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Promoting Participation in Individuals with Parkinson's Disease through the Development of Accessible Occupation-Based Resources

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Promoting Participation in Individuals with Parkinson's Disease through the Development of Accessible Occupation-Based Resources



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Faculty Mentor: Carlene Johnson, OTD, OTR/L, CAPS, LSVT BIG
Expert Mentor: Colleen Bridges, NSCA-CPT

AGENCY AND MISSION

- Rock Steady Boxing (RSB) is a non-profit organization that provides boxing classes for individuals diagnosed with Parkinson's disease and other motor-related disorders. The boxing classes focus on improving overall strength and balance to increase functional performance and slow the progression of PD symptoms.
- Rock Steady Boxing's mission is to “to equip” their “affiliates and empower the coaches to improve the quality of life of people with Parkinson's disease through a non-contact, boxing-based fitness curriculum.”

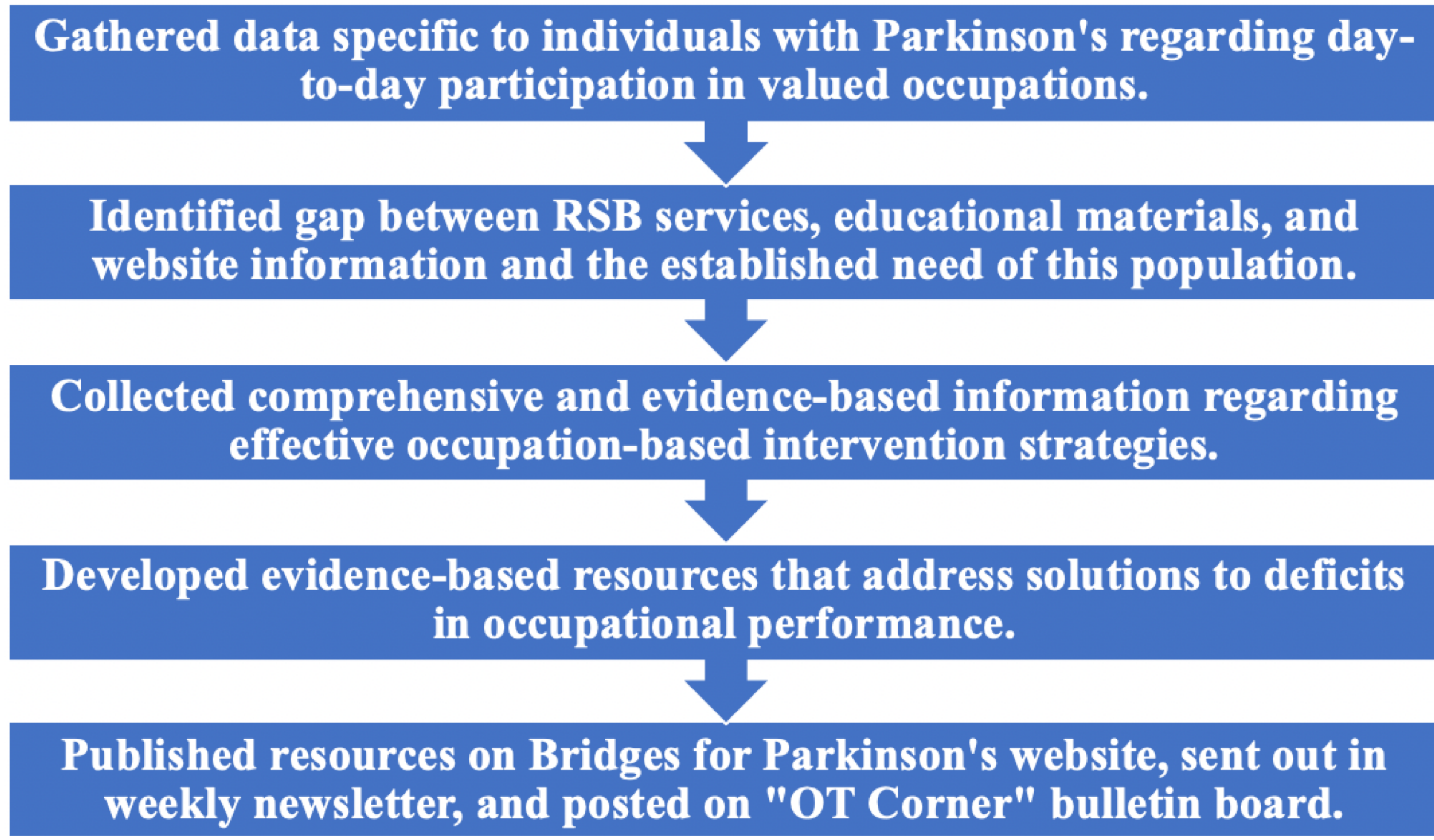
AGENCY NEEDS

- Accessible, easy-to-read information describing solutions to occupational performance deficits.
- A “One Stop Shop” for all OT-related information.
- Printed format of OT resources to ensure convenient access to information without requiring individuals to navigate the website.

