

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.



A PATH THROUGH PARKINSON'S

A self-management programme for people with Parkinson's, partners and carers.

A Path through Parkinson's is a self-management programme designed to help you think about and plan how to navigate your life with Parkinson's.

Each self-management group brings together 8 to 12 people with Parkinson's, partners and carers. Groups meet locally for six sessions of discussion, activity and self-reflection.

All sessions are led by trained volunteer facilitators with first-hand experience of Parkinson's. The programme is free to attend, but you must book a place in advance.

The aim is to share experiences and discuss the practical and emotional impact of Parkinson's.

People tell us that as a result of attending they feel armed with information and knowledge, and more confident, positive, in control and able to move forward. By meeting others, people also feel less alone.

Participants also gain greater self-awareness and insight and a personal action plan for doing specific things, such as exercise, hobbies and therapeutic activities. Talking in the group can also improve speech.

It differs from the valuable support provided by our branches and local support groups by offering a time-limited, structured and facilitated chance to talk through some of the bigger questions about life with Parkinson's.

Find out more

For more information on the programme, including dates and locations, please visit **parkinsons.org.uk/selfmanagement**

If you have any questions or want to register your interest, please email **selfmanagement@parkinsons.org.uk** or call **020 7963 3924**.



Self-management is about you taking control, as best you're able, and adapting to having Parkinson's in your family. I'm not a victim of Parkinson's, I'm a survivor of Parkinson's.”

