

Building Accessible Homes for ALS Patients: Matt's Place Foundation

THERESA WILD

MATT WILD

Podcast Companion Document



ABOUT MATT WILD

In 2015, Matthew Wild, a 41-year-old former U.S. Marine, began experiencing strange feelings in his hands and arms, showing signs of muscle deterioration. Nearly a year of diet change and healthy eating had not alleviated his symptoms. In February 2015, a neurologist confirmed the initial diagnosis that Matt has Amyotrophic Lateral Sclerosis (ALS), commonly known as Lou Gehrig's Disease. As a former Marine who revels in the challenge of a seemingly impossible task, Matt wanted to be an inspiration for others battling ALS. Soon after his diagnosis, Matt came up with a slogan: "Uncrushable Spirit."

BACKGROUND

Matt and his wife, Theresa, started Matt's Place Foundation just after diagnosis and have since helped raise awareness of ALS, and create support for PALS (people with ALS) and CALS (caretakers for ALS).

ALS Definition: a disease in which neuron cells in the brain and spinal cord slowly deteriorate. Over time, ALS destroys the ability to; walk, speak, eat, swallow, and breathe.

In this episode, Theresa talks about the needs and strategies to make homes more accessible for progressive diseases or ageing in place, as well as their own experiences with ALS.

WHERE TO LEARN MORE

To learn more about what was discussed in this episode of the Building HEROes Podcast, please use these additional resources.

- [Matt's Story](#)
- [Hope & Housing Youtube Series](#)
- [Donate here!](#) →



IMPORTANT TIMESTAMPS

0m10s: Introductions.

0m38s: Matt's story.

09m45s: Uncrushable Spirit.

13m30s: Research and progression of ALS.

17m00s: Housing needs for living with ALS.

26m00s: The development of Matt's Place homes.

35m00s: Help and hope for PALS.

42m14s: Closing comments from Theresa Wild.

