

## Frequently Asked Questions (FAQ)

### PD SELF 2018-2019

#### Parkinson's Disease Self-Efficacy Learning Forum (PD SELF) Richmond, Virginia

#### WHAT IS PD SELF?

PD SELF stands for Parkinson's Disease Self Efficacy Learning Forum. PD SELF is a national pilot program of the Parkinson's Foundation (PF) designed to provide people with Parkinson's disease (PD) an in-depth understanding of the disease and self-efficacy tools to manage PD with confidence. PD SELF was developed in 2013 by Diane Cook as part of a clinical trial sponsored by the Colorado Neurological Institute in Denver, CO. The 2018-2019 season will be the third time PD SELF is offered in Richmond, VA.

#### WHAT IS SELF-EFFICACY?

Self-efficacy is a scientifically-based approach that is effective in helping people with Parkinson's to develop the motivation and skills to manage PD. Self-efficacy can be defined as the ability to have influence over the conditions that affect our lives.

#### WHAT ARE THE OBJECTIVES?

There are two main objectives:

- To provide the newly diagnosed person with a PD-specific approach to self-efficacy that, together with the requisite understanding of PD, and how their disease progresses, will give them the best chance of using self-efficacy.
- To improve the quality of life over time for people with Parkinson's and possibly even change the trajectory of their disease.

#### WHO IS ELIGIBLE?

People with Parkinson's disease (PwP):

- Newly diagnosed - within 3 years of diagnosis
- Who can commit to attending a 9 session course over 8 months
- Spouses/care partners may enroll as well (if the PwP is enrolled)

Potential candidates for PD SELF should meet these criteria:

- Recent diagnosis of Parkinson's disease – diagnosed in 2015 or later
- Enjoys learning, interested in improving the quality of their life
- Ability to actively engage in group activities and discussions
- Can commit to attending at least 80% of the 9 sessions
- Have an email and the ability to conduct email correspondence
- Live in Richmond/Central Virginia area - course location is near Short Pump
- No limiting co-morbidities (additional illnesses or conditions that might prevent full participation in the program)

## HOW OFTEN AND WHEN DOES IT MEET?

The program has 9 sessions spread over 8 months. The group meets face to face for 3 hours each session from 9am – 12noon. PD SELF will meet the 2<sup>nd</sup> Monday of month.

Dates in 2018:

- #1 – Sept 10
- #2 – Oct 8
- #3 – Nov 12
- #4 – Dec 10

Dates in 2019:

- #5 – Jan 14
- #6 – Feb 11
- #7 – Mar 11
- #8 – Apr 8
- #9 – Apr 29

We will communicate by email regarding the course in the case of inclement weather. If area schools are closed, the course would likely be rescheduled.

## WHERE WILL IT BE HELD?

PD SELF will be held near Short Pump Mall in Henrico, VA

## HOW MANY PEOPLE WILL ATTEND?

We are recruiting 15-20 newly diagnosed people with Parkinson's (PwP) for this course. PD SELF will function as a closed, cohort group. This means the group will start and end together as a unit and no new members will be added. Spouses and care partners are encouraged to attend with the PwP.

## HOW DO I APPLY?

People with Parkinson's should send an email to: [rvapdself@gmail.com](mailto:rvapdself@gmail.com)

Please provide your name, address, and phone number, and a short explanation about why you are interested in the course. One or both of the co-leaders will contact interested individuals and interview potential participants. Please apply no later than August 31, 2018

## IS THERE A COST?

There is no cost to attend. Participants may want to contribute to a fund to have snacks and beverages at each session, or to provide a donation to the facility that hosts the group.

## WHAT WILL I LEARN?

These skills will be taught and practiced by participants throughout the course:

- Journaling
- Goal setting
- Self-monitoring
- Language of Parkinson's
- Questioning
- Reframing
- Problem solving
- Tenacity
- Overcoming obstacles
- Realistic optimism
- Evaluating options
- Managing negative emotions
- Handling stress
- Interpreting medical news
- Resilience

Nine monthly session topics (several taught by local medical professionals):

1. Adjusting to Parkinson's Disease
2. Introduction to and Acquiring Self-Efficacy
3. Benefiting from Exercise & Neuroplasticity
4. Understanding PD Medications & Treatments
5. Understanding Non-motor Symptoms
6. Building Your Personal Health Care Network
7. Strengthening the Relationship Between PWP and Care Partner
8. Research and Moving Forward
9. Bonus Material, Alternative Medicine

### **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. In Richmond, VA, the course will be co-led by:

- Fred P. Woodlief III, DDS. He received his undergraduate degree at The College of William and Mary. Following a career in family & cosmetic dentistry and as a clinical professor at Medical College of Virginia, Fred now volunteers his time in the community and as a PD advocate. Fred was diagnosed with PD in 2006 at age 56. He is a member of the Richmond Movers and Shakers, a local group of PD patients who have raised over \$5 million towards bringing a movement disorder program to VCU. Dr. Woodlief has served in the past as the co-chair of the PDF People with Parkinson's Advisory Council (PPAC) and he is a trained advocate for PDF Parkinson's Advocates in Research (PAIR). He has been co-facilitator of PD SELF Richmond for the past two years.
- Robert Hand, PT, DPT, NCS, MSCS. Bobby is a board certified clinical specialist in neurologic physical therapy at Sheltering Arms Hanover Neurologic Outpatient in Mechanicsville. He is the clinical leader of their Parkinson's disease program, and provides care for patients living with stroke, spinal cord injury, and movement disorders. Bobby is also certified in LSVT BIG and PWR! Moves for people with PD. He received his BS degree in Biology at York College of Pennsylvania and his Doctorate of Physical Therapy from University of the Sciences in Philadelphia.

### **HAVE MORE QUESTIONS?**

Write an email to [rvapdself@gmail.com](mailto:rvapdself@gmail.com) or contact Fred Woodlief at (757) 871-1383.