

Power Over Parkinson's

NEWLY DIAGNOSED SUPPORT & EDUCATION PROGRAMME

A PILOT PROGRAMME OVER 4 WEEKS
TAKING PLACE ONLINE..

COMMENCING MAY 2023



**If you are interested in participating in this programme please contact Lisa -
nurse@parkinsons.ie.
Please note: Numbers will be limited**

Group support programme online

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graph TD; A[Group support programme online] --> B[Four week with follow up]; B --> C[Toolkit]; C --> D[Newly Diagnosed]; D --> E[People with Parkinson's/ family members];
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Four week with follow up

Toolkit

Newly Diagnosed

People with Parkinson's/ family members

Weekly Topic

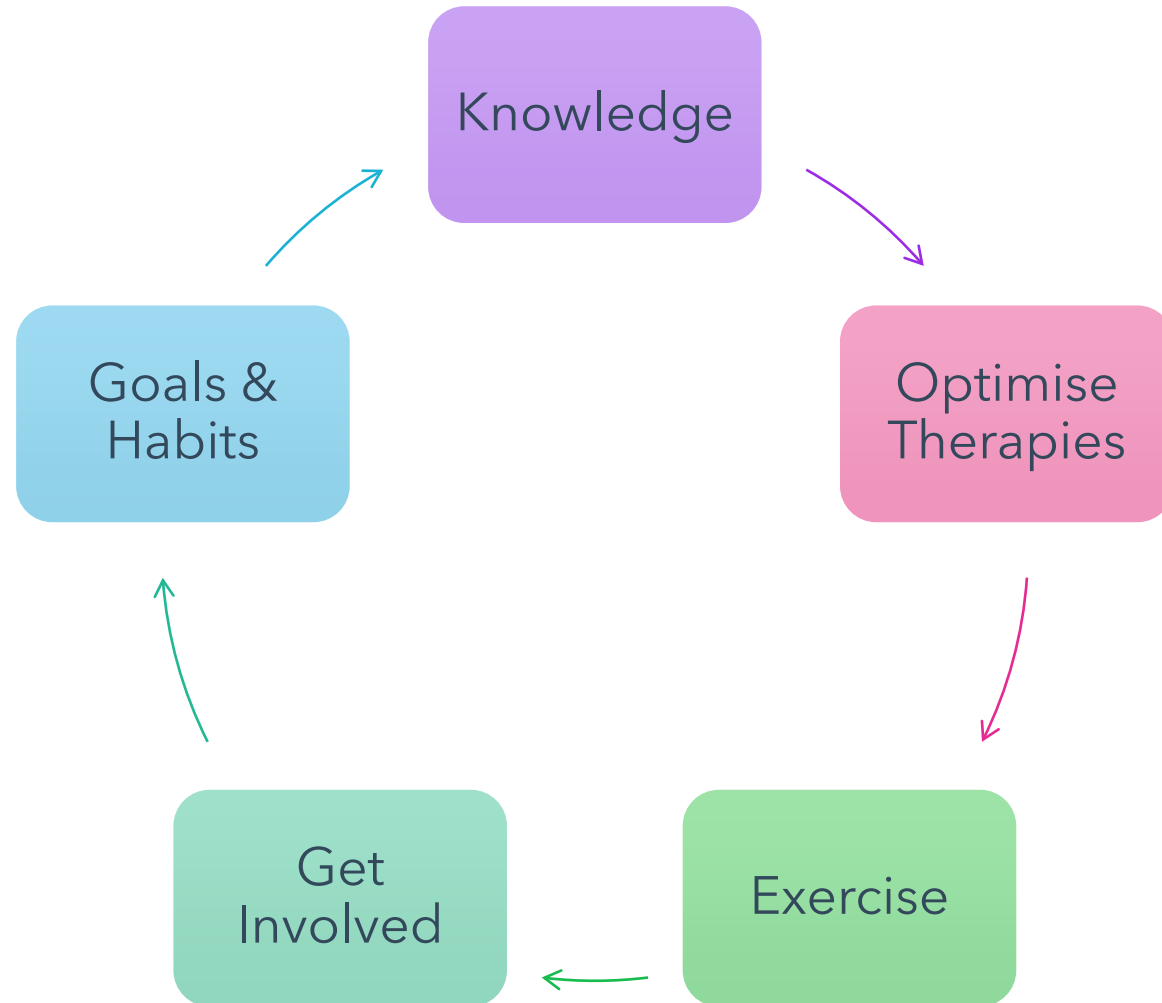
Week 1-
Knowledge

Week 2-
Optimise
therapies

Week 3-
Exercise

Week 4-
Support
Network

PD Toolkit



Week 1 Knowledge

What is Parkinson's Disease?

