

Do you or someone you love have Parkinson's?



VOLUNTEERS NEEDED FOR PARKINSON'S IN OLDER HISPANIC ADULTS RESEARCH STUDY

What is the purpose of this study?

This research study is looking to see if support from another person with Parkinson disease will be beneficial to increase exercise levels in Hispanic/Latino/Latinx people with Parkinson's Disease. We will examine effects on physical health and the disease symptoms.

Who can participate?

- Hispanic/Latino/Latinx Men & Women
- 60 years old or older
- Have a diagnosis of Parkinson's Disease

What are the benefits to participating?

You may benefit from the trainings and peer coaching/partnering, exercise, and being a part of community of other Hispanic older adults with Parkinson's disease. We might find a better way to manage Parkinson's disease, which may benefit others in the future with this condition.

Where is the study conducted?

- The study will take place in your home, over 4-5 months.

What will I be asked to do?

- Complete questionnaires about your health with the research staff, by telephone.
- You will watch 11 peer coach training videos (5-8 minutes in length) over a 2-week period.
- Work with a peer of similar age and the same gender and support one another to be more physically active/ exercise more.
- Wear an activity monitor for 10 days prior to beginning and at the end of the study. You will also use a Fitbit activity tracker for 8 weeks. These will be mailed to you and you will get to keep the Fitbit, upon completing the study, for your personal use.
- You will participate in a virtual weekly bilingual exercise class geared toward the needs of people with Parkinson's disease

To learn more about this study call,

(860) 486-9555



This study is being conducted by Dr. Cristina Colon-Semenza, IRB # 23-117S-2
Department of Kinesiology at UConn- Storrs

Study Title: "Peer coaching to improve physical activity in older Latinx adults with Parkinson's disease"