

# ARE YOU NEWLY DIAGNOSED WITH PARKINSON'S DISEASE?



## PD SELF™

### Parkinson's Self-Efficacy Learning Forum

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**What is PD SELF?** A national program of the Movement Disorders Foundation that provides newly diagnosed people with Parkinson's disease (PD) with a scientifically-based disease management approach. Using self-efficacy techniques pioneered by renowned social cognitive psychologist Albert Bandura and adapted in 2013 as a Parkinson's disease (PD) treatment, PD SELF provides those with PD with the education, tools, and motivation to manage their disease with courage and confidence.

**Who is eligible?** People with Parkinson's and their care partners within three years of diagnosis who can commit to an eight-session program. PD SELF is currently available in 13 cities and has over 1,000 graduates.

**What is self-efficacy?** The belief that we have in our own abilities to meet the challenges ahead of us.

**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 2019, this program will meet once a month for three hours over an eight month period of time. The program is provided at no cost.

*PD SELF is being offered in collaboration with the Movement Disorders Foundation.*

**"After people become convinced they have what it takes to succeed, they persevere in the face of adversity and quickly rebound from setbacks."**

**"People's beliefs about their abilities have a profound effect on those abilities."**

—Albert Bandura  
Professor Emeritus Stanford University  
and father of the Self-Efficacy discipline

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**"Acceptance doesn't mean resignation. It means understanding that something is what it is and there's got to be a way through it."**

—Michael J. Fox

Care Partners are encouraged to attend!

Space is limited and Registration is required

Learn more about the PD SELF Program—contact your local facilitators or visit [www.pdself.org](http://www.pdself.org).

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