

CLIENT ASSESSMENTS AT INMOTION—

You Moving and Feeling Better

InMotion Collecting Unprecedented Research for the PD Community

Every six months, we ask our clients to participate in **physical and cognitive** assessments. This information ensures that you are on the appropriate path toward success, and gives you an opportunity to gauge your progress.

Client assessments are at the core of everything we do at InMotion. Information from your assessment allows you to start a positive conversation with your neurologist/movement disorder specialist and allows you to track your progress.

As a new client, you'll participate in a 30-minute program that creates a baseline for you. With that information in mind, we will create a specialized program for you, focusing on the specific areas that will help you move and feel better. As you participate in classes over the next six months, you will see changes in your stability, power, strength, balance, mobility, gait, posture, flexibility and mental focus.

InMotion has been committed to implementing a rigorous data collection and analysis program using validated measures since we opened our doors in March 2015. To date, our results show that motor performance and quality of life were stable or improved over a 12-month period in the group we studied, illustrating the power of a holistic community-based approach to wellness for people with Parkinson's disease and their families. There is no other model – holistic, evidence-based, outcomes-focused, and free of charge – like InMotion in the world.

Recently, InMotion was invited to present our outcomes at the World Parkinson's Congress in Kyoto, Japan. The Congress attracted over 3,000 researchers, healthcare providers, non-profit organizations, clients and carepartners from more than 60 countries. Those who attended our presentation and learned about our research results were simply astounded that a place like InMotion exists and that we were seeing such positive results with our approach.

There is no other model – holistic, evidence-based, outcomes-focused, and free of charge – like InMotion in the world. Rather than offering a single exercise class, InMotion offers multiple programs designed to complement each other, **which are optimized through semi-annual assessments**, providing our clients with the best outcomes. We have a holistic community-based approach that combines exercise, expressive movement, creative thinking, education and support. As a 100% donor supported organization, aggregate assessment results provide support for our approach and drive our conversations with funders, the key to keeping our services free of charge.

