

**You've been diagnosed with
Parkinson's disease (PD).**

NOW WHAT?

You're likely nervous about your new diagnosis, and also a little scared. That's normal!

By calling us, or visiting the InMotion website for information, you've taken a great first step in learning about and managing your disease.

InMotion is a one-of-a-kind wellness center for people with Parkinson's disease, and we offer exercise, education and support programs to people with PD and their care partners in a group setting - all free of charge.



InMotion's mission is to help people with Parkinson's disease (PD) feel better every day, and we do that using The InMotion Approach™.

The InMotion Approach™ focuses on outcomes, with the expectation that our clients are strong, motivated, and informed self-advocates. It includes a stigma-free and safe environment that fosters a culture of camaraderie and a supportive community that values self-advocacy and self-efficacy.



Now that you know a little bit more about InMotion and how we can help you, it's time to get you on the road to feeling better every day!





What's Your Next Move?

The Prescription for Parkinson's™ (Rx for PD) is part of The InMotion Approach™, and is a comprehensive plan for intake, assessment, and class participation - individualized for each client, based on their needs, abilities, and preferences.

This Rx for PD™ Roadmap will guide you on your journey to feeling better every day!





1

INTAKE & ORIENTATION

At this stage, we gather some information from you and schedule a new client orientation session for you and your care partner(s).





DETOUR



If you use a walker or wheelchair, you will skip Step 2 (Assessment) and go right to Step 3.



2

ASSESSMENT



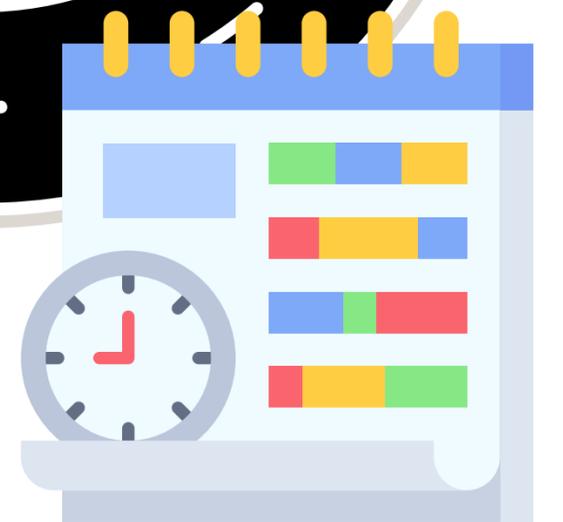
Once you've completed the orientation, you will be scheduled for a Better Every Day™ Assessment to determine your color level. Your color level will help you find classes designed specifically for your needs.



3

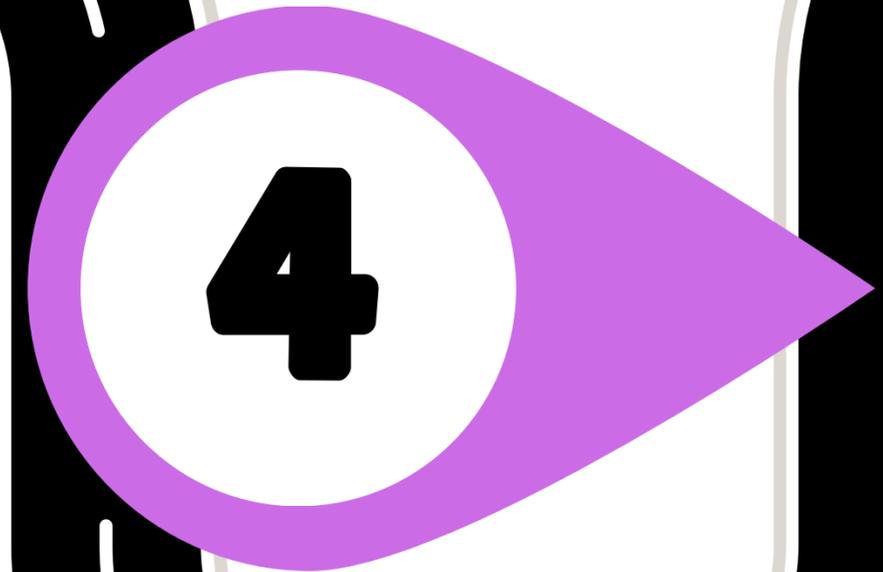
DESIGN YOUR SCHEDULE

Using InMotion's Rx for PD™ recommendations, choose classes & programs from each of the modalities, making sure you get the right mix of classes. Our staff will help you find the right fit, and show you how to sign up.





EXERCISE & EDUCATE



Exercise is the key to feeling better every day! Work hard but train responsibly - more is not always better. Overtraining can lead to injury or setbacks. Be sure to take advantage of our educational opportunities as well, to learn more about your disease.



