

**FREE**  
Service

# NICE

## Road to Wellness

### ★ POSITIVE PARKINSON'S PROGRAMME INTRODUCTORY COURSE ★

#### Course Information

#### WHO IS THIS FOR?

This course is designed for anyone who has been diagnosed with Parkinson's. The length of time since diagnosis does not necessarily matter, as everyone can gain some benefit depending on their starting point. We aim to group people together during the courses, and try and match need across each group. This means that you will be with others in a similar situation to yourself.

Prior to joining the course you will attend an initial consultation. At this time the conductors will discuss your aims and needs, and also observe some of your movements to help ascertain which group would be the most appropriate for you. Once placed in a group you will remain with that group throughout the duration of the course, unless there are exceptional circumstances.

#### DURATION OF THE COURSE

The course will last for 12 sessions. These are usually taken consecutively (one session per week) unless NICE is closed for a school holiday. As NICE works in the same way as schools you will be given exact dates prior to joining the course. We request that you try and attend each session as each week builds on the previous one. We appreciate that there are some things which cannot be predicted e.g. ill health, however we do request that you try and clear your diary for the dates given. This will provide maximum benefit for you from the course.



## WHAT TO EXPECT

Your session will last for 1.5 hours. We request that you arrive about 10 minutes before the start and invite you to then stay for a coffee after the session. Please allow a two hour period for your session.

During the session you will be in a small diagnosis specific group (maximum five people) and will have a minimum of two staff (conductors) in the session with you. All staff are trained in Conductive Education, to degree level, and specialise in work with people with your condition. We plan for you to have the same two staff for each session giving you continuity and a chance to get to know them. The conductors are there to support and guide you in learning how to move in a more optimal way. They will work with you to correct your movements and provide individual advice to help you problem solve movements you may find challenging. The conductors are there to help you develop your skills and confidence in movement, and to ensure your safety at all times.

You will complete a range of tasks, all designed with your condition and aims in mind. These usually take the format of tasks in a lying, sitting and standing position. Tasks will be similar each week, enabling you to learn how to do them and also how to improve and achieve your aims.

During the session you will be given tips and techniques which you can think about when moving around at home. We do not expect you to practice the tasks, but instead transfer the learning into meaningful activities of your choice.

By the end of the course you should have a clearer focus of how you can take control over your movements and overcome some of the daily challenges you face. Whilst we cannot change the underlying condition we can teach you ways to overcome this and reduce the impact of the condition on your daily life.

Two of the sessions will include practical activities and discussion with the other group members, and conductors, to problem solve any specific daily tasks you want help with. These sessions will help place the sessions in a context and add greater benefit from the course.

## WHAT HAPPENS AT THE END OF THE COURSE?

At the end of the course the conductors will discuss possible continuation of services with you. It may be appropriate for you to move onto some of our advanced courses or transfer to a longer term maintenance programme. We will offer you the best possible option, and then you can decide if you wish to take this up. NICE will not discharge you as we believe that a long term condition requires a long term solution. Our aim is to be with you along your journey and adapt the services you access in accordance with that. Equally you may decide that you wish to leave NICE at this point. If that is the case please just let us know.



## AIMS

Following your initial consultation you will have goals which have been agreed with you. Alongside these the programme is also designed to specifically support the management of Parkinson's. The programme will work on the goals you have set, and also work at a preventative level by taking you through a range of movement based tasks which will help you now and in the future:

- To teach you how to initiate movements
- To increase the rhythm and tempo of movements
- To improve awareness of voluntary and spontaneous movements
- To teach techniques to fix tremor and over-movements
- To increase range of movement in all parts of your body
- To teach you how to find and maintain a symmetrical position
- To improve posture in all positions
- To teach you how to transfer weight when stepping
- To improve ability to find balance point
- To teach you how to use an arm swing to increase length of stride and fluency of walking
- To teach you how to overcome obstacles and change direction when walking
- To improve your writing and fine movements
- To increase your facial expression
- To improve volume, intonation and articulation of your speech
- To teach you strategies to overcome freezing and on-off periods
- To increase your confidence and self-esteem



# Where to find us



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