understand its processes develop therapies that will slow or halt the disease and perhaps repair damage offer relief for specific symptoms and improve the abilities of MS patients to function in their daily lives The panel reviews existing knowledge and identifies key research questions focusing on Research strategies that have the greatest potential to understand the biological mechanisms of recovery and to translate findings into specific strategies for therapy How people adapt to MS and the research needed to improve the lives of people with MS Management of disease symptoms cognitive impairment depression spasticity vision problems and others The committee also discusses ways to build and financially support the MS research enterprise including a look at challenges inherent in designing clinical trials This book will be important to MS researchers research funders health care advocates for MS research and treatment and interested patients and their families

The View from Down Here Sylvia Longmire,2017-11-22 Where do you want to roll today Accessible travel writer explorer and photographer Sylvia Longmire asks herself this question every day as she lives her very active life from the vantage point of a power wheelchair Despite having been diagnosed with multiple sclerosis MS in 2005 and being completely unable to walk she refuses to let that slow her down With her sense of adventure and camera in hand she and her electric scooter have set out to see what the world has to offer while her body still lets her In most cases it s impossible to truly walk in someone else s shoes But in The View from Down Here you can finally see the world through the eyes of a wheelchair user From the glaciers of Iceland to the ancient ruins of Greece you ll be amazed at what a person with a physical disability can observe and experience today despite all the obstacles that still remain She has captured all the raw emotion of the Western Wall in Jerusalem the soothing sounds of crashing waves in Crete and the patience of an elderly accordion player waiting for tips in Ljubljana After absorbing Sylvia s stunning images from across the globe you ll want to know how you can get there too Sylvia became a full time power wheelchair user in 2014 and while she traveled extensively prior to her diagnosis she only started traveling internationally with her electric scooter in 2016 Refusing to wait for someone to be available to accompany her Sylvia usually travels the world alone She has documented several of her wheelchair accessible destinations in vivid photographic detail in The View from Down Here and also writes about their wheelchair accessibility in her travel blog Spin

the Globe Multiple Sclerosis For Dummies Rosalind Kalb, Barbara Giesser, Kathleen Costello, 2025-02-11 Everyone's MS is different learn the best way to manage yours Multiple sclerosis MS is a chronic unpredictable autoimmune disease that affects millions of people worldwide It poses unique challenges for people with MS and their care partners because the symptoms many of which are invisible to others are so variable from day to day and month to month Multiple Sclerosis For Dummies helps you and your loved ones understand the importance of early treatment and become familiar with all of the latest treatment options and therapies You aren't alone this compassionate guide includes resources for connecting with the right MS care provider building a care team managing your emotions and stress and getting the support you need Plus you'll get tips for making lifestyle choices that help you along your MS path Discover information on the latest diagnostic information treatments and symptom management strategies Learn why it's so important to take care of your mental health and emotional wellbeing as you treat your MS Get pointers for talking to MS care providers and your loved ones advocating for yourself and making decisions alongside your care team Find trustworthy books websites and community resources to expand your knowledge and improve your health Multiple Sclerosis For Dummies is a great starting point for anyone facing a new MS diagnosis or looking for updated information Partners and family members will also learn how to care for themselves while caring for the person they love *International travel and health. Module 2. Environmental health risks* World Health Organization, 2024-07-03 Depending on the health profile of the traveller the type of travel to be undertaken and the place of transit and destination travellers may face various health risks during travel The International travel and health collection serves as an entry point for other World Health Organization WHO publications that provide further information Its primary target audience is travel health practitioners and travel health professionals who provide health advice to travellers on appropriate precautions to be taken to minimize any travel related health risks in unfamiliar environments before during and after travel Module 2 Travellers often experience abrupt and dramatic changes in environmental conditions which may have detrimental effects on their health and well being Travel may involve major changes in altitude temperature and humidity and exposure to microbes animals and insects The negative impact of sudden changes in the environment can be minimized by taking simple precautions *International travel and health. Module 5. Mental, neurological and substance use conditions* World Health Organization, 2024-06-19 Depending on the health profile of the traveller the type of travel to be undertaken and the place of transit and destination travellers may face various health risks during travel The International travel and health collection serves as an entry point for other World Health Organization WHO publications that provide further information Its primary target audience is travel health practitioners and travel health professionals who provide health advice to travellers on appropriate precautions to be taken to minimize any travel related health risks in unfamiliar environments before during and after travel Module 5 lays out the various aspects relevant to mental neurological and substance use MNS conditions that travel health practitioners should be aware of when supporting travellers or people with

these conditions who are considering travelling International travel can be a stressful experience Travellers may face separation from family and familiar social support systems as well as having to adjust to foreign cultures and languages Coping with high levels of stress may result in physical social and psychological problems Changes to the circadian rhythm and sleep deprivation can trigger seizures in people with epilepsy provoke migraine attacks and exacerbate behavioural symptoms in people living with dementia Under the stress of travel pre existing MNS conditions may be exacerbated or become apparent for the first time *International travel and health. Module 1. General health risks and considerations for travellers* World Health Organization,2024-06-26 Depending on the health profile of the traveller the type of travel to be undertaken and the places of transit and destination travellers may face various health risks during travel The International travel and health collection is an update of International travel and health 2012 and serves as an entry point for other World Health Organization WHO publications that provide further information Its primary target audience is travel health practitioners and travel health professionals who provide health advice to travellers on appropriate precautions to be taken to minimize any travel related health risks in unfamiliar environments before during and after travel The guidance may also be helpful to health authorities who intend to support travel health professionals in their jurisdiction or develop travel health advice for their population It may also be of interest to travellers who wish to obtain such information for themselves as well as those working in the travel industry such as agents and organizers airlines and shipping companies Module 1 General health risks and considerations provides an overview of general points that are applicable to any international travel

Chicken Soup for the Soul: Time to Thrive Amy Newmark,Loren Slocum Lahav,2015-05-05 It s time to thrive Whether life s dealt you a setback or you re ready for a positive change this collection of 101 inspiring and empowering stories will motivate you to create balance and more meaning in your life There s nothing like true inspiring stories from real people to encourage you These empowering and uplifting stories by people who have flourished instead of floundered in the face of challenges pursued their dreams and changed their focus and their lives will motivate you to reorient your life and thrive too Great for anyone in need of a boost and inspiration

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