"After people become convinced they have what it takes to succeed, they persevere in the face of adversity and quickly rebound from setbacks."

"Peoples beliefs about their abilities have a profound effect on those abilities."

- Albert Bandura
Professor Emeritus Stanford University
and father of the Self-Efficacy discipline

"Acceptance doesn't mean resignation. It means understanding that something is what it is and there's got to be a way through it."

- Michael J. Fox

PD SELF™
Transforming Lives Through the Power of Self-Efficacy

What is PD SELF? A national program of the Movement Disorders Foundation that provides newly diagnosed Parkinson's patients with a scientifically-based disease management approach. Using self-efficacy techniques pioneered by renowned social cognitive psychologist Albert Bandura and adapted in 2013 as a Parkinson's disease (PD) treatment, PD SELF provides those with PD with the education, tools and motivation to manage their disease with courage and confidence.

Who is eligible? People with Parkinson’s and their care partners within three years of diagnosis who can commit to an eight-session program. PD SELF is currently available in 13 cities and has over 1000 graduates.

What is self-efficacy? The belief we have in our own abilities to meet the challenges ahead of us.

Who delivers the program? Typically, a health care professional and a person with Parkinson’s, both trained in self-efficacy for Parkinson’s.

How often does it meet? Beginning fall 2019, this program will meet once a month for three hours over an eight month period of time. The program is provided at no cost.

PD SELF is offered in collaboration with the Movement Disorders Foundation.

Discover more about the PD SELF program. Contact your local facilitators or visit www.pdself.org.

Care Partners are encouraged to attend!

Space is limited and Registration is required

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