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The Parkinson's Wellness Project: An 8-part educational video series

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FIGHTING BACK AGAINST PARKINSON'S

The Parkinson's Wellness Project: An 8-Part Educational Video Series



Samantha Stevenson, OTD/S
Faculty Mentor: Dr. Carlene Johnson, OTD/OTRL
Expert Mentor: Colleen Bridges

AGENCY

ROCK STEADY BOXING (RSB) is a nonprofit organization with many locations throughout the world that aims to give people with Parkinson's Disease (PD) hope by improving their quality of life.

MISSION: "To equip our 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

GAP AREAS

- Limited services available that address occupational well-being as a whole
- Reduced occupational balance due to unsatisfactory online presence
- Decreased participation through online portal

PROPOSED SOLUTIONS

- Generate resources to address a wide variety of occupational challenges
- Reinforce occupational balance by providing clients with 24/7 access to generated resources
- Facilitate the expansion of online presence through bolstering e-products



To watch an example video, please scan this code!

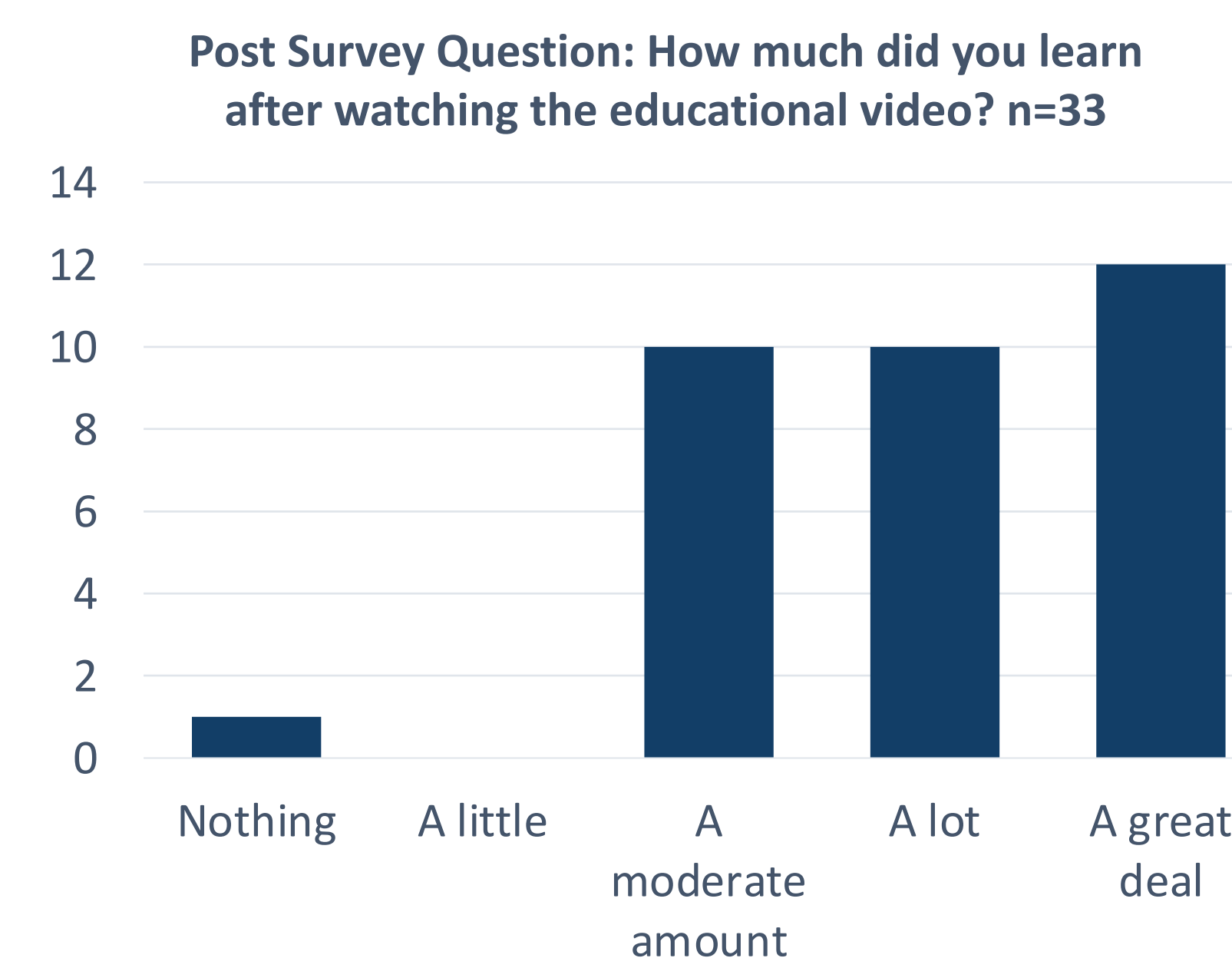


OUTCOMES

- Pre-questionnaire to determine salient aspects of occupational well-being that may be affected by PD
- 8 unique, educational videos with experts discussing various aspects of well-being
- Qualtrics survey to evaluate the efficacy of the videos
- Topic suggestions for future project continuation
- LSVT-BIG certification

VIDEO TOPICS:

1. **Non-verbal Expression** by *Christine Conti*
2. **Mental Health** (depression, anxiety, and hallucinations) by *Dr. Carlene Johnson*
3. **Sexual Health** by *Dr. Carlene Johnson*
4. **Meditation** by *Theresa Myers*
5. **Diet and Nutrition** by *Dr. Rebecca Fortner*
6. **Sleep** by *Dr. Kristi Ramsey*
7. **Self-Care Activities** by *Dr. Rebecca Whitaker*
8. **Postural Alignment** by *Dr. Susan Wood*



FUTURE VIDEO TOPICS:

- Choking for clients and care partners
- Creative ideas for exercising outdoors
- Improving fine motor skills

GOALS

- To understand the lived experience of individuals with PD, build rapport, and implement learned LSVT-BIG techniques through interaction with clientele and class attendance (238+ hours)
- To research the pathology of PD and understand the salient aspects of occupational well-being for individuals living with PD
- To improve delegation, networking, and communication skills via collaboration with professionals in various fields
- To produce a professional, educational, and pertinent video series for the benefit of the clients and their care partners at RSB

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