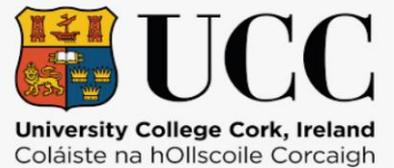




**Cork Parkinson's Association**

We are here so no one has to face Parkinson's alone



### ***Why do we want to conduct this project?***

- Research has shown that people with Parkinson's find it difficult to exercise, with only 30% achieving recommended activity levels, and some being inactive for 70% of the day.
- This challenge to exercise has been exacerbated by the cancellation of regular Cork Parkinson's Association (CPA) exercise classes with COVID-19.
- Not all members are able to attend the virtual classes currently being held, while others are finding it difficult to exercise at home.
- By conducting this project, we want to ensure there is something for everyone.
- We hope this project will offer a new approach to exercise that the CPA can introduce and continue to provide to the members.

### ***Research Aim***

*Working as partners with the Cork Parkinson's Association, we want to design an exercise intervention which will improve exercise accessibility for the members of Cork Parkinson's Association. Mr Tony Wilkinson will represent the association as a named co-researcher on the research team.*

We hope to improve accessibility through exercise diversity, virtual classes, and buddy-training. We would also like find the self-management skills that work, so that the members become more independent and confident in managing their condition.

### ***What does the project involve?***

We want to design an exercise programme which is both suitable and adaptable to the members of the CPA. This exercise programme will be specifically designed to cater to the needs and requirements of each member.

- We will begin by looking at the research already produced in this area.
- We will then conduct group interviews with members, their family-members and exercise instructors to explore their barriers to exercise, perceptions and understanding of the role of exercise in Parkinson's.
- Using the information from the research and these interviews, we will design an exercise programme addressing these concerns.
- We will complete specific training with the family members and buddy trainers.

### ***How will we know if the intervention works?***

- We will test the exercise programme through a small study involving 40 participants (like a test-drive).
- Through this small study, we will measure well-being, self-confidence, physical activity, and exercise adherence. These will be measured at the end of the programme and again 3 months after the programme (to gauge whether any impact lasts)
- We will also conduct exit interviews with those involved in the study, the members, family members and the exercise instructors to feedback regarding the programme. The programme will be refined, based on your feedback before it is fully rolled out.