# 5 Gift Ideas for Loved Ones With MS

by ERICA WILSON

## Gifts for People With MS

There is always an occasion to give gifts for people with MS: birthdays, anniversaries, Christmas, or just because. The list of reasons to give a gift is endless. However, it can be stressful trying to find the perfect gift.

What do you give someone who has everything, including multiple sclerosis (MS)? Let's get creative. Here are five ideas for gifts for people with MS.

### A Basket of Necessities and Niceties

My favorite gift to give (and receive) is a basket full of niceties.

The first time I did this it was for a baby shower. I did not have a lot of money at the time, so I headed to the local one-stop discount shop. After wandering the aisles for quite some time, the idea hit me to purchase a basket and fill it with items that the new mom would need for her baby.

I found a little wicker basket that was cute but could also be used as a laundry basket for baby clothes. I grabbed a baby bath, wash cloths, a hooded towel, nail clippers, a thermometer, but I also added bubble bath and fun stuff for mom as well.

The same could be done for your friend or family member with MS. Items like grabbers to grasp and hold on to items that are out of reach, candles, gloves in the winter (because for me, my hands are the only things that feel true weather change), a clip-on fan, and so on. Get creative and have fun!

### Books

As an avid reader, I would love to receive a book as a gift, or a gift card for a book, or even an e-book for my Kindle. You may find out ahead of time if your person has limitations.

For instance, as much as I love holding a "real" book and smelling the pages with each turn, my hands rarely cooperate. Most days, I have a difficult time grasping the pages and turning them. I've found that having my Kindle handy keeps my hands happy. Turning the page is as easy as tapping the screen.

I can still enjoy my favorite pastime, and not have to fight with the precious pages or worry about the hand fatigue and pain I sometimes experience while holding a bound book.

### Home Delivery Service

The times that I have been home bound by MS have been difficult to say the least. One of those times I used a grocery delivery service and it was a life saver.

The one I chose had a minimal annual fee and offered free delivery for orders over $35. Once you download the app, you have the option of typing exactly what you need into the search bar, or virtually going up and down every aisle. It is super fun and the shoppers are incredibly sweet and helpful. I love that if what you order is not available, your shopper can contact you about substituting, complete with pictures of your choices.

Giving this service as a gift to your person would be a great idea, especially if they have mobility issues or can no longer drive. There are several from to choose from and they are available online.

**Amazon**

Speaking of home delivery, you can also consider gifting something from Amazon. If you are not sure what exactly to get, an Amazon gift card is always a safe choice. Amazon gift cards can be found at grocery stores, pharmacies, or your favorite discount store.

Or, if you know your loved one already orders a lot of items online, you could gift them an Amazon Prime subscription. That way, they never have to worry about delivery fees, and their orders will arrive in a timely manner.

**Time**

One of my love languages is quality time. It is a gift I like to give and receive freely. Instead of giving something physical, let your person and let them know you want to spend time with them.

You can go for a walk in the park, go out to eat or grab a coffee, or go for a drive. Many of us with MS are not able to get out of the house very often, especially on our own. Some days, we are so exhausted from just breathing that we can't leave the house.

A phone call or a simple text that says you are thinking of us goes a long way. Giving the gift of your time is priceless and appreciated beyond measure.

**Final Takeaway**

Many times, especially around the holidays, gift-giving becomes a stressful task instead of the heartfelt gesture that it is meant to be. Something that often goes through my head when I want to share love with someone is "keep it simple sweetie" (KISS).

Simplicity is the key to happiness, love, kindness and life. It is a lesson many of us learn when MS drops anchor in our lives. Material things that once meant so much are suddenly insignificant in the face of debilitation.

Remember your loved ones often, and when the occasion arises to give, just keep it simple.