

Voluntary Health Scotland;

What have we learned from our responses to Covid-19 so far and what must we now do to build forward for better health and wellbeing in Scotland?

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People who are being identified as most vulnerable and needing support at this time are offline

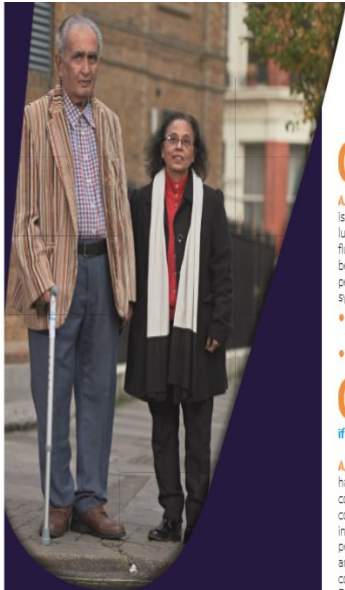
People don't always have control over the information they are receiving and it can feel scary and unmanageable

People are concerned about their employment rights, particularly key workers or carers who only are required to socially distance

Prolonged and consistent anxiety is having an immediate impact on people's physical and mental health

Delivery at pace

Meeting the needs of people not online



PARKINSON'S AND CORONAVIRUS -THE FACTS

During this challenging time, our priority remains to support everyone who is affected by Parkinson's. Here we've covered what you need to know about Parkinson's and coronavirus.

Q What is coronavirus?

A Coronavirus (or COVID-19) is an illness that affects the lungs and airways. It causes flu-like symptoms and can be spread very easily from person to person. Its main symptoms include:

- a high temperature – over 37.8 degrees
- a new, continuous cough

Q What does coronavirus mean for me if I have Parkinson's?

A Some groups of people have an increased risk of complications if they get coronavirus. These groups include everyone over 70, people who are pregnant, and people with certain conditions, including Parkinson's.

However, people with Parkinson's don't have a greater risk of catching coronavirus than anyone else. The advice for people with Parkinson's is the same for most other people – to stay at home.

Q Why do people with Parkinson's have an increased risk of complications from coronavirus?

A If you have advanced Parkinson's, or have lived with

Supporting people to navigate the system

Healthcare and Coronavirus
CHANGE ATTITUDES.
FIND A CURE.
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HEALTHCARE AND CORONAVIRUS

Dr Annette Hand talks about getting the support you need from your health professionals

Proactive support

Need to speak to someone

If you are looking for additional support and information you can request a check in phone call from from one of our trained Advisers.

Request a wellbeing check-in

PARKINSON'S^{UK} Support

Close X

Question 1 of 2

How would you describe yourself?

This helps us offer you the best support and information for you and your situation

I am a person with Parkinson's

I am a family member or friend

I think I might have Parkinson's

Next

Tailored information

Wellbeing check-in call

Insight: People are not actively raising issues they're facing and proactive support is needed more now than before

Impact:
Reached people in higher need and
80% of people were new to our
services

Parkinson's and Coronavirus: your questions answered

Insight: People that are being identified as the most vulnerable at this time are offline

Impact:
Over 4000 copies delivered to people
most in need

Coronavirus support Tool (Information & Support Tool)

Insight: People don't always have control over the information they're receiving and it can feel scary and unimaginable

Impact:
More people coming to the website
have visited Information and Support
content.

Self-advocacy offer

Insight: There will be diminishing access to clinical and care support. People are concerned about their employment rights

Impact:
More than 2000 page views and
people taking action off the back of
the content

Keeping Well & Connected

- Volunteer leadership
- Insights & action
- Staff Support



Tanith's Blog: "We've been there!" Why under 65s with Parkinson's developed a flexible online event for other younger people with Parkinson's this November

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Greater Glasgow Research Interest Group
for Parkinson's UK

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Parkinson's Active

- Working with Highlife Highland & Aberdeenshire Council to develop online classes
- Online Parkinson's Training for exercise providers to be piloted at the end of November
- Promotion of Parkinson's UK online offering amongst groups and wider Parkinson's community
- Involvement with Physical Active & Long-term conditions coalition (Movement for Health) Use of case studies on their website to promote the benefit of exercise

THANK YOU

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