

How to Start Your Own P.L.L.U.S. Program (Parkinsonians Learning Lifelong Useful Skills)



Developed in Partnership with the Westwood Village
Rotary Club and the Westside Family YMCA.

www.pllus.org



1st Step: Contact your local YMCA.

The YMCA has the resources to establish new programs designed for special interests groups, such as the Parkinson's Exercise Program (PEP). The YMCA has facilities in place to host exercise programs and certified group exercise instructors on staff. Certified group exercise instructors can be trained specifically to teach PEP classes by our master instructor, Rachel McCoy-Bedford. (Contact the Westside Family YMCA for more information)

2nd Step: Contact your local Rotary Club.

The mission of Rotary International is to "to provide service to others, to promote high ethical standards, and to advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders." The Westwood Village Rotary Club has contributed both financially and directorially to sustain the P.L.L.U.S. program at the Westside Family YMCA for the past 11 years. The P.L.L.U.S. program has been highlighted at many Rotary International conventions and there is a growing interest in developing new P.L.L.U.S. programs worldwide.

3rd Step: Contact local neurologists.

In order to sustain a successful P.L.L.U.S. program, it is necessary to recruit participants to the program. One effective way to recruit participants, is to establish a relationship with local neurologists that specialize in the treatment of Parkinson's Disease and can refer patients to the program. Most neurologists appreciate the benefits of exercise in the treatment of Parkinson's Disease and are eager to refer patients to such beneficial programs

4th Step: Contact the local APDA.

Reach out to the local APDA. The APDA is a good resource for assessing the needs of the Parkinson's patient population in the area. The P.L.L.U.S. program has garnered the support of the American Parkinson's Disease Association (APDA). Local APDA chapters host support group meetings for people with Parkinson's Disease and have an extensive contact list which can be employed for advertising and recruiting for new P.L.L.U.S. programs.

5th Step: Apply for a P.L.L.U.S. Program Startup Grant

The Westside Family YMCA and Westwood Village Rotary Club's P.L.L.U.S. program is sponsoring grant opportunities for the establishment of new P.L.L.U.S. programs. (Contact the Westside Family YMCA or www.pllus.org for more information.)