

GUIDANCE NOTES
WEEK 1

WHAT	Introduction
WHY	<p>To outline the programme of the Function dimension which will ...</p> <ul style="list-style-type: none"> • Address key elements of how the human body works. • Identify common problems caused by modern living and how best to correct them. • Look specifically at how Parkinson's can affect your body's function, how to slow down progression and improve some of the motor and cognitive symptoms associated with Parkinson's.
HOW	<p>We will address this over the 12 week programme by.....</p> <ul style="list-style-type: none"> • Showing you how to train your Balance Mechanisms to ensure they are working as well as they possibly can. The goal is to minimise instability, improve quality of movement and slow down progression,. • Demonstrating Breathing Techniques that help improve movement, mood, posture and overall function of the body. • Explaining how to use Dual-Tasking and Skill Acquisition to improve motor and cognitive function. • Explaining the terms Neuroplasticity, Neuroprotection and Neurorestoration, highlighting the difference between them and how best to stimulate them. • Showing you how to improve your Posture and Core, relating these to common issues with Parkinson's. • Looking at your Digestive system and how to improve and take care of it. • Highlighting the relationship between Mind and Body. • Reviewing particular Therapies that could help you to lead a more comfortable life.

One of our key messages throughout the programme is that you are so much more than a person living with a neurological condition, and not everything you feel is necessarily connected to your condition.