



Managing Relationships with Muscular Dystrophy

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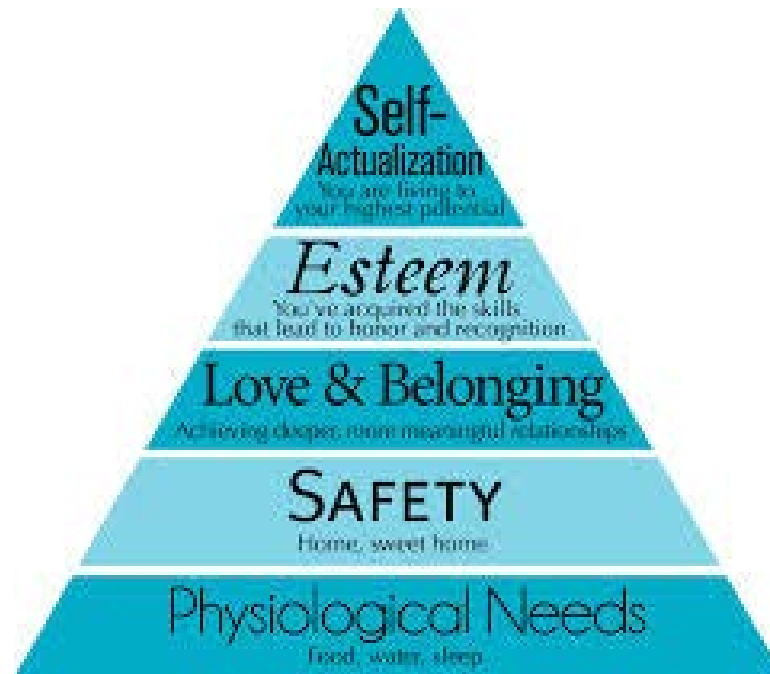
Disclaimer



Why are we talking about this?

- A. Because science is hard and I need a break
- B. Because someone has to go before lunch
- C. Because my family/child/friend/spouse/partner is driving me crazy and I want to know how to fix them

Relationships matter





People

- Anger
- Denial
- Guilt
- Fear
- Isolation
- Grief
- Uncertainty of future
- Nervousness

Challenges
associated with
MD

- Parenting
- Housekeeping
- Financial Issues
- Sexual issues
- Life planning

Practical Considerations with MD

Let's make it more complicated...

- Things are constantly changing
- Life is uncertain
- Differing perspectives



Personal Policies...



Powerful Patient Policies



Superb Supporter Strategies



Pull my weight*



Carrying the burden



Thankful

“We must find time to
STOP & THANK
the people who make
a difference
in our lives”

—John F. Kennedy



Praising





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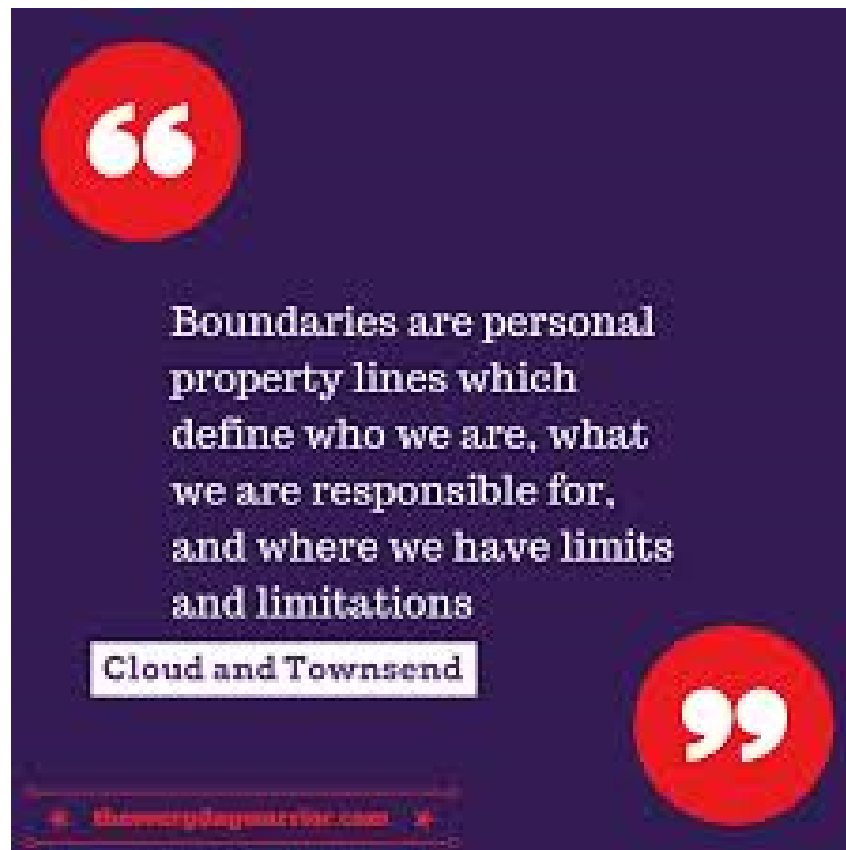
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Understanding

DO YOU UNDERSTAND?

