



PMD Alliance

Parkinson & Movement Disorder Alliance

Welcome to the August of 2025

Support Group Leader Roundtable



Collaboration Agreements:



Mute your mic
when necessary



Listen deeply




Be patient with
technology



Exchange insights and
build relationships



Move with purpose



Communicate with Healthcare
Providers

*Educate
Yourself*

Engage in Exercise

SEEK SUPPORT

Today's Chatstorm:

**What is your #1 piece of
advice when meeting
someone newly
diagnosed?**

QUICK POLL



- Do you have some form of mentorship program in your group?
- Have people in your group expressed interest for a mentor?



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TODAY'S TOPIC:

Building a Mentorship Program in Your Community



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GUEST PRESENTER:

Susan Lehman

Director of Twitchywoman Peer Support
Program

Susan instigated the PD peer support program at the University of Pennsylvania, consulted on the program at Jefferson Hospital, and with the team created the peer support program with Twitchywoman.com.



What inspired Susan to work on a mentorship program?



MENTOR:

A designated person to talk with; bouncing ideas, getting support for things that need to be done in building a team



BOUNDARIES:

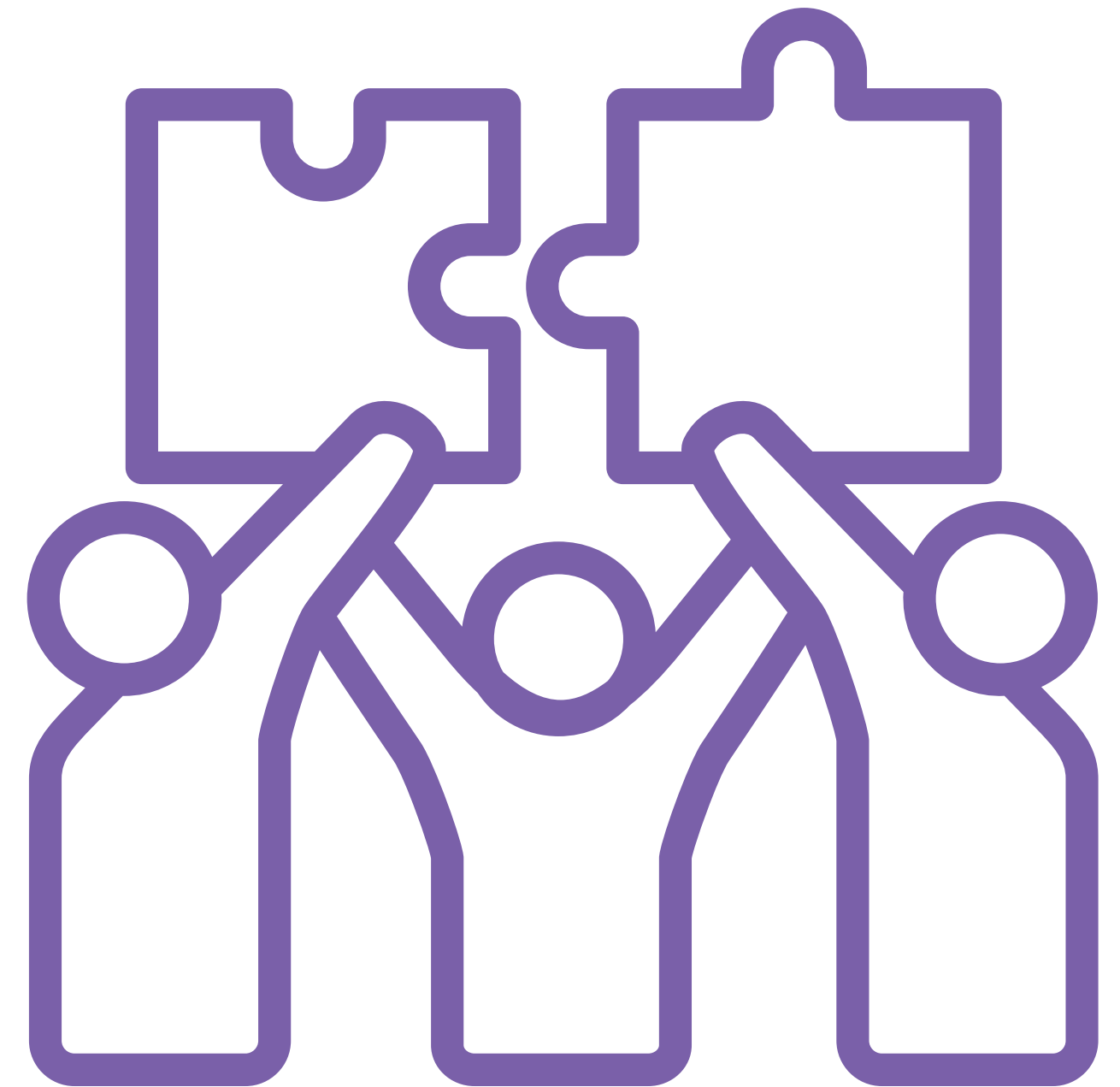
Making sure the mentors understand what they are obligated to do and what they should not be responsible for. Including time commitments and the mentee "graduation."





