A collaborative project with Parkinson’s UK, Cardiff Metropolitan University and Cardiff & Vale UHB to promote long-term self management of communication needs for people with Parkinson’s.
What we did

• Partnered with PUK to develop a group which would provide:
  ✓ a meaningful conversation opportunity
  ✓ self-management of pwp’s long-term communication needs

• Invited Cardiff Met to become involved with student volunteers
Why we did it

• Initial meeting with PUK highlighted need
• Feedback from therapy groups - need for ongoing conversation support
• Miller research – meeting a need not currently addressed though therapy
How we did it

- Run by Parkinson’s UK
- Support and training provided by Speech & Language Therapists & the MDT
- Volunteer led
- Groups consist of both people with Parkinson’s and SLT students
What were the outcomes?

• “I’m not conscious of my symptoms when I am here”.
• “I can say I’ve got Parkinson’s here”
• “It gives me confidence meeting people in the same boat”
• “I go away feeling better”
• “Inhibitions get dropped here”
• “It helps me to speak more confidently”
• “I’ve met a great group of people”
• CPIB results
Live Loud!
(Video Clip)
Acknowledgements...

• PUK – specifically Suzanne Marchment, Area Development Manager for South Wales
• Eirwen Malin, lead volunteer and all the volunteers
• Katie Earing at Cardiff Met University
• Our SLT colleagues— Natalie Elliott and Alison Sawyer and the CAV Parkinson's service

References: