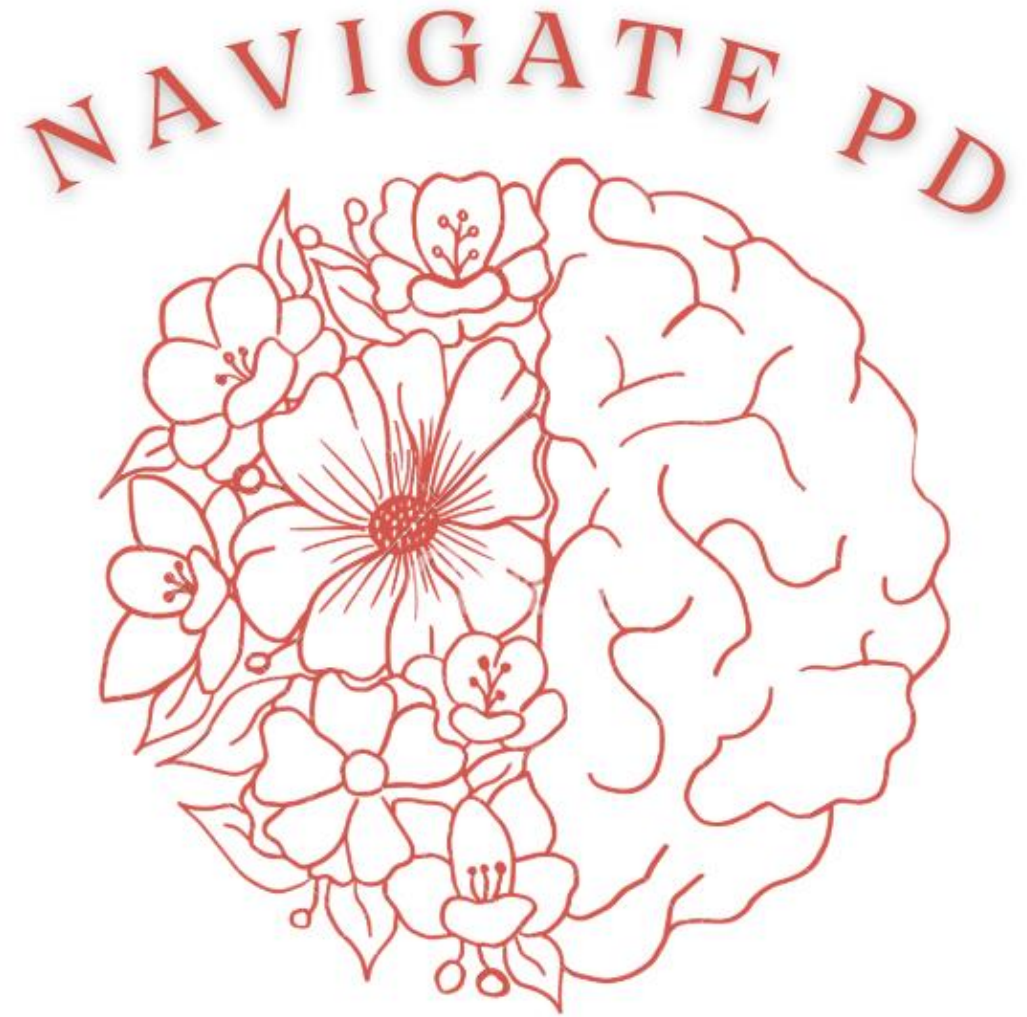


Navigate PD

By: Isabella Macro, Isabelle Magre,
Kerry O'Brien, and Liam Whelan



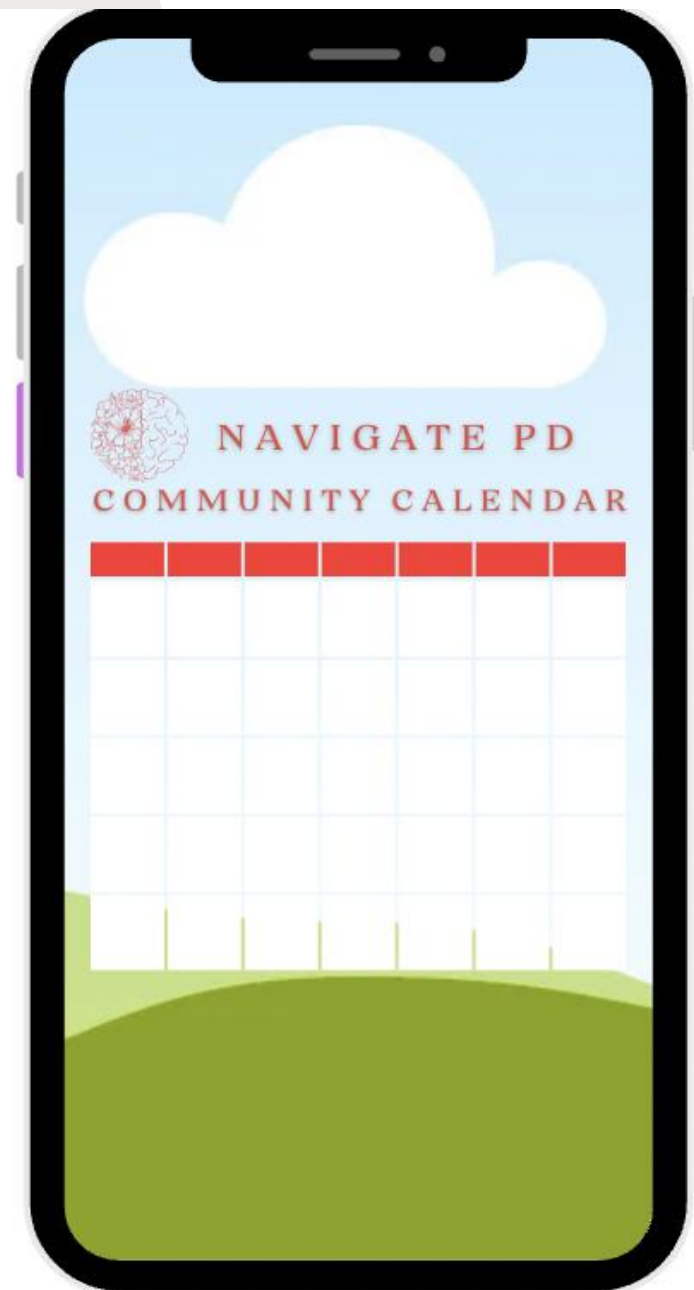
About

- Center for information about Parkinson's
- Tips and advice on how to stay healthy
- Space for questions from caregivers
- Organization tools and medication reminders
- Ways to connect to the community
- Updates and new information about Parkinson's and research
- customizable



Community Calendar

- See events in your area related to Parkinson's disease
 - Support groups
 - Walks
 - Exercise groups
 - Information sessions
 - Conferences
 - Community get togethers
- Caregiver specific events
- Events for those with Parkinson's
- 1-2 hour group events held regularly



Personal Calendar

- This feature helps PD patients and care givers navigate daily events, exercise, and medications
- With a click of a button care givers can activate notifications through the application for easy reminders

Weekly schedule planner

Week of: 3/31/2025

Events

Marks Birthday
Dr.Smith Appointment
Community Yoga
Physical Therapy
Boxing class

Medication

Medication A @9am
Medication B @2pm
Medication A/B@5pm

Personal Goals

Independent Static Strecthing
Brush teeth with non-dominant hand
Attend support group
Drink 64oz of water a day
Play chess with grandson
Spend time outside

