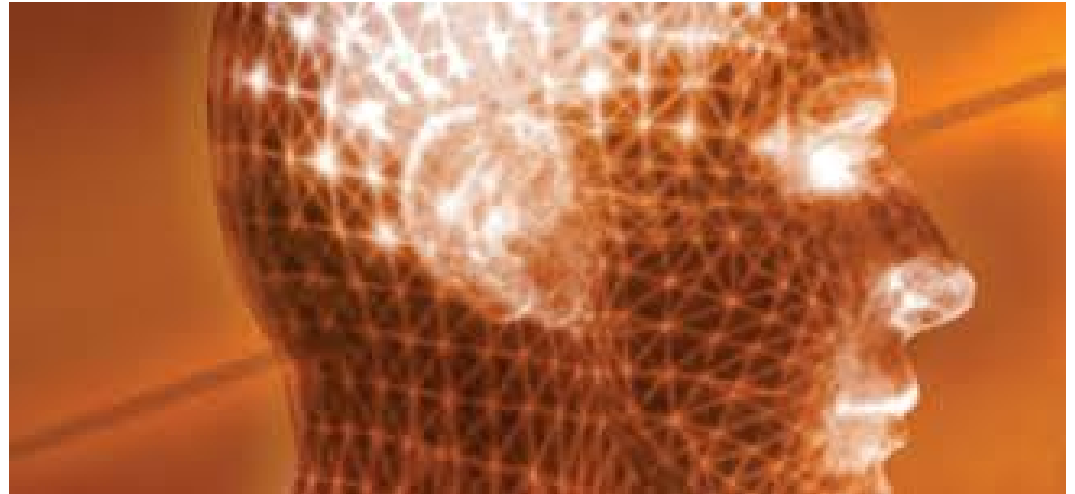


Day 0 – Pre Congress

Courses

- [Fundamentals of PD](#)
- [Science and Advocacy](#)
- [Interdisciplinary Care and PD](#)



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

Fundamentals of PD

- ❖ **Non motor features**
 - Visual, Smell, Pain, Sleep
- ❖ **Medical Therapy**
 - Save & Replace Cells



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKINSON'S^{UK} **CHANGE ATTITUDES. FIND A CURE. JOIN US.**

What can be done by you?

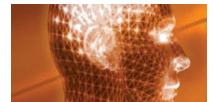
- ❖ Self Efficacy-Take as much control as possible.
- ❖ What is Self-Efficacy?

“One’s belief that one can perform a specific behaviour or task in the future”

Dr. Albert Bandura

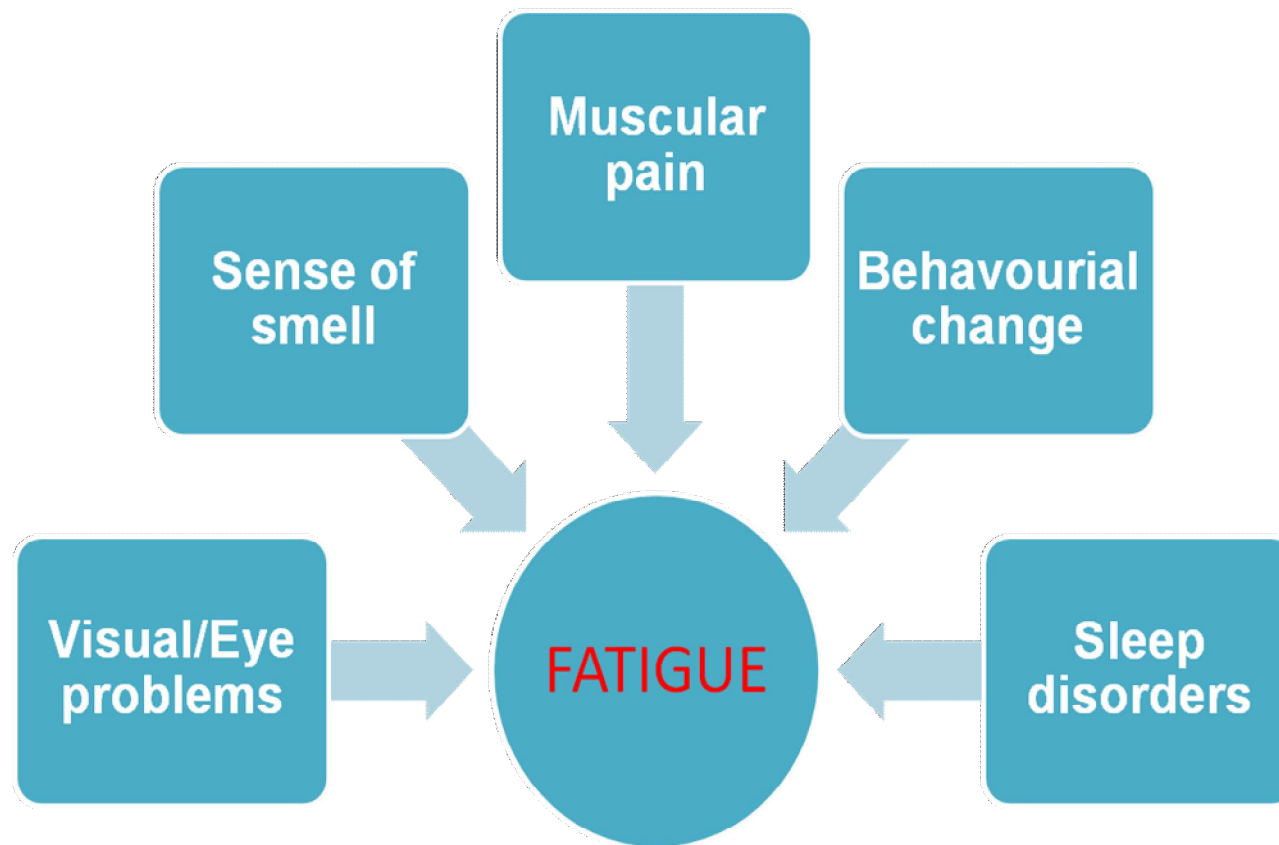
PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

Non Motor Features



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

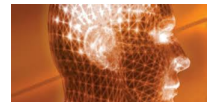
Non Motor Symptoms



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

Taking control could include:

- ❖ Communicate with your physician
- ❖ Build your support team (Professional & Personal)
- ❖ Educate yourself about Parkinson's
- ❖ Reduce stress/Connect with others
- ❖ Prioritize & Plan your day/Pacing
- ❖ Improve your sleep
- ❖ Daily exercise & Diet



PARKINSON'S^{UK} **CHANGE ATTITUDES. FIND A CURE. JOIN US.**

Taking control at an early stage will allow for the development of strategies such as:

- ❖ Medication Failure
- ❖ Sleep Disturbance
- ❖ Physical Treatments