GOALS

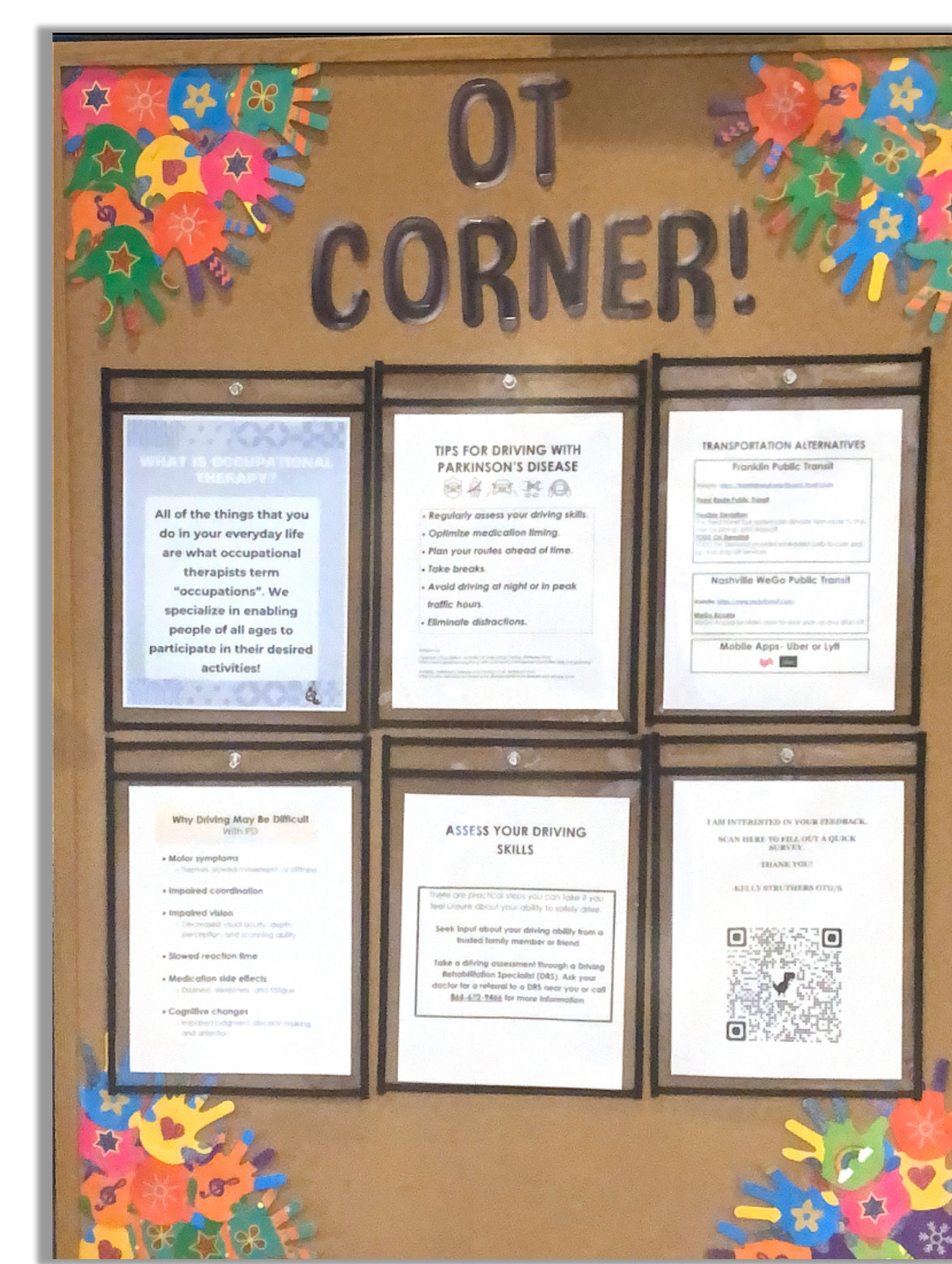
- Develop reliable and relevant resources in response to reported occupational performance deficits in the RSB community.
- Distribute resources in multi-media format to allow for accessibility among all skill levels and abilities.
- Create a space for OT-related information to be conveyed easily and conveniently.

PROJECT DEVELOPMENT



OUTCOMES

- Developed handouts with solutions to the major occupational performance deficit areas seen in this population.
- Featured resources in the "OT Corner" and distributed them via the weekly newsletter.
- Compiled a comprehensive binder housing all OT resources and published same resources online for easy, year-round access.
- RSB community reported that they found the resources to be “**very helpful**” and “**extremely valuable**”, especially as they consider a future with PD.
- Acquired LSVT-BIG Certification.



DELIVERABLES

- Resource topic areas include: bowel and bladder health, caregiving, dressing, driving, eating, energy conservation, grooming, medication management, memory, sleep, and vision.

HAIRSTYLING
ADAPTIVE EQUIPMENT

- Hair Dryer Stand
- Hair Dryer Brush Combo
- Long-Handled Hairbrush

MOVING AROUND IN BED

- A bed roll can assist in getting in and out of bed, as well as turning over. It can be placed underneath the mattress for easy installation.
- Consider wearing **slatin or silk** pajamas and using **slatin or silk** sheets to decrease friction and allow for an easy glide.
- A top sheet can easily get tangled, try using a **light quilt** instead.

TIPS FOR DRIVING WITH PARKINSON'S DISEASE

- Regularly assess your driving skills.
- Optimize medication timing.
- Plan your routes ahead of time.
- Take breaks.
- Avoid driving at night or in peak traffic hours.
- Eliminate distractions.

Caregiver Burnout Symptoms

- Emotional and physical exhaustion
- Feelings of hopelessness and helplessness
- Loss of interest in activities previously enjoyed
- Irritability and frustration
- Withdrawal from friends and family
- Feelings of seclusion and loneliness

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