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Empowering Clients and Care Partners Living with Parkinson's Disease Through Evaluating and Addressing Gaps in Client and Care Partner Education

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Empowering Clients and Care Partners Living with Parkinson's Disease Through Evaluating and Addressing Gaps in Client and Care Partner Education



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Agency Mission and Services

Mission: to be a leader among community-based mobile outpatient clinics bringing the best experienced evidence-based clinicians to provide service in a Christian community

Services:

- In-home outpatient therapy to address cognition, balance, gait, mobility, posture, strength, coordination, stamina, pain, and mental health
- Planning for Aging in Place
- Caregiver and care partner training and support
- LSVT BIG® for patients with Parkinson's Disease

Identified Agency Needs

- **Research** – evaluate the caregiver perspective on current educational materials
- **Education** – create care partner education materials that are easy to understand and that cover a vast array of topics that were identified by the research
- **Development** – develop pelvic health-specific materials and education for clients and caregivers
- **Resources** – gather a list of resources local to Williamson County that clients and caregivers can refer to

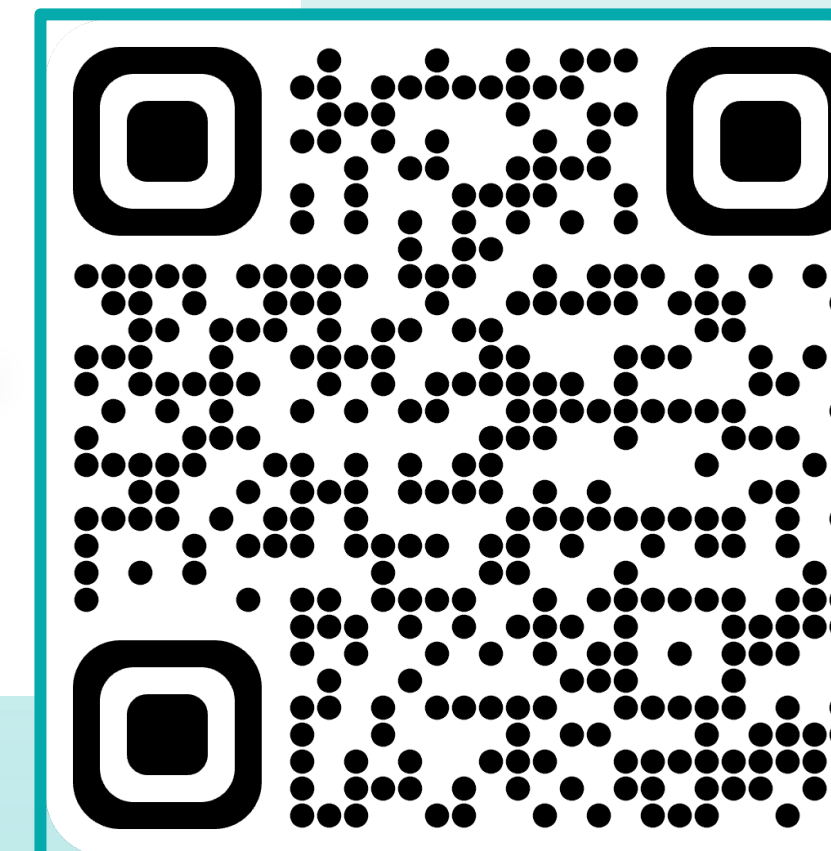
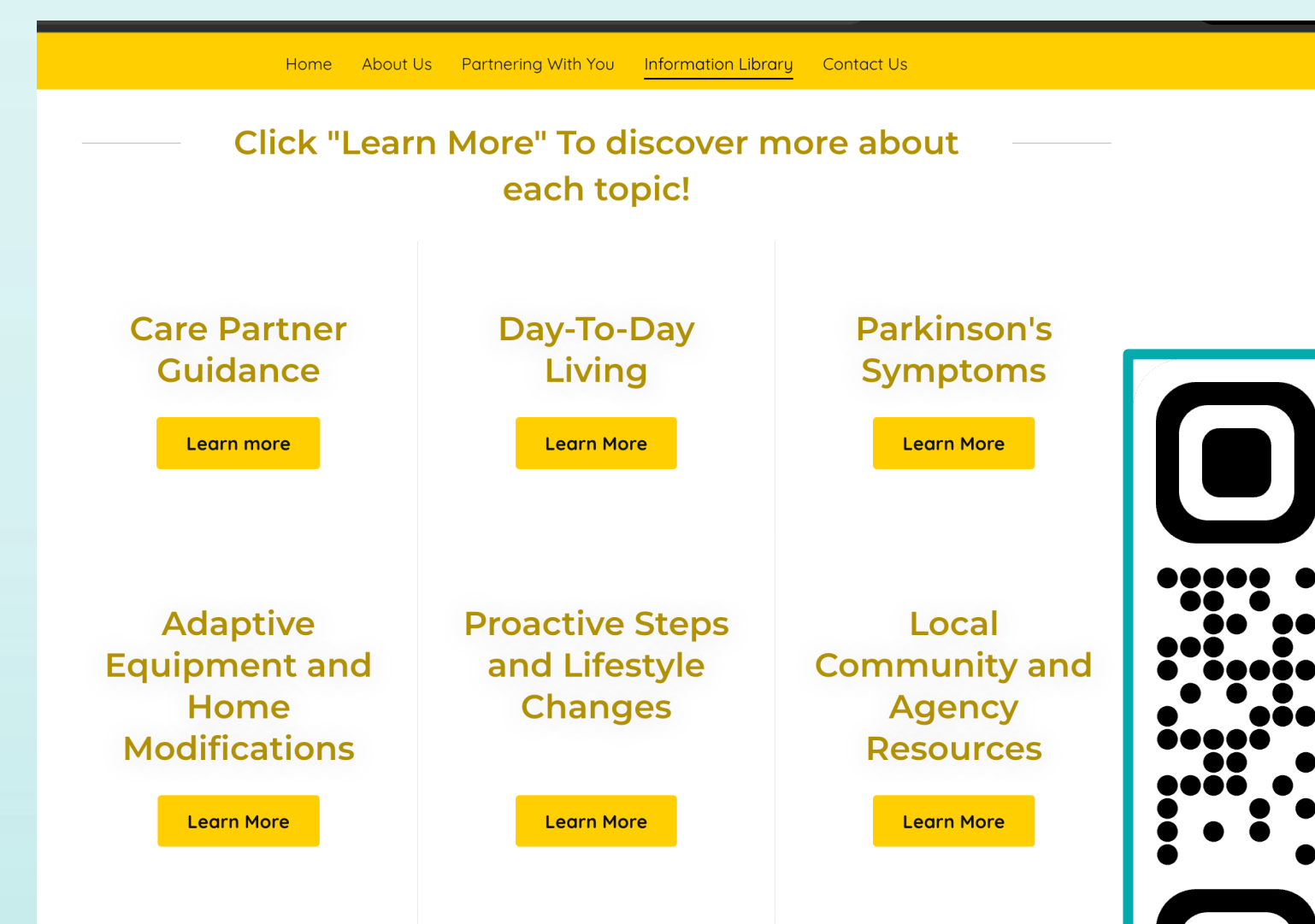
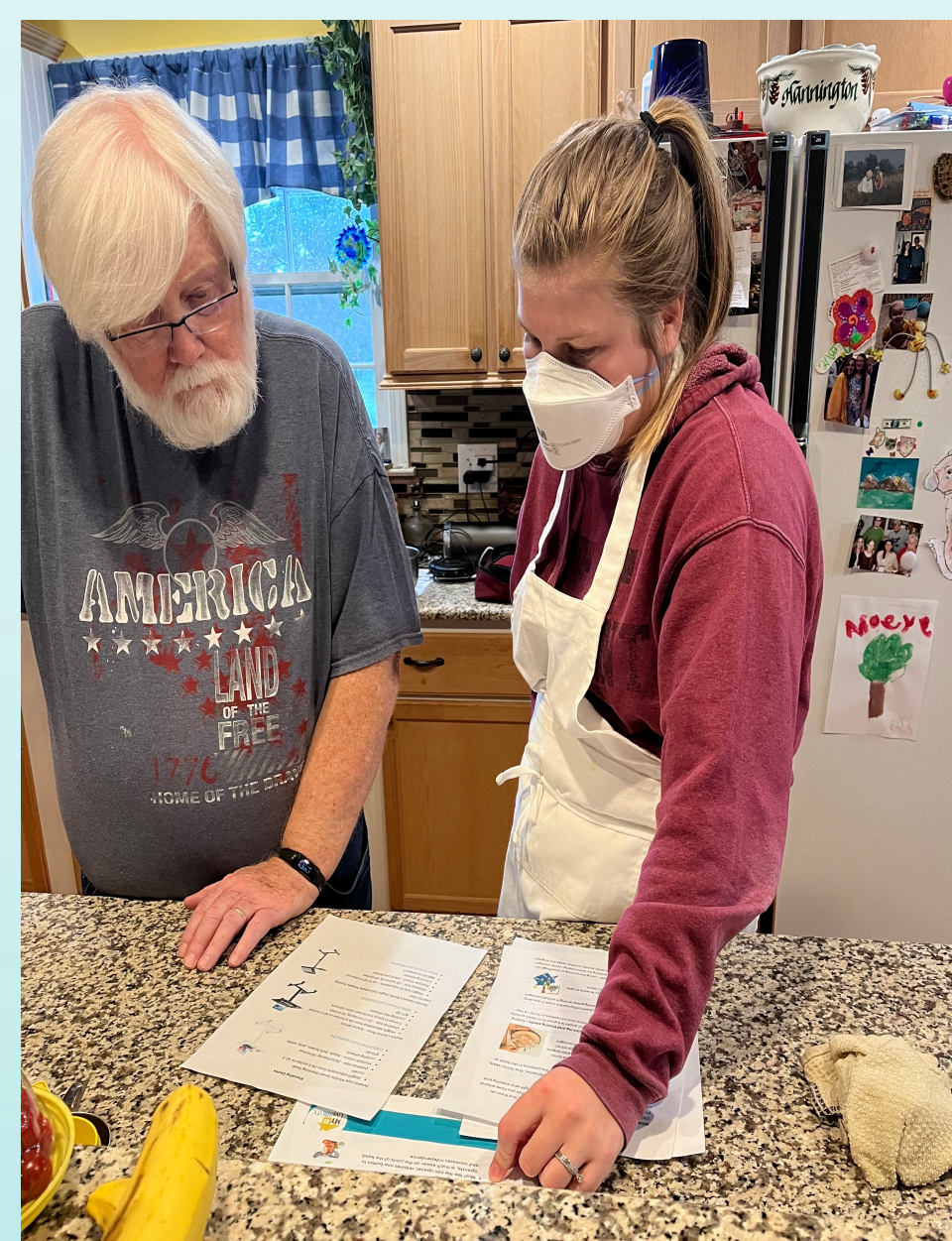
Project Objectives

