



500 Minutes for Parkinson's Lesson 2 : What is 500 Miles for Parkinson's ?

Parkinson's Points:

- Parkinson's is unpredictable
- When someone you know has a disease or a problem it can be scary.
Who can you go to for help? How can you help?

Lesson Objectives:

To learn more about how Parkinson's affects caregivers and family/friends of those who have been diagnosed. To explore the concepts of empathy and understanding.

Materials/Equipment:

Handout: Sarika says....

References/Resources:

Mathur, Soania (2016). Shaky Hands: A Kid's Guide to Parkinson's Disease.

Activity Description:

Introduction:

Discuss the fact that Parkinson's is a disease that can affect young adults or older people as well as both men and women. Chances are that someone you know - a grandparent, parent, friend, coach, teacher – may have Parkinson's. Understanding a little bit about Parkinson's, and where to get your questions answered can help. Other degenerative diseases, like Alzheimer's, ALS, and Multiple Sclerosis can have similar effects on a person's self-esteem and personal relationships with family and friends. It can be difficult to be the loved one for caregiver or someone who is suffering from this type of disease.

Brainstorm:

What kinds of feelings would you have if someone close to you was diagnosed with a disease like Parkinson's?

Who could you talk to about your feelings? Why is this important? (parent, family member, teacher, social worker, psychologist, etc).

Activity:

Read Handout 1: Sarika says ..

This was written by the daughter of someone living with Parkinson's.

Questions:

Complete the handout: Sarika Says.....

Share the responses by emailing us at schoolsforfivehundredmiles@gmail.com

Ontario Ministry Curriculum Links:

Science <http://www.edu.gov.on.ca/eng/curriculum/elementary/health1to8.pdf>

Health and Physical Education <http://www.edu.gov.on.ca/eng/curriculum/elementary/health1to8.pdf>

Language Arts <http://www.edu.gov.on.ca/eng/curriculum/elementary/language18currb.pdf>