RESPONSIBILITIES:

Help the “mentee” build their medical and emotional “team.”





RESPONSIBILITIES:

**Never give medical advice,
except "call your doctor."**

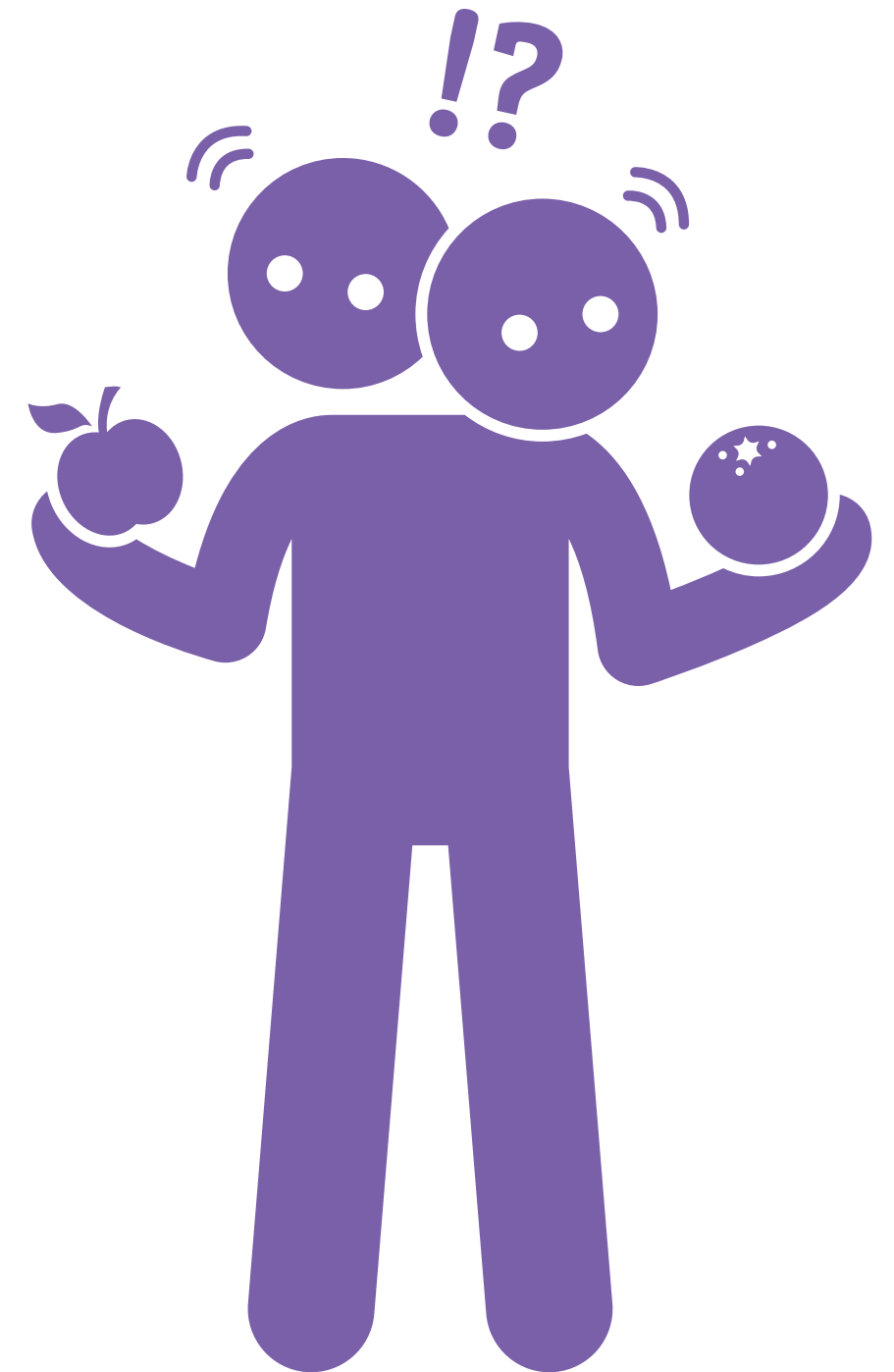




RESPONSIBILITIES:

Comparison is the killer of joy.

