

Are You Recently Diagnosed with Parkinson's?

Join an innovative program designed to help you manage PD and improve quality of life.

PF Parkinson's Self-Efficacy Learning Forum (PD SELF)

*"PD SELF taught me that I am a player in my life, not a passive bystander."
~participant*

What is PD SELF? A national pilot program of the Parkinson's Foundation that provides people with Parkinson's with an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence.

Who is eligible? People with Parkinson's and their care partners within three years of diagnosis who can commit to a nine-session program.

What is self-efficacy? The ability to have influence over the conditions that affect our lives. A scientifically-based approach that is effective in helping people with Parkinson's to develop the motivation and skills to manage PD.

Who delivers the program? A health care professional and a person with Parkinson's both trained in the application of self-efficacy for Parkinson's.

How often does it meet? Beginning fall 2017, once a month for two-and-a-half hours. The program lasts nine months. There is no cost to attend. Space is limited.

To learn more about PD SELF, contact Team Leaders Lynn Klanchar R.N., M.S, and Fred Woodlief III, D.D.S., at (804) 675-6952 or rvapdself@gmail.com.

Parkinson's Foundation

PD SELF is a National Pilot Program of the Parkinson's Foundation.