

Parkinson's Self-Efficacy Learning Forum

Transforming Lives Through the Power of Self-Efficacy

PD SELF®

PD SELF is a national program of the Movement Disorders Foundation that provides newly diagnosed Parkinson's patients with a scientifically-based disease management approach.

Using self-efficacy techniques pioneered by renowned social psychologist Albert Bandura, for the past seven years PD SELF has provided those with PD and their care partners with the education, tools and motivation to manage their disease with courage and confidence. PD SELF facilitators are typically health care professionals and people with Parkinson's trained in self-efficacy for Parkinson's.

Who is eligible?

People with Parkinson's and their care partners within three years of diagnosis who can commit to the 4-month program. PD SELF is currently available in the fall via virtual classroom. Participants will need to have access to a computer or tablet with Wi-Fi. In each program location, if the containment of the coronavirus permits, some sessions may be held in person. However, since many people with Parkinson's are at higher risk, we will err on the side of caution regarding any possible in-person sessions. Care Partners are also encouraged to attend!

The Curriculum

- ✓ Review of PD
- ✓ Goal Setting
- ✓ Neuroplasticity
- ✓ Exercise
- ✓ Re-framing
- ✓ Tenacity
- ✓ Realistic Optimism
- ✓ Handling Stress
- ✓ Resilience
- ✓ Language of Parkinson's
- ✓ Creating a Health Care Team
- ✓ Participating in Research



What is Self-Efficacy?

Self-Efficacy is the confidence we have in our own ability to manage our condition



PD SELF is provided at no cost.

Space is limited and registration is required

Programs meet on-line, twice a month for four months

Where Can I Learn More?

Contact your local facilitators or visit www.pdself.org

PD SELF Albany

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Participant and Care Partner Comments:

"It changed my life."

"This is the best medicine for PD!"

"Knowledge is Power!"