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
- 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

TEAMWORK
MAKES THE
DREAMWORK
Thankful

“We must find time to stop & thank the people who make a difference in our lives”
—John F. Kennedy
Praising
Understanding

DO YOU UNDERSTAND?

YES!
I can explain it.

I might need more help.
Boundaries

Boundaries are personal property lines which define who we are, what we are responsible for, and where we have limits and limitations.

Cloud and Townsend
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*
Healthy Lifestyle

- Eat more fruits
- Exercise
- Drink more water
- Read inspirational books
- Meditation
- Walk more
- Eat well
- Peace of mind
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

- PARENT

- ADULT

- CHILD
TA

- PARENT
- ADULT
- CHILD

- PARENT
- ADULT
- CHILD
I feel ____________

feeling word

when you ____________

specific action

Because ____________

short reason
In Conclusion…