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Parkinson Disease Self Management Group



Grant Edwards

Manager

Paradise & Eastern Community Services



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Group Aims

- Increase the participants efficacy as a self-manager.
- Increase the participants confidence and enjoyment in undertaking physical activity.
- Maintain the participants ability to undertake activities of daily living.
- Increase the participants feeling of well being.
- Managing emotion and relationships
- Understanding and implementing the Kingston approach.





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Block Structure

Assessment	Suitability, PDQ39, Problem statement and Goal setting including scoring.
Week 1	Introductions.
Weeks 2-9	Exercise and education.
Week 10	Feedback.
Review	PDQ 39, Problem and Goal reviews including scores.



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Session Structure

- Exercise
- Action planning
- Education with a multidisciplinary focus.

Focus

- Motivational
- Engaging
- Peer support





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Exercise

We use a wide variety of exercise

- ChiBall TM
- Resistant bands
- Free weights
- Tai Chi
- Balance
- Music and rhythm
- Stretching
- Wii Fit
- Gym equipment
- Home exercises





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Notes from Judy

The role of the leader is to teach participants to understand the body whilst involving the mind. Exercises are based on Pilates principles including function, core stability and pelvic floor.

“The group is sharing experiences they find challenging and addressing them in exercise.”



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Education

Knowledge	Medication, mobility, progression.
Involvement	Medical jargon, communication/ medication timing
Care plan	Action planning, goal setting and problem solving.
Monitor & Respond	Activity of daily living, bodily discomfort, communication, wearing off, dyskinesia, dystonia.
Impact	Cognitive impairment, emotional well being, stigma.
Lifestyle	Social support, physical activity



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Block review

Review of previous block

1. Participant feedback
(We are looking using at PIH style)
2. Participants needs
3. Including KIC MR IL Audit
4. PDCA cycle





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