

ELIGIBILITY

Each program is different, and has specific requirements and limitations

- ◆ You must be diagnosed with Parkinson's disease by a physician.
- ◆ Must live in north San Diego County as defined by our Board of Directors or regularly attend NCPSPG support group.
- ◆ Must not have previously applied for a Scholarship with this service provider.
- ◆ Must pass service provider's evaluation criteria, and follow their process.
- ◆ Must immediately notify NCPSPG and the service provider if, after approval, you decide to drop out of that program.
- ◆ You do NOT have to be a member of NCPSPG.
- ◆ Program opportunities may be suspended or terminated when funding is no longer available, or for other reasons. Individual participation may be suspended for cause.

HOW TO APPLY

Complete both front and back of the Application form that is available on our website: **NCPSPG.org** and submit electronically (PDF format) to:
Info@NCPSPG.org

or by US Mail to
NCPSPG Scholarships
P.O. Box 230566
Encinitas CA 92023

Our Very Special Thanks

Our Scholarship Program is made possible through the generosity of individuals who have included NCPSPG in their wills and trusts.

In that way, they are honoring those currently on this challenging Parkinson's journey,

...and celebrating the lives of loved ones who have fought Parkinson's.

North County Parkinson's Support Group

Our Purpose

- Providing information to People with Parkinson's (PwP), care partners (CP), their families, friends and the public;
- Encouraging participants to share their challenges and successes in coping with Parkinson's;
- Offering exercise programs, social support and fellowship to PwP and their families;
- Encouraging scientific research to find a cure for Parkinson's; and
- Acquainting participants with helpful community resources.

Scholarship program

North County
Parkinson's
Support Group

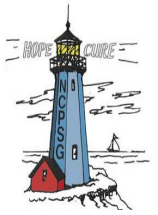


Many excellent programs and services are available to the Parkinson's community in North County.

- Some are free.
- Some are **FEE-BASED**.

Our **SCHOLARSHIP** program offers people with Parkinson's a chance to **sample FEE-BASED programs** so you can decide if you wish to continue at your own expense.

North County Parkinson's Support Group **SCHOLARSHIPS**



Programs and opportunities change. The Application form represents Scholarships available at the time of printing. The most current list and the Application form are available on our website: **NCPSPG.org**

Exercise Programs

Exercise is critically important for keeping Parkinson's at bay to the greatest extent possible.

Fee-based programs for which scholarships are available range from online one-on-one coaching, on-line exercise classes, to in-person individual and group classes.



Some are seated exercises, stretching and yoga. Some are exercises with training equipment like weights and stationary bicycles. Some are based on aerobics and cardio, or based on dance or boxing training regiments.



As with all forms of exercise, you must consult with your physician to insure that the specific type of exercise is appropriate for you.

Therapeutic Singing & Music

Music is a wonderful tool for stimulating multiple portions of the brain. Rhythms, lyrics, chords, and melodies keep neurons firing and pathways energized.



Maybe the richest benefit of music therapy is the memories that familiar tunes bring rushing back. And when music is performed for an audience, the smiles that it brings to faces are priceless.



Day Care & Respite

Group activities in Day Care programs can benefit both the person with Parkinson's and the Care Partner.



Activities can include exercise, coordination and balance training, music enjoyment, all in an environment with supervision. Perhaps most importantly it is a chance to be with other people.

For the Care Partner, these programs can offer an opportunity to take care of chores that they haven't been able to attend to, such as their own health appointments or other errands. Or they can give a brief respite from caregiving responsibilities, a chance to break the routine for a moment and take a deep breath.



ELIGIBILITY and HOW TO APPLY on the back panel