5



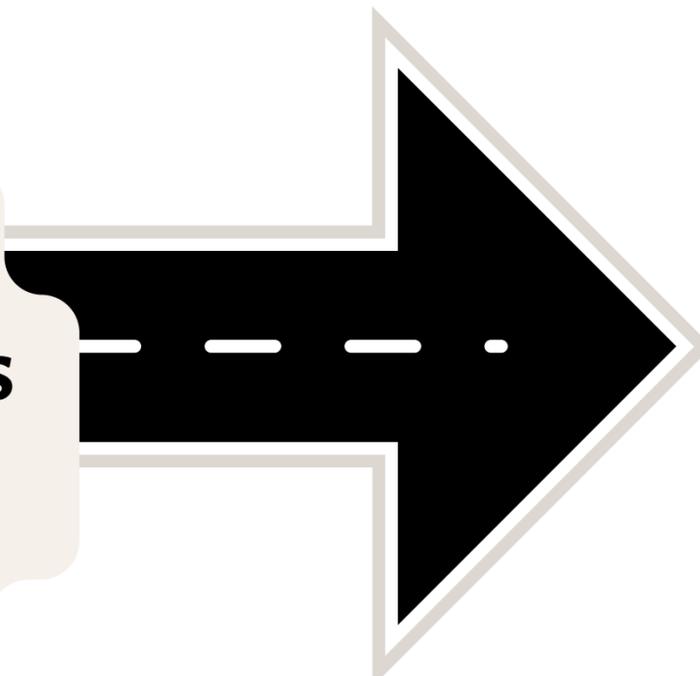
SELF-REVIEW

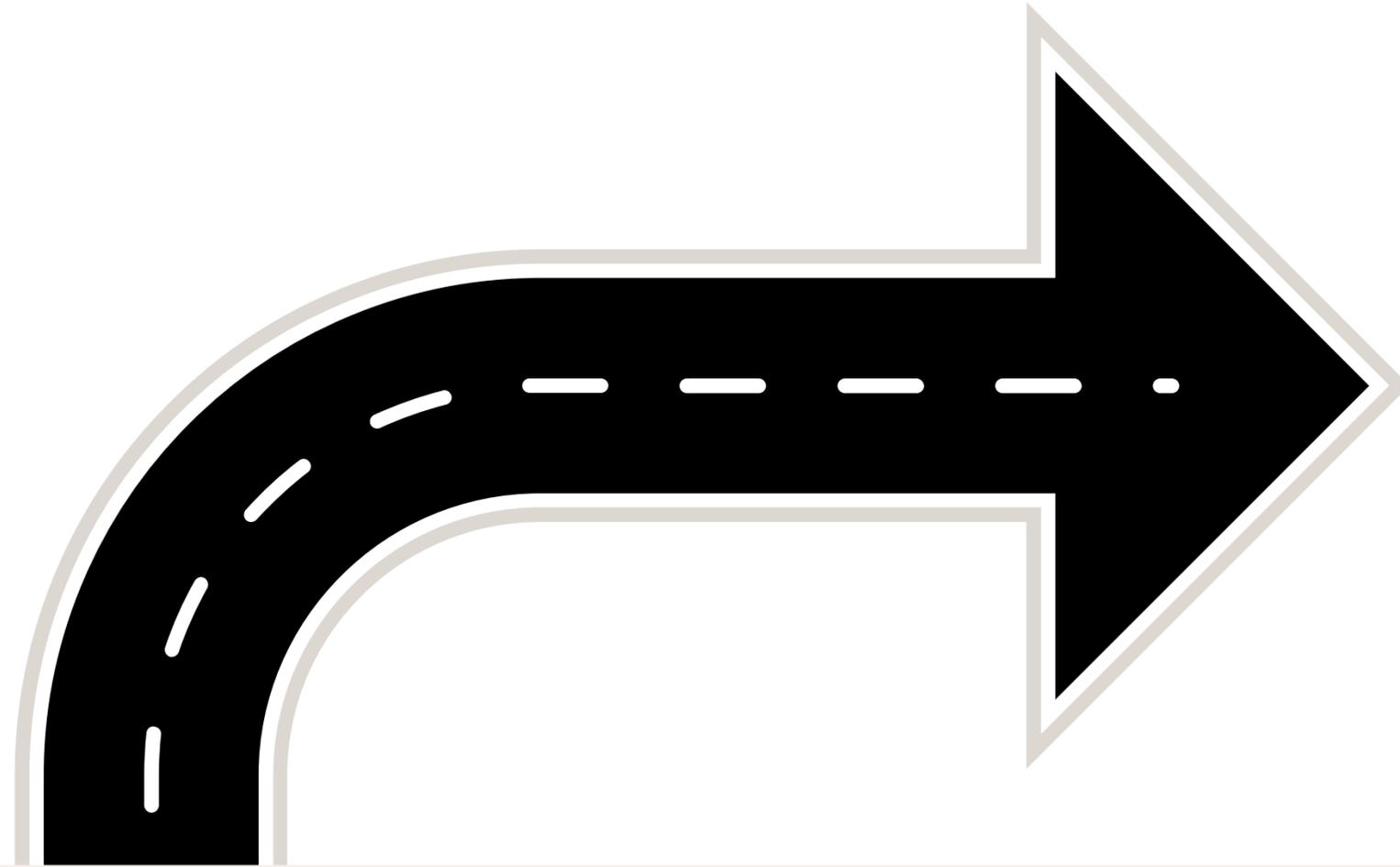
Decide what classes you love, and which ones might not be a good fit. Sign up for more of the classes you like, making sure you're taking the variety of classes you need. Add/subtract classes as needed according to InMotion's Rx for PD™ recommendations.



CONTINUUM OF CARE

Schedule regular check-ins with your full care team: neurologist, movement disorders specialist, physical therapist, etc. Review your classes periodically to determine what is working for you, and what is not. Schedule your InMotion assessment every six months, and bring your results to your healthcare provider. Keep coming to InMotion!





**Stick with the Rx for PD™ plan you created,
and change it up when you need to.
Don't be afraid to try something new!**



www.beinmotion.org