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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 93% of donations go toward funding research. There are many ways to donate: create a fundraiser, use Amazon Smile to shop online, schedule a monthly monetary gift 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. In the *‘SPF Store’* there are lots of different items to choose from along with a variety of logo designs. Under ‘*Be an* *Ambassador*’, you can volunteer to help others with HSP or PLS. Plus, there is information on *‘Support Groups’ and ‘How to Help’*.

The section called [**Resources**](https://sp-foundation.org/news-resources/) contains a great deal of useful information. Here you can *‘Register/Update with SPF for FREE’*. There are 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 contact an Ambassador or see lists of Physician/Clinics and Physical Therapists. You will also find information on our *‘Newsletters’* (***Synapse*** *and* ***Spastic World)***, *‘HSP Forum’, ‘Self-help Guides’*, *‘Government Aid & Charity Programs’*, and *‘Special Offers’*.

[**Research**](https://sp-foundation.org/what_we_do/)contains a description of SPF’s mission, *‘Research Impact’*, *‘Current Studies Seeking Participants’*, *‘Genetic Testing and International Organizations’*, patient registry information, and submitting 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’*.

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 a SPF Ambassador.

**You are no longer alone in this fight!**