



### Where can I get more information?

Contact your local facilitators or visit [www.pdself.org](http://www.pdself.org)  
PD SELF Multi-Regional  
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### What is PD SELF?

A national program of the Movement Disorders Foundation that provides newly diagnosed Parkinson's patients with a scientifically-based disease management approach.

Using self-efficacy techniques pioneered by renowned social cognitive psychologist Albert Bandura, for the past seven years PD SELF has provided those with PD and their care partners with the education, tools and motivation to manage their disease with courage and confidence.

### What is Self-Efficacy?

Self-Efficacy is the confidence we have in our own ability to manage our condition.

### Who is eligible?

People with Parkinson's and their care partners within three years of diagnosis who can commit to a 4-month bi-weekly program. PD SELF is currently available in 13 cities and has over 1900 graduates.

### Care Partners are encouraged to attend!

Space is limited and  
Registration is required

PD SELF is provided at no cost.

To learn more about ways to give, please visit:  
<https://www.pdself.org>  
and search "Donate"

**PDSELF**  
Movement Disorders  
Foundation  
PO Box 886  
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[pdself.org](http://pdself.org)

## PDSELF

Parkinson's Self-Efficacy Learning Forum

# Transforming Lives Through the Power of Self-Efficacy



A national program of the Movement Disorders Foundation



**Who delivers the program?** Typically, a health care professional and a person with Parkinson's both trained in self-efficacy for Parkinson's.

### **How often does it meet?**

This program will meet twice a month for 1-1/2 hours over a period of four months. The program will launch in the fall via virtual classroom. Participants will need to have access to a computer or tablet with Wi-Fi. In each program location, if the containment of the coronavirus permits, some sessions may be held in person. However, since many people with Parkinson's are at higher risk, we will err on the side of caution regarding any possible in-person sessions.

## **What will I learn?**

- Goal Setting
- Neuroplasticity
- Exercise
- Reframing
- Tenacity
- Realistic Optimism
- Handling Stress
- Resilience
- Language of Parkinson's
- Creating a Health Care Team
- Participating in Research

**Alfred Bandura, Professor Emeritus  
Stanford University  
Father of the Self-Efficacy discipline**

"After people become convinced they have what it takes to succeed, they persevere in the face of adversity and quickly rebound from setbacks."

"We are not alone in this"  
"Knowledge is Power!"

-Care Partner Comments

"It changed my life!"

"Jump in – both feet, full immersion. You will learn so much about yourself, your disease, and opportunities to thrive, even as you are better prepared for adversity"

"Self-efficacy helps me to focus on what I can do in a realistic way rather than what I cannot do"

Participants' Comments

