

## Rehabilitation Unit

# Newly diagnosed self-management programme for Parkinson's

### What is lifestyle management?

The lifestyle management programme is designed to support people who are living with Parkinson's. The programme helps people gain control over their situation by making use of and building on an understanding of movement, coping, and recovery strategies. The course aims to boost confidence and self esteem by acknowledging and celebrating the small successes participants achieve on the way.

The course is supported by physiotherapy, occupational therapy staff and Parkinson's Nurse Specialist. The 8-week programme consists of group sessions lasting 2½ hours. These sessions involve movement strategy training, therapeutic relaxation, and discussion.

### Would lifestyle management suit you?

Before the course begins, everyone is offered the opportunity to meet with a member of the team to discuss their goals and best hopes. Course goals are linked with the 'three C's': coping, control, and confidence.

We aim to teach movement strategies to assist with walking and activities of daily living and focus on identifying strengths and resources to help manage daily life. We ask that participants make every effort to attend all sessions to achieve the most benefit from the programme.

### Course sessions:

Week 1: Getting started

Week 2: Getting your message across

Week 3: Being heard and understood



## Patient Information

Week 4: Coping with a long term condition

Week 5: Getting active and motivated

Week 6: Pacing and prioritising what is important

Week 7: Working it out together

Week 8: Minimising and recovering from setbacks

## Comments from course participants:

“I know my life is in my hands.”

“I feel like a new person.”

## The programme will be held at:

University Hospitals Coventry and Warwickshire NHS Trust,  
Clifford Bridge Road, Walsgrave, Coventry, CV2 2DX

## Further Information

For more information contact the Rehabilitation Unit in the Wisdem Centre on **024 7696 5705**.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5704 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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### Document History

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