Why knowledge?

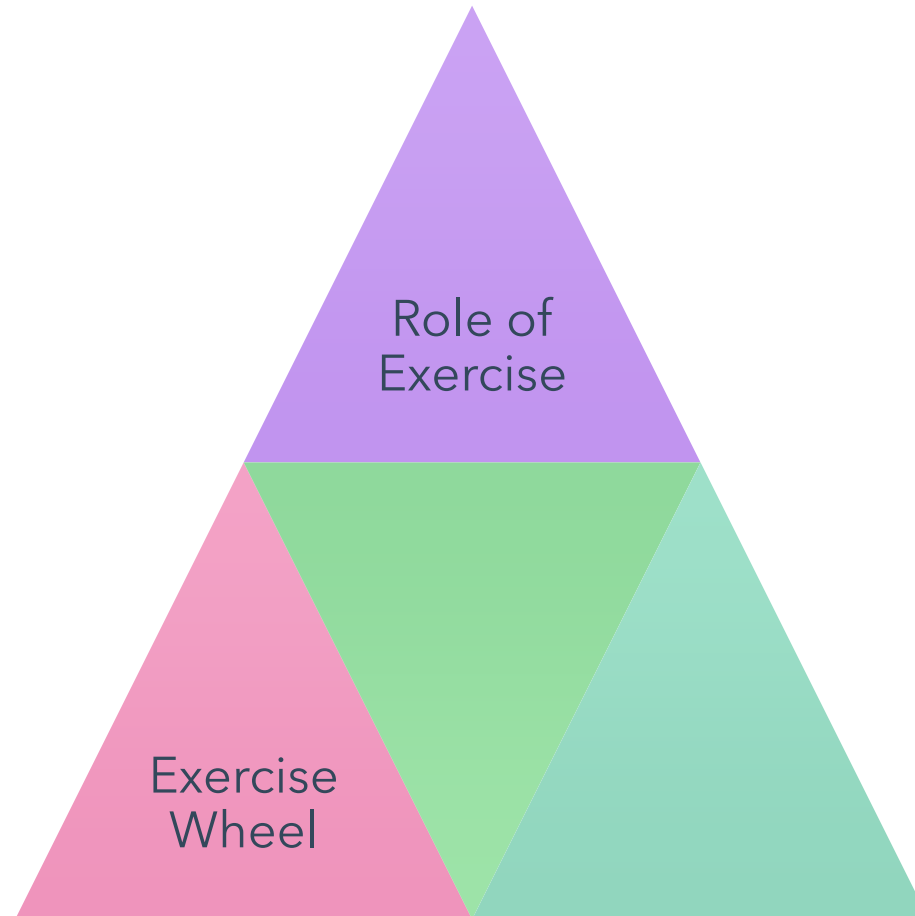
Self management

Positive Mental Health

Week 2 Optimise Therapies

- Medication Education
- Medication Essentials
- What to expect?
- Optimise medication
- Alternative therapies
- Therapies of future

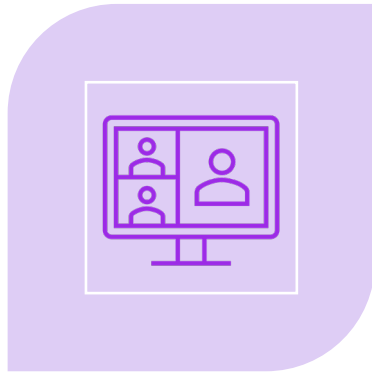
Week 3 Exercise



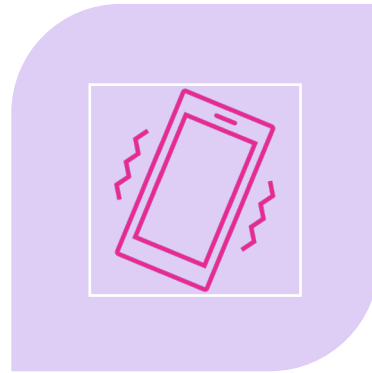
Week 4 Support Network & Goals



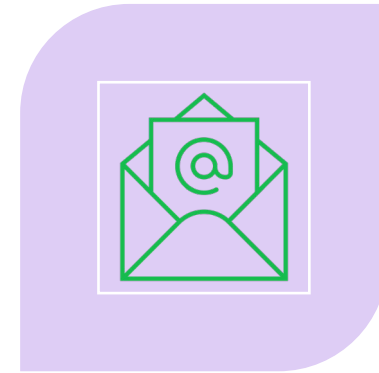
Follow up



ZOOM VIDEO CALL
WEEK 6, WEEK 16



PHONE CALL WEEK
8, WEEK 12



EMAIL WEEK 10,
WEEK 20

