

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

# **PARKINSON'S UK**

# **Training Information**

**West Yorkshire workforce leads group**  
**9.2.2022**

# What is Parkinson's

- A **fluctuating** condition which is **progressive**
- A neurological condition for which there is **no cure**
- Caused by the of **lack of dopamine** in the brain
- Over 40 signs and symptoms of Parkinson's and each person can experience them **differently**.
- Not everyone will experience all of these symptoms.

More common symptoms include:

- Tremor
- Rigidity (stiffness)
- Slowness of movement



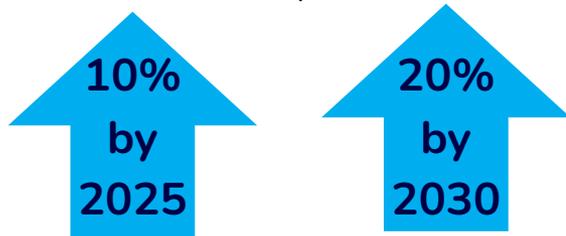
# Parkinson's in the UK

Parkinson's is the **fastest growing** neurological condition in the world, and currently there is **no cure**.

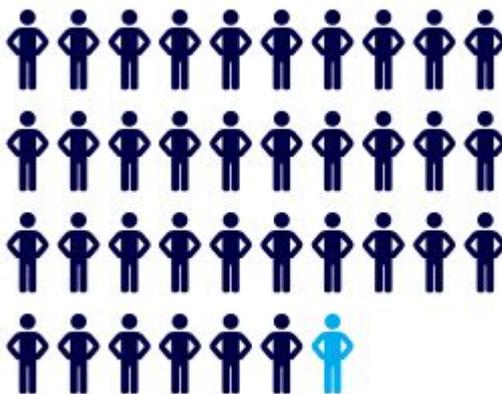
**Every hour, 2 more people are diagnosed.** That's the same as **18,000** people every year.



This is likely to increase:



**PARKINSON'S<sup>UK</sup>**



**1 in 37** people alive today in the UK will be diagnosed with Parkinson's in their lifetime.

## In West Yorkshire



**4,660**  
People living with Parkinson's

**580**  
People aged over 45 diagnosed with Parkinson's each year

# Parkinson's Excellence Network Learning Hub

- Training programmes for professionals to improve the quality of care for people with Parkinson's
- Learning that is suitable for all levels of staff working across different disciplines

[Health and Social Care learning pathway](#)

[Parkinson's Nurse Learning Pathway](#)

[Therapist Learning Pathway](#)

- See all our events and learning in our [directory](#)



# Volunteer Educator Programme

- **Introduction to Parkinson's for care staff**
- Free **1-hour live webinar** -introduction to Parkinson's for staff in nursing and care homes and home care agencies
- Most of the people delivering this programme have **lived experience of Parkinson's**

Staff are more aware of the need for correct timings of medication

This training has helped me to realise that there are far more symptoms to Parkinson's that I first thought, enabling me to understand how to provide a better person-centred approach to an individual

# Bite sized training

- Caring for your resident with Parkinson's: a 20 minute presentation for care home workers
- Caring for someone with Parkinson's: a 20 minute presentation for home care workers
- **My Parkinson's Interactive Workbook** provides information on all aspects of the condition, from diagnosis to advanced stages. More details can be found [here](#)

Increased understanding of Parkinson's & its symptoms

Better equipped to support someone manage their condition

Identify care plan actions



# More in depth learning

## Parkinson's: Foundation modules for health and social care staff

- Self directed learning
- Choose to complete the whole course or pick a combination of learning units
- Approx 10 hours of learning
- Full information and booking details can be found [here](#)

## Understanding Parkinson's for health and social care staff

- Self directed learning
- Approx. 24 hours to complete
- Covers a wide range of topics
- Open University's OpenLearn Create website
- Earn a digital badge
- Full information can be found [here](#)



# Parkinson's Train the Trainer

- For experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues
- Need to complete two courses and attend a webinar
- Once you've passed the course- will receive a full training pack
- Full information and booking details can be found [here](#)



# Parkinson's: physical activity and exercise

- 2 hour, self directed, online course
- For people who provide or promote physical activity and exercise to people with Parkinson's
- Full information [here](#)



Doing 2.5 hours of exercise a week can slow the progression of symptoms

Exercise can help manage physical and other symptoms such as sleep problems, fatigue, mood and mental health

Exercise can be as important as medication to help control and manage symptoms

# Online & printed resources

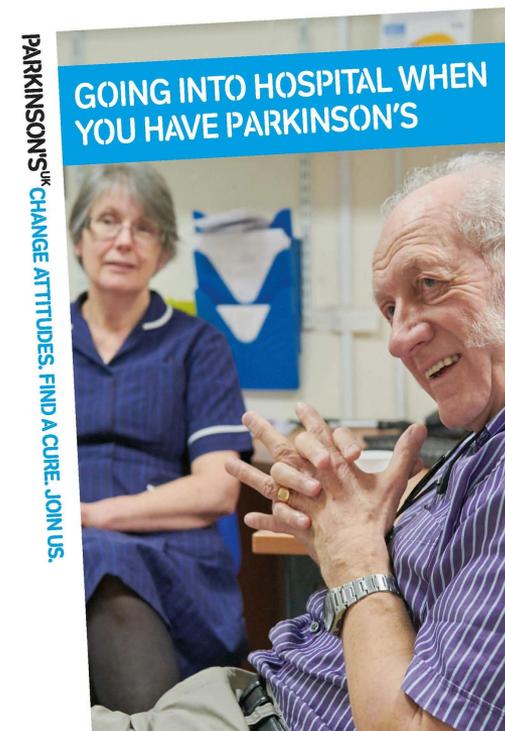


UK PARKINSON'S  
Excellence  
Network

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[View all our resources here](#)

# THANK YOU

Helen Sturman

Area Development Manager

Greater Manchester & West Yorkshire

[hsturman@parkinsons.org.uk](mailto:hsturman@parkinsons.org.uk)

0300 1233672

07768834115

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Our Education team can be contacted for more specific information relating to course content [education@parkinsons.org.uk](mailto:education@parkinsons.org.uk)