

MOTIVATE PD

A Guide to Purposeful, Healthy Living for People with Parkinson's Disease

Motivate PD is an interactive manual that offers **tips and tricks** for staying engaged in **valued home and community activities** over time. It is designed and written by **occupational therapists**, and draws from the experiences of **people with PD** and their care partners.



Manual Highlights

Activity Suggestions

Social Support

Goal Setting

Health Benefits

Problem-Solving

Holistic Approach

Scan this QR code or type the link below into your browser to access the Motivate PD LinkTree. You will find the manual + other bonus PD resources!



linktr.ee/motivatepd

CONTACT INFORMATION

If you have any comments or questions, please do not hesitate to reach out. Feedback is always greatly appreciated!

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