



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, 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

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