



PMD Alliance

Parkinson & Movement Disorder Alliance



Welcome to our IN SYNC!® Roundtable!



Collaboration Agreements



**Mute Your Mic
When Necessary**



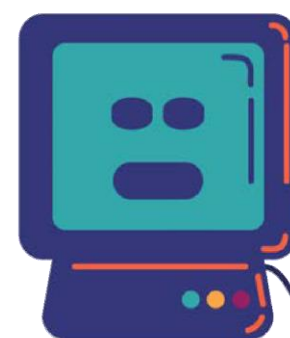
Listen Deeply



"Yes! And..."



**Move with
Intention**



**Be Patient
with Technology**



Today's Chatstorm:

What PD symptom bothers you the most?



March Roundtable for Support Group Leaders



Normalizing difficult topics



Breakout Rooms

- *Small group discussion*
- *Share main insights*





What are some difficult topics?

The FUTURE

Constipation

REM behavior disorder

Incontinence

Anxiety and depression

Hallucinations and delusions



WHY is this so hard to talk about?

Talking about it makes it REAL

I get upset when I talk/think about it

It's embarrassing or uncomfortable

I would rather pretend it isn't happening



We talk about a lot of things that aren't real!





❖ “If we did it more often,
it wouldn’t be so unusual!”

-Joel Herbst



Food for Thought

If EVERYONE is dealing with it, what is scary about talking?

What is the WORST that could happen?

Let's combat irrational thoughts.

Let's come up with some analogies.



We prepare for so many things; why not this?

Kids

Large purchases

Projects/presentations for work

Moving

Special occasions/holidays

Doctor's appointments



How else will you get tips?

Tea for Constipation

Squatty Potty

Miralax

Recipes for flaxseed muffins

Separate bedrooms for REM behavior disorder

Sleep hygiene



Let's Breakout!!



*"What have you done to make
the uncomfortable
comfortable?"*

- ✓ 6-7 people in each room
- ✓ 45? minutes to chat - designate a notetaker!
- ✓ Sharebacks in the main room



Farewell Chat...

“What new insight did you gain from today's Roundtable?”