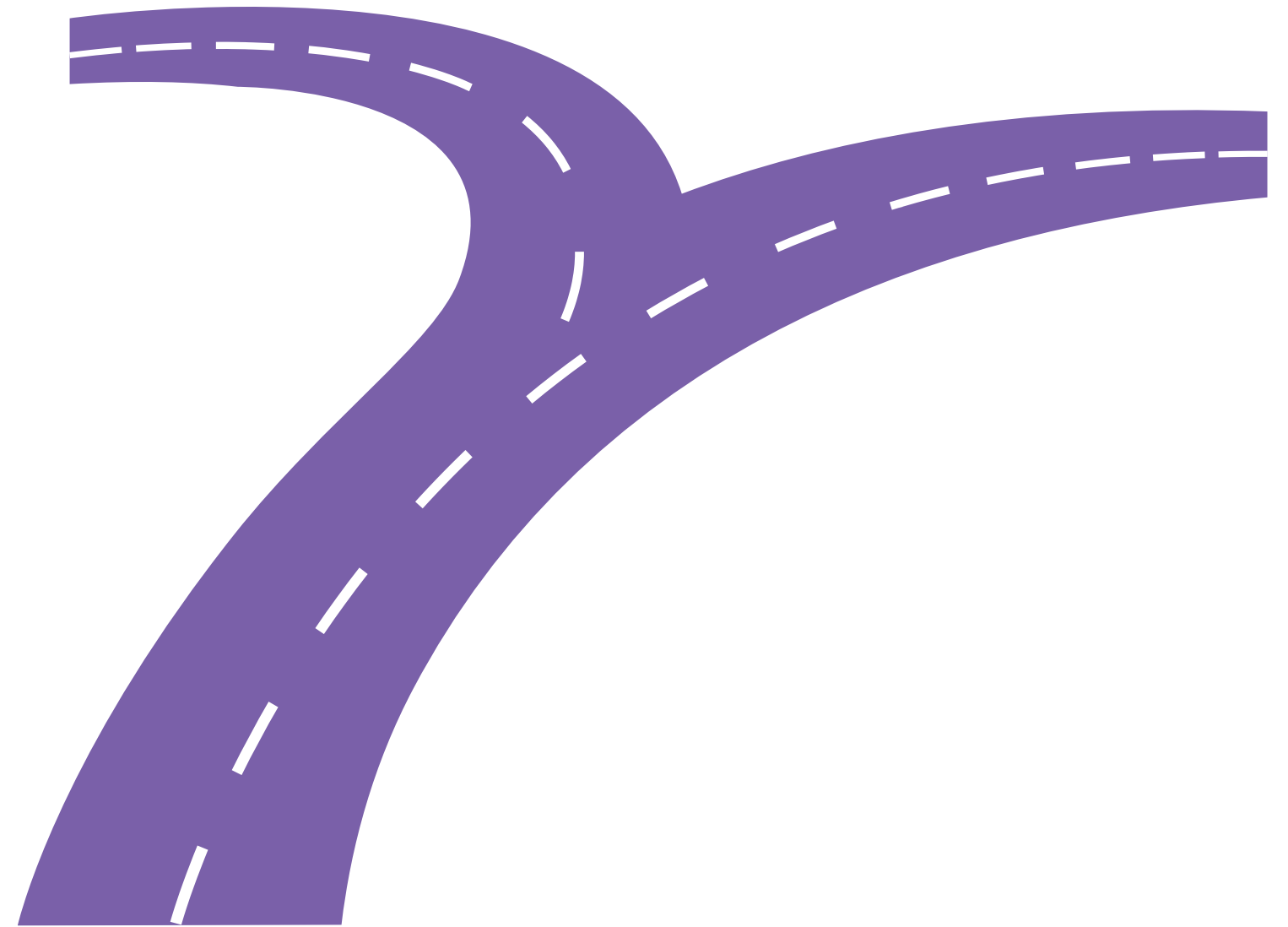
Mentors must remember that every person has their own rate of progression in illness and in finding the right choices for them.



REMEMBER:

"A bend in the road is not the end of the road, unless you fail to make the turn."

Helen Keller



LET'S BREAK OUT!!



**How would a mentorship program
look in your community?**

- 4-5 people in each room
- 40-minutes to chat - designate a notetaker!
- Sharebacks in the main room

QUICK POLL



- Are you interested in building a mentorship program in your community?
- Would training and materials help you build a mentorship program?

Thank you for joining today's

Support Group Leader Roundtable



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