

Guidance for professionals delivering exercise remotely to people with Parkinson's

This document provides information for professionals delivering exercise remotely to people with Parkinson's.

You may already have experience doing this, or may be brand new to it. Either way this document contains helpful tips and links to Parkinson's UK information to support your clients.

This advice is designed to be used in combination with information for people with Parkinson's on [safely staying active at home](#).

Before a class

- **Consider safety first.** Ask the people you are working with read the above [staying active at home advice](#) to help them prepare for activity.
- **Let people know your plans.** If you're setting up a new remote class, it's always best to email or text clear instructions to participants, even if you know them and have attended your classes before. Let them know the start time and how long it will take. (And think about whether someone might want more time to talk through an exercise or technique once the class has finished).
- **Think about the technology.** Many professionals are using different video platforms such as Zoom, Skype, Google Hangouts, Facebook Live and WhatsApp. Think about which you'd prefer to use, and that the person attending the class has the right technology or device to support the platform. Some people might benefit from a trial run before the class to familiarise themselves with its use, especially if they are in a group setting.

Some platforms can be used with the video setting off, so other people can't see them. While some people prefer this for confidentiality, it's not ideal if you can't see the participant during a class, so this may need some negotiation.

- **Give an idea of what they will need ready for the class.** This might be water, equipment, the amount of space they need or if they require a sound system.

- **Think about whether you need to ask for money.** This will depend upon your nature of employment, and whether you are already being paid to run the classes, or whether this is part of your existing business.

During a class

- **Consider background sounds.** Often, in the gym, or our classes, we have background music playing. In video calls there's often enough distractions to not need music, especially if the instructor sets a pace and a strong count.

If you do choose to use music, please make sure you have the necessary [license](#) to do so, although there is some free music that you can download too.

- **Keep the format of the class simple initially.** Allow participants adjust to the new exercise environment. Offer more time for breaks for a sip of water, and encourage rest and water breaks, as people may not naturally think to take these when exercising at home.
- **Watch the exercise tempo.** Especially if you're changing exercise regularly. You may feel comfortable asking one of the participants to be the 'counter' for repetitions, so you can instruct individuals without losing count.
- **Make sure people understand the exercise.** They may have slowed cognitive processes and mild movement dyspraxia, so can take longer to understand the new instruction in this new situation.

After a class

- **Send notes/instructions.** Email or text attendees the class content. Include the warm up, the main exercises, and the cool down.
- **Send exercise sites or recommend apps.** This is especially helpful if you don't have time to create specific tasks and exercises for people between times. You could include:
 - [Reach Your Peak](#)
 - Ones from [My Therapy](#)



- [Clock Yourself](#)
- [NHS.UK](#)

Whatever way you choose to support people with Parkinson's, it's recommended you:

- Have the number for the general Parkinson's UK Helpline (0808 800 0303) available, so people can access other information.
- Connect with your local Parkinson's UK group to let them know the details of classes you are providing. This can help with class uptake and could give you the opportunity to provide local classes in person in the future. Local group details, and other local information, can be found by using the [Parkinson's UK local support tool](#).
- Join the UK Parkinson's Excellence Network Exercise Hub for peer support and knowledge sharing with other Parkinson's exercise providers by contacting excellence@parkinsons.org.uk with details of what activities you provide.