<p>YES! I can explain it.</p> 	<p>I MIGHT NEED MORE HELP.</p> 
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Boundaries



Education



Get Help



Socialization



Recharge



Humor

“Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation might be, you can survive.”

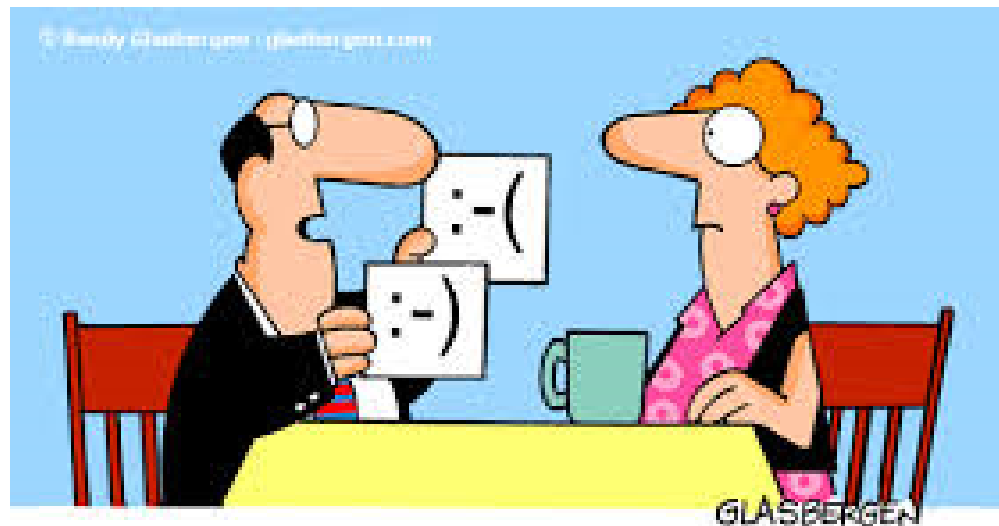
Bill Cosby

stepbullying.com

Healthy



Communication



“You always complain that I don’t know how to show my emotions, so I made these signs.”

TA

- PARENT

- ADULT

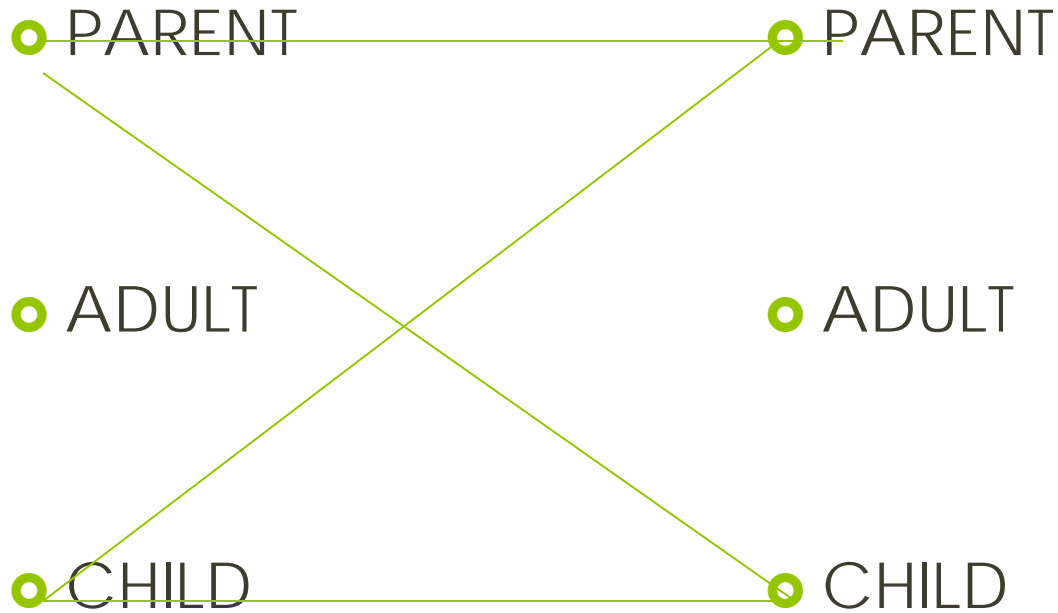
- CHILD

- PARENT

- ADULT

- CHILD

TA



TA

○ PARENT

○ PARENT

○ ADULT _____ ○ ADULT

○ CHILD

○ CHILD

I feel _____

feeling word

when you _____

specific action

Because _____

short reason



In Conclusion...