Learning Objectives

- Conduct research to identify the needs of current caregivers as it relates to education and support
- Develop caregiver educational materials
- Revamp agency website
- Develop pelvic health program materials
- Gather current research related to Parkinson's Disease and Occupational Therapy
- Become immersed with the population in a variety of settings including support groups, treatment sessions, and group classes.

Individual Objectives

- Enhance research and program development skills
- Enhance professional communication skills
- Become certified in LSVT BIG®



Outcomes of Educational Material Development

Handouts created per category:

- Care Partner Guidance – 15 handouts created
- Day-To-Day Living – 15 handouts created
- Medical Tips and Tricks – 12 handouts created
- Proactive Steps and Lifestyle Changes – 5 handouts created
- Adaptive Equipment and Home Modifications – 13 handouts created
- Parkinson's Symptoms – 17 handouts created
- Pelvic Health – 8 handouts and 1 presentation created
- Local Community and Agency Resources – 9 handouts created

Feedback from Care Partners:

- “This is much easier to understand. I can read and comprehend this in less than 5 minutes and then move on with my day.”
- “I love that these resources are quick to grab and read when I need them. I don't really have time to read a whole book on all of the symptoms, so being able to target my research on one symptom at a time is going to be so helpful.”
- “I will be able to find these resources again and again with the way the website is laid out and organized.”

Outcomes of Care Partner Survey

Through survey responses, group discussions during support groups, and individual conversations with multiple caregivers, the following issues were identified with the education that is currently available:

- current education is “too long” and “too wordy”
- current education is not easy to understand
- current education is “hard to find once, let alone refer back to”
- current education is “not from the care partner's perspective”
- the websites that current materials are found on are “hard to navigate and confusing”

Topics that care partners felt were missing from current education were broken into the following categories:

- Care Partner Guidance
- Day-To-Day Living
- Medical Tips and Tricks
- Proactive Steps and Lifestyle Changes
- Adaptive Equipment and Home Modifications
- Parkinson's Symptoms
- Pelvic Health
- Local Community and Agency Resources

Website Redesign

- The website for My LiveABILITY was redesigned to be more user-friendly. For example, tabs were added to the website for ease of navigation.
- One of the newly added tabs is called “Information Library”. This page on the website holds all the educational handouts that were created for this project, organized into the above-stated categories.

Acknowledgments

- A special thank you to Dr. Carlene Johnson, my expert mentor, for her continued support, encouragement, and faith in this project throughout my capstone journey
- Thank you Dr. DuPree, my faculty mentor, for your guidance and encouragement throughout this process
- Thank you to the clients and care partners at My LiveABILITY and to all the local support groups who welcomed me in, shared their stories with me, and allowed me to continually learn throughout my capstone project.
- Thank you to Michelle Bouvé for providing valuable input to this project and assisting with the website revamp