

# North County Parkinson's Support Group



## NCPSPG Limited Scholarships for Fee-Based Programs

Our NCPSPG Scholarships offer people with Parkinson's (PwP) a chance to sample FEE-BASED programs so you can decide if you wish to continue.

If you decide to continue participation beyond the scholarship period, it will be at your own expense.

Person with Parkinson's (PwP) full name (print) \_\_\_\_\_ Phone \_\_\_\_\_

Care Partner name (print) \_\_\_\_\_ Phone \_\_\_\_\_

PwP's residential address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Programs currently available are listed on the reverse side. **Select only one.** A separate application is required for each desired program. You may only apply for one program at a time. Each program is different, and each has specific requirements and limitations.

### BASIC REQUIREMENTS

- You are responsible for obtaining clearance from your health care provider to participate. (documentation not required)
- You must be diagnosed with Parkinson's disease by a physician. (documentation not required)
- Must live in north San Diego County (as defined by our Board of Directors) or regularly attend NCPSPG Support Group meetings.
- Must not have previously applied for a Scholarship with this service provider, or have participated in this provider's specific program for which you are applying.
- Must pass the 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.

On the reverse side, review and select a Scholarship program. Then complete and sign this application, and submit **both sides** electronically (PDF format) to **Info@NCPSPG.org**

or by US Mail to

**NCPSPG Scholarships**

**P.O. Box 230566**

**Encinitas CA 92023**

I affirm that I have been diagnosed with Parkinson's disease by a physician.

PwP's signature \_\_\_\_\_ Date \_\_\_\_\_

### Our Very Special Thanks

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

EXERCISE

**NeuroLab 360 (Encinitas)**

[www.neurolab360.com](http://www.neurolab360.com)

Physical Therapy. Must be evaluated by staff for program appropriateness. Must provide own transportation to and from facility.

- One-on-one physical therapy and/or wellness sessions – Up to Four (4) one-hour sessions

**Personally Fit (Rancho Bernardo)**

[www.personallyfitonline.com](http://www.personallyfitonline.com)

Exercise classes by Physical Therapist. Must be evaluated by staff for program appropriateness. Must provide own transportation to and from facility

- Initial evaluation by Personally Fit, followed by ten (10) classes of the applicant’s choice of: a.) Functional Fitness; b.) dance; or c.) Rock Steady Boxing, or a combination.

**LifeSpan Health (Fallbrook)**

[www.Lifespanhealth.me](http://www.Lifespanhealth.me)

Physical Therapy health program. Must be evaluated by staff for appropriateness. Must provide own transportation to and from facility.

**Choose:**

- Option 1:** Two (2) Sessions per week for a 30-day period with a personal coach, after “Korebalance” Baseline & Evaluation completed.
- Option 2:** One (1) Session per week for a 30-day period with a personal coach, after “Korebalance” Baseline & Evaluation completed. Personalized program modification of Option 1

EXERCISE

**Rock Steady Boxing – various affiliates**

[www.rocksteadyboxing.org](http://www.rocksteadyboxing.org)

Rock Steady Boxing is a program whose goal is to educate as many people as possible about the benefits of intense exercise, and to establish safe and welcoming programs in every community for people with Parkinson’s to fight back. Must provide own transportation to and from facility.

Scholarships include evaluation, and vary by location (choose one site only).

**Choose location:**

- Encinitas**  
10 classes
- Cardiff**  
10 classes
- Escondido**  
2 months
- Temecula**  
2 months
- Oceanside**  
(not available)

DAY CARE

**Fallbrook Senior Day Care**

[www.foundationforseniorcare.org](http://www.foundationforseniorcare.org)

Group daycare for seniors. Must meet their evaluation criteria. Must reside in Fallbrook Health District jurisdiction. Must provide own transportation to and from facility.

Scholarship provides up to **five (5) days** of service

**More opportunities to come**

We are working to bring more options for you to consider, and choices can change. Check our [NCPsg.org](http://NCPsg.org) website frequently for the current Application form to see if we’ve added another. Check the “REV” date in the lower right corner to be sure you are looking at the most recent list.