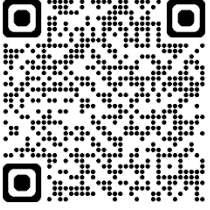


Additional Resources



- **ALS Untangled:** reviews alternative and off label treatments, with the goal of helping people with ALS make more informed decisions about them. Provides a table of evidence for available options with a ranking for them based on how they work and their use in clinical studies, as well as any potential risks.
 - <https://www.alsuntangled.com/>



- **ALS/SLA Canada:** works to improve the lives of people with ALS by providing information through webinars or education sessions, support (such as funding resources), advocating for better care, and investing in research. They also provide opportunities to donate, volunteer, or participate in events.
 - <https://als.ca/>



- **International Alliance of ALS and MND; PALS and CALS support:** provides information on research, drugs in use and in development, current clinical care, and resources/information on how to engage in advocacy in the ALS/MND community.
 - <https://www.als-mnd.org/support-for-pals-cals/>



- **Navigating life changing diagnosis:** a guide for how to navigate your diagnosis and some coping strategies.
 - <https://waitingroomrevolution.com/>



- **Families and ALS:** a guide for supporting children/youth of the person with ALS. Provides information on the diagnosis, timeline, quotes from families living with a person with ALS, and coping strategies for the family.
 - https://www.als.org/sites/default/files/2024-06/Families%20and%20ALS%20Resource%20Guide_Final_2024.pdf



- **ALS:** provides information about ALS and the diagnosis, resources and support for the affected individual, a guide for the newly diagnosed, support options, and information about charities donating to research in search of a cure.
 - <https://www.als.org/>



- **Les Turner ALS Foundation:** includes information about ALS and different charities/organizations in search of a cure for ALS. Provides a multitude of education modules for ALS including breathing, mobility, caregiving, genetics, etc. Also provides links to events in support of ALS research.
 - <https://lesturnerals.org/>



- **Your ALS Guide:** find trusted information, practical tips, educational videos, expert advice, helpful resources, and more. Their goal is to improve the quality of life of people with ALS and their families. Subjects of information include equipment needs, diagnosis details, self care, etc. There are also support groups and services linked on the website.
 - <https://www.youralsguide.com/>



- **Coping With Grief Strategies for People Living with ALS:** a resource for the grieving process, learning to cope, dealing with feelings, helping others grieve, and readjustment
 - <https://als.ca/wp-content/uploads/2024/01/Coping-with-Grief-Manual-English.pdf>



- **ALS Guide:** divided into 7 sections such as about ALS, after the diagnosis, living with ALS, for caregivers, and research and ALS.
 - <https://als.ca/wp-content/uploads/2024/01/ALS-guide-ON-EN-WEB.pdf>