

# **30 Gift Ideas That Keep MS in Mind**



**Coming up with gift ideas can stump even the most seasoned gift-giver - throw multiple sclerosis in the mix, and you might find yourself second guessing if what you got is something they'll use and enjoy.**

Don't fret! We're sharing some gift ideas and favorite items from the MS community to help you buy the perfect holiday gift for the person in your life living with MS.

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## **Healthy Mind**

Stress can exacerbate MS symptoms. A healthy mind is essential to overall wellness, and if your loved one enjoys complementary measures to destress, unwind and de-clutter their mind (or wants to start), these gifts are perfect.

- Journal (tip: personalize it with their initials/name)
- Meditation app subscription like **[Calm](#)**

- Himalayan sea salt lamp
- Massage gift card

## A Helping Hand

Sometimes we need an extra helping hand for everyday tasks. Shortcuts can make everyday tasks easier for someone experiencing MS symptoms like numbness, fatigue or vision issues.



- Kitchen gadgets that cut out prep work (like a [mini food processor](#))
- Remote controlled lights – either by [phone](#) (there are also lights that can link to smart speakers like Amazon Alexa) or an [actual remote](#)
- Robot vacuum
- [Adaptive grips](#)
- A gift card to a local cleaning service
- Small outdoor table for easy access to deliveries

## Bring Joy to Their Doorstep



Does your friend love makeup? Is your dad a connoisseur of smoked meats? Purchase a subscription box so their favorite things show up right at their doorstep. There are subscription boxes for everything these days, including:

- [Meal kits](#)
- [Coffee](#) or [tea](#)

- [STEM projects for kids](#)

## Make Fatigue Days a Cozy Endeavor

Fatigue can sometimes get the best of us, so help make it as comfortable as possible!

- E-book readers like [Kindle](#) are light and can change font sizes to accommodate for vision problems
- Audio book gift card
- Compression socks
- Cooling blankets/sheets
- Leg massaging boots to help circulation
- Weighted blanket
- Gadgets that prop [tablets](#) and [laptops](#)

## Body Double

Sometimes the best gift is an act of service. Gift your loved one with a little “coupon” book of IOU favors (create your own or [use templates](#)). Here are some ideas:

- Pick up groceries
- Babysit
- Help with pet care
- Snow removal



- Lawn service

## Stay Active

Exercise is helpful in managing many MS symptoms. And with the colder months, help others stay active and strong.

- Yoga mat
- Wrist weights
- [Putty for hand strength](#)
- Resistance bands

- Peddler
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Editor's Note: The products and ideas linked above are examples and are not endorsed by the National MS Society.

Read about the [\*\*best gifts the MS community has received\*\*](#) through the years.

This blog was originally published on December 1, 2020 and updated on November 29, 2022.