

ARE YOU RECENTLY DIAGNOSED WITH PARKINSON'S DISEASE?



PD SELF™

Parkinson's Self-Efficacy Learning Forum

What is PD SELF? A national program of the ProjectSpark Foundation that provides recently diagnosed people with Parkinson's disease (PD) with an in-depth understanding of the disease and the self-efficacy tools to manage it with confidence. Established in 2013, PD SELF is now available in 14 cities and has over 700 graduates to date. Assessments show quality of life improvement for both individuals with PD and care partners.

Who is eligible? People with Parkinson's and their care partners within three years of diagnosis who can commit to an eight-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? Typically, a health care professional and a person with Parkinson's both trained in self-efficacy for Parkinson's.

How often does it meet? Beginning fall 2018, this program will meet once a month for three hours over an eight month period of time. There is no cost to attend this program.

PD SELF is being offered in collaboration with the ProjectSpark Foundation.

**JOIN AN INNOVATIVE
PROGRAM DESIGNED
TO HELP YOU MANAGE
PD AND IMPROVE YOUR
QUALITY OF LIFE**

**LEARN PROACTIVE AND
POSITIVE WAYS YOU
CAN MANAGE YOUR
PARKINSON'S DISEASE**

**CARE PARTNERS ARE
ENCOURAGED TO ATTEND
AND LEARN TOO!**

**SPACE IS LIMITED
AND REGISTRATION IS
REQUIRED**

Learn more about the
PD SELF Program—contact
your local facilitators or
visit www.pdself.org.

PD SELF Houston:

Kathleen Crist, LMSW
713-626-7114

David Hyatt
281-814-6655

or
pdself.houston@gmail.com