

Research Study: BrainFit

A Brain Fitness Program for Parkinson's Disease

OVERVIEW & PURPOSE

BrainFit is a program for people with Parkinson's disease to learn compensatory strategies and recommendations to keep the mind active. This semester we are conducting a research study to measure the effectiveness of the BrainFit program

WHAT IS THE *BRAINFIT* PROGRAM?

The BrainFit Program is a therapy group with faculty and graduate students from Boston University Sargent College of Health Sciences. Each week, group members will learn new functional strategies to apply in their home or community, such as using a calendar/planner more effectively or taking medications on time. The treatment program will also use real-life tasks, like listening to news stories, reading a current event article, or participating in group discussions. We will demonstrate tasks to practice language, attention, memory, and organization skills for "brain exercise". This group treatment program is designed specifically for people with Parkinson's disease.

Group will meet twice per week for 8 weeks; 14-16 total sessions (1 hour 15 minute sessions, meeting x2 per week, for ~8 weeks). All sessions will take place virtually on Zoom

WHO IS ELIGIBLE FOR THE PROGRAM?

People with Parkinson's disease who have completed an initial evaluation and are:

- Fluent in English
- Interested in engaging in a cognitive treatment program
- Experiencing no or subtle changes in cognition

Also, people who have:

- Speech production that is functional for basic conversation
- Access to a computer, laptop, or tablet with Zoom (and the ability to start a Zoom meeting by accessing an emailed Zoom link)

HOW DO YOU SIGN UP?

If you are interested in enrolling in the BrainFit Program, please contact Maggie Balz, the faculty member from Boston University who is facilitating and supervising the BrainFit Program. Maggie is a speech therapist with an interest in supporting language and cognitive/thinking skills among adults with Parkinson's disease.

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