



# Ataxia Online

Chatting and sharing online can be a great way for people with ataxia to keep in touch and get support. There are a number of websites and online groups that may be of interest.

## Online communities

- Ataxia UK has its own vibrant online community with Health Unlocked. It's a place for people with ataxia to ask and answer questions, share experiences and take part in relevant polls. To register, go to the sign up page and follow the instructions: <https://ataxiuk.healthunlocked.com/join>
- Another popular site is [www.livingwithataxia.org](http://www.livingwithataxia.org), an online community for people affected by ataxia.

## Personal websites

There are people with ataxia run their own websites, including:

- Kyle Bryant <http://kyleabryant.com/>
- Justin Scrimaglia <http://jdscrim.blogspot.co.uk/>

## Other social media

Social media is a great resource for finding people with ataxia and relevant information:

- Join our Facebook group: <https://www.facebook.com/ataxiuk>
- Find us on Twitter, here: <https://twitter.com/#!/AtaxiaUK>.
- There is also private Facebook groups specifically for parents of children with ataxia, parents with ataxia, and spouses of people with ataxia. To join, send a request through the main Ataxia UK Facebook page.
- We are also now on Instagram: the photo sharing app. You can follow us at: @ATAXIA\_UK

Ataxia UK, 12 Broadbent Close, London N6 5JW  
Office 020 7582 1444 Helpline 0800 995 6037 [office@ataxia.org.uk](mailto:office@ataxia.org.uk) [www.ataxia.org.uk](http://www.ataxia.org.uk)  
Co-chairs: Richard Brown and William Littleboy Chief Executive: Sue Millman  
Patrons: Kim Wilde Dom Joly Paul Coia Prof Bob Williamson Jamie Raven James Moore  
Ataxia UK is a Charity registered in Scotland (SC040607) & England & Wales (1102391); & Limited Company (4974832)

*Disclaimer: This leaflet is for information purposes only and, while every care is taken to ensure its accuracy, no guarantee of accuracy can be given. Individual medical advice should be sought before taking or refraining from taking any action based on the information contained in this leaflet and nothing should be construed as medical advice given by Ataxia UK or any of its officers, trustees or employees. No person shall have any claim of any nature whatsoever arising out of or in connection with the contents of this leaflet against Ataxia UK or any of its officers, trustees or employees.*