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### Welcome to The Spastic Paraplegia Foundation (SPF)

**There is lots of great information about HSP & PLS on the SPF website:** [**sp-foundation.org**](http://sp-foundation.org/?fbclid=IwAR1iLTFCmJXaV_mBnfjZWL_J1tG-GVj1FuahOLldZ-uwW5QKj4bCySG8eRo)

In the [**HSP**](https://sp-foundation.org/understanding-pls-hsp/) **& PLS** section, you will find information about each disease, the *‘Differences’*, *‘Heredity & Genetics’*, and *‘Treatments and Therapies’*.

The [**Get Involved**](https://sp-foundation.org/get-involved/)section is probably the most frequented part of the website. *‘Donate Here’* helps raise money for SPF. The primary goal of SPF is to raise money to find a cure and 97% of donations go toward funding research. There are many ways to donate directly or other ways like *Planned Giving*, creating a fundraiser to get family and friends involved and more.

There are in-person and virtual ways to participate under *‘Events’* which are in an ‘*Events Calendar’*. There are also yearly events: ‘*Annual Conference’, ‘Awareness Week’*, and more. There is also a ‘*SPF Store’* where there are lots of different items you can purchase to show your support for HSP, PLS or SPF.

Under ‘*Ambassadors*’, you can volunteer to help others with HSP/ PLS. There is information on *‘Support Groups’ and ‘How to Help’*. Plus, you can *Volunteer on a Committee*, find information on ‘*SPF Kids & Youth’*, or ‘*SPF Talks’* which discusses a variety of topics of interest over Zoom.

The section called [**Resources**](https://sp-foundation.org/news-resources/) contains a great deal of useful information. Here you can *‘Register/Update with SPF’*. There are also informational booklets on HSP & PLS which can be printed and given to family members to help them better understand your situation and a glossary of medical terms. Under *‘Directories’,* you can find an ambassador or see lists of Physician/Clinics and Physical Therapists in your area. You will also find our *‘Newsletters’* (*Synapse and Spastic World, ‘Self-help Guides’*, and *‘Government Aid & Charity Programs’*.

[**Research**](https://sp-foundation.org/what_we_do/)contains current and past ‘*Research Grants’* that the SPF has funded with donations, *‘Current Studies Seeking Participants’*, ‘*SP-COE’* (Spastic Paraplegia – Centers of Excellence) which is the most exciting and newest step forward for HSP/PLS, plus *‘Genetic Testing and International Organizations’*, patient registry information, and a section for investigators to submit a research proposal.

In [**The**](https://sp-foundation.org/who_we_are/) **Foundation**section,you will learn about SPF and its history. You will also meet the *‘Board of Directors’*, learn about the *‘Science Advisory Board’*, and find *‘Corporate Documents’*.

The last section is **Media** which has ‘*Public Service Announcements’* about the latest updates and news.

If there is still something you would like to find just type it in the SEARCH 🔍 area on the top of all pages or contact your SPF Ambassador.

Again, WELCOME to SPF. Please reach out to us anytime and join in our discussion and fundraising events.