

How does living with Parkinson's Disease in rural NSW influence participation in physical activity

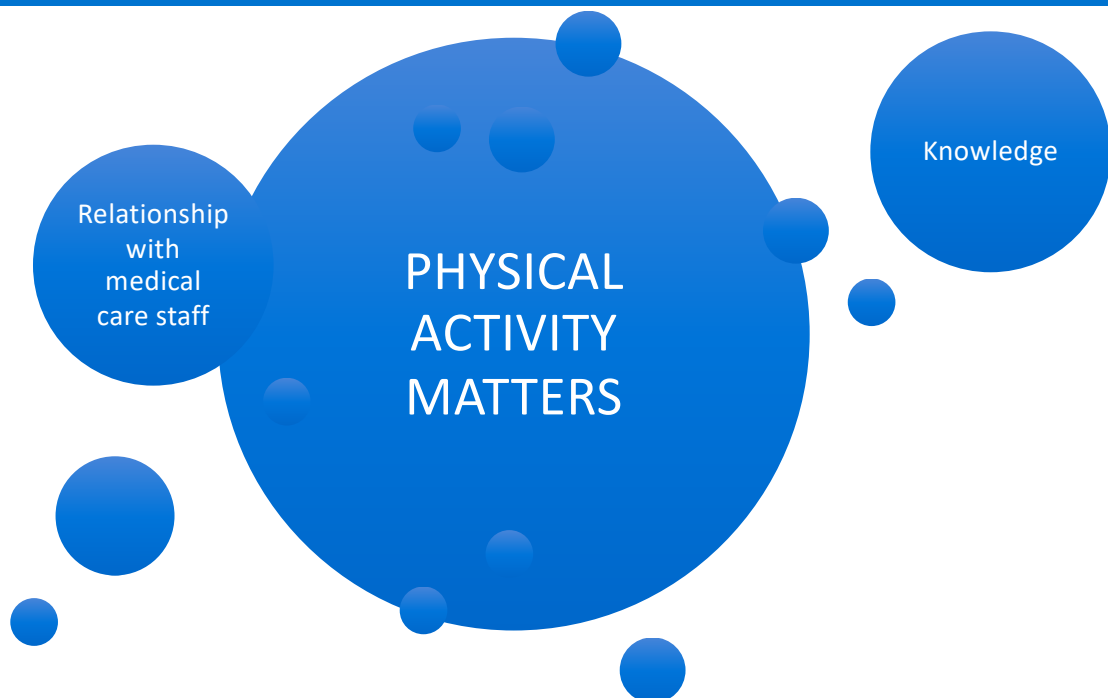


Jennifer Mannell

Physiotherapist



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I've been working with people living with PD for 20 years

I've seen many people at all stages of the PD path

What I know as a Physiotherapist is different to what people living with PD know regarding long term management and planning

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Semi structured interviews were conducted with 13 participants.

- Age : Range 64-84
- Time since diagnosis: 6 months to 18 years
- Male/Female ratio: 10 males 3 female

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Accepting change and new identity:

- *"You know, you pride yourself on what you're able to achieve, and did before. And then you ... I, I felt inadequate in what I was doing because it was just, you were different". (Participant E)*
- *"I feel dreadful a lot of the time but I don't tell anyone 'cause it's not apparent that I'm like it. I don't whinge about it because I know I don't look unwell, I don't look sick, but I know how I feel. What's the point?" (Participant D)*

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Grief and loss:

- *"It's a change of life in every way, particularly when you've been active and mentally sharp as well because that goes. Your ability to even talk properly and noticing that, swallowing, little things like that, it's, it's an adjustment, you know. And I guess you can either be positive about that adjustment or let negativity come in about that adjustment. And, to be honest, I'm a mixture of both sometimes". (Participant S)*

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Perception of exercise:

- *"I think just in living I'm getting enough exercise" (Participant F)*
- *"I don't want to exercise" (Participant M)*
- *"More active now than has ever been" (Participant N)*

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Information and education:

- *"I don't think I've ever told anybody that before. They'd probably think I was bloody mad". (Participant U).*

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Psychological support:

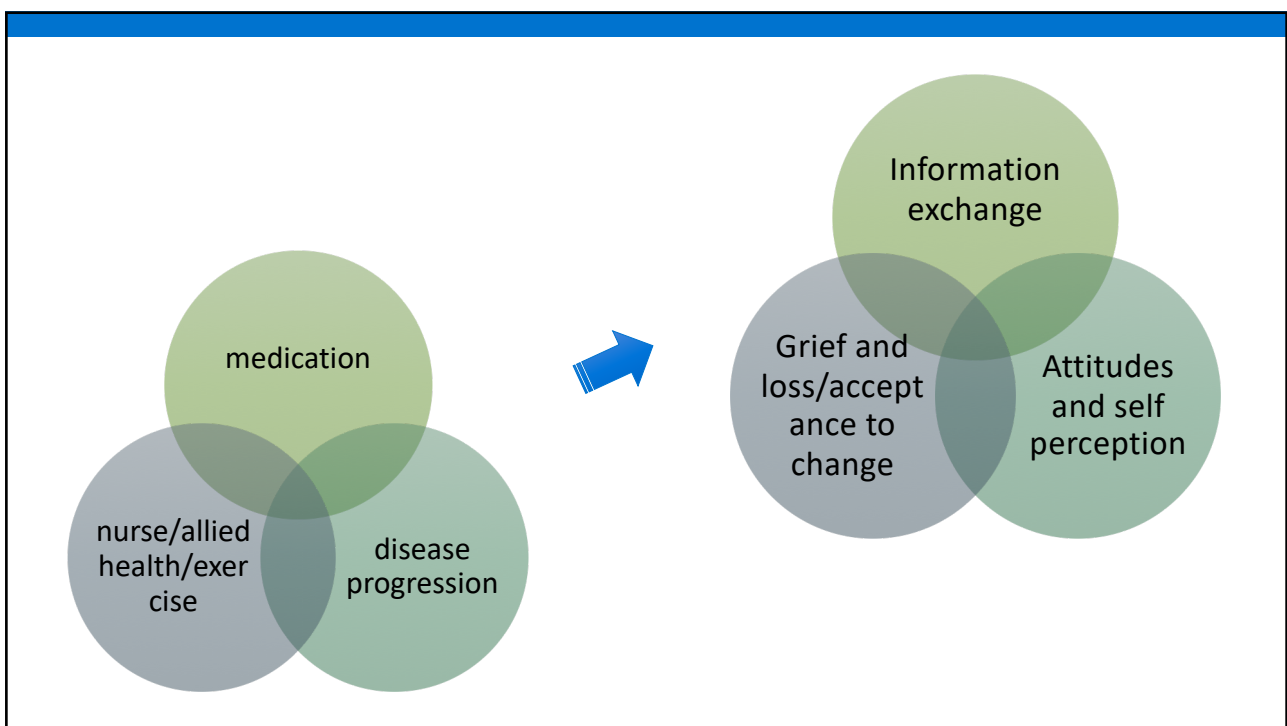
- *"I think most, most people should tap into it because the, the mind will, I think, dictate a lot of your, your direction and, if, if your attitude can be adjusted or, or steered in the correct direction of how, what sort of attitude you should have to this, this situation, it can certainly make it a lot more manageable and a lot more beneficial I think for your outcome." (Participant S)*

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Conclusion:

- *"But, in, in my relationship with Parkinson's....." (Participant E)*

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