



ALS care can be financially stressful. We can help you through it.

Money can be stressful.

We know that thinking about and planning for expenses can be stressful – and it can become even more difficult when you’re facing the expensive realities of ALS. It is estimated that ALS can cost between \$65,000-\$200,000 a year. There are many variables that affect the cost of care, so it is important to explore all resources, and plan ahead as much as possible.





We've got you covered -- we're going to outline the must-know-about resources in this email.

Disability benefits: What they are and when to get them.

Social Security Disability Insurance, or [SSDI](#), exists to provide financial assistance to people with disabilities. To qualify for SSDI benefits, you must have worked long enough and often enough in a job where you paid into the Social Security system. Learn more about SSDI benefits and ALS [here](#).

If you don't qualify for SSDI based on your work history, we're still here for you. There may be some [other options](#) for you to consider including [Supplemental Security Income](#) (SSI) and exploring benefits for family members or people without the required work history. Learn more about this [here](#).

What about Medicare?

While SSDI benefits can provide you with a monthly check, Medicare benefits can help you pay for medical care and equipment. While Medicare is a type of health insurance and SSDI is a form of financial assistance, they share a qualification process. This means that if you apply for SSDI and are accepted, you also will qualify for Medicare benefits -- regardless of your age.

There are different parts of Medicare coverage, and it's important to determine which Medicare plans and parts make the most sense for you. Heads up: if you have private insurance, take time to understand how it will work with Medicare before applying. We know this can be confusing -- reach out to our [ALS Support Team](#) if you need support with this!

For those who are veterans.

As a veteran, it's important to know that an ALS diagnosis likely qualifies you for 100% disability and compensation from the Veterans Administration (VA) as long as you completed 90 continuous days of active duty, regardless of your branch of service or the duties you performed.

The quickest and easiest way to apply for VA benefits is through your nearest Paralyzed Veterans of America (PVA) representative. Learn more about navigating benefits within the VA system [here](#).



Accessing financial assistance.

Living with ALS can quickly get expensive -- from paying for medications and purchasing equipment to making changes to your home and getting home healthcare. There are organizations that can help you with some of the costs of care. Learn more [here](#) or contact [our ALS Support Team](#) for help with accessing financial assistance.

Adapting to living with ALS.

ALS comes with a steep learning curve, and learning to adapt to it can feel overwhelming. Staying ahead, or even alongside, the curve can feel like a challenge when you're not quite sure where to even start. What are ways to maintain independence with adaptive utensils and clothing? What devices can support breathing, and when do you need one? Which equipment can support your mobility? What tools and devices can help you continue to communicate if you have trouble speaking? Head to our [Online Resource Center](#) for information and resources to help answer these questions and the gazillion others that come with learning to adapt to life with ALS. You can explore the information at your own pace to prevent feeling overwhelmed.

Looking ahead.

Navigating the uncertainties of ALS and [taking care of yourself](#) can feel challenging and overwhelming, and we want to support you in living your fullest life.

Perhaps you're experiencing anxiety or moments of panic.

While we wish we could take away these feelings, know that these are normal responses when dealing with ALS.

We're here for you if you need some help processing everything going on around you.

Connecting with others who have been personally impacted by ALS can be helpful in building a community of support. If you'd like to connect with someone who has a

similar connection to ALS for knowledge-sharing and support, request to connect with a peer mentor [here](#).



We. Are. Here. For. You.

Connect with an ALS Support Specialist to get personalized support through every step of ALS.

[Request assistance online](#) at any time or call us at 866-942-6257 9am-5pm CST Monday to Friday. We're sorry you're here with us, but honored to support you.

Peer Support

It can often be helpful to connect with someone who has a similar experience or connection to ALS as you. Our Peer Support Initiative is designed to help you connect and get support from someone who can relate to your experience. Learn more about this program, and how to connect with a trained peer mentor [here](#).

In case you missed it: Part 1 and Part 2 of this email series are available [here](#).



I AM ALS is a patient-led community that provides critical support and resources to patients, caregivers and loved ones. It empowers advocates to raise mainstream awareness and lead

the revolution against ALS in driving the development of cures.
Learn more at iamals.org.

I AM ALS



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