31	Monday March	01	Tuesday April	02	Wednesday April	03	Thursday April	04	Friday April	05	Saturday April	06	Sunday April
	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth	Brush teeth
	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am	Med A @9am
	chess		outdoor time		outdoor time					chess		outdoor time	outdoor time
	Dr.smith		PT		PT			PT				community yoga	community yoga
	lunch	lunch	lunch		lunch	lunch	lunch	lunch	lunch	lunch	lunch	lunch	lunch
	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm	Med B @2pm
	static stretching	static stretching	support group		Boxing class	Boxing class	Boxing class	support group	support group				
		Boxing class			Dr.smith	Dr.smith	Dr.smith						
	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm	Med A/B@5pm
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
		Movie night									Marks B-day		
		Movie night									Marks B-day		

Discussion Boards

Care Givers Connect



My Husband (65 PD) is struggling with speaking at an audible level, has anyone else struggled with this?



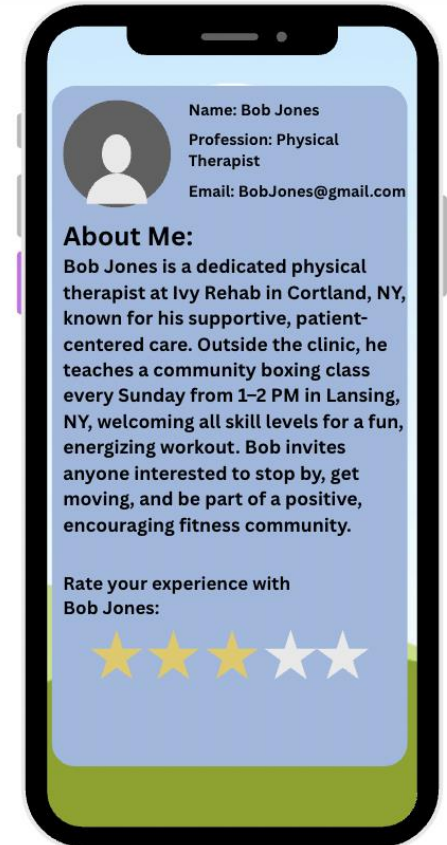
Yes! I found help at this clinic
www.clinic.com



This can be really challenging, I understand what your going through!

This tab allows people within the community to connect. We envision 3 main functions:

1. Caregiver support
2. Connecting with and finding providers
3. Connecting with people in the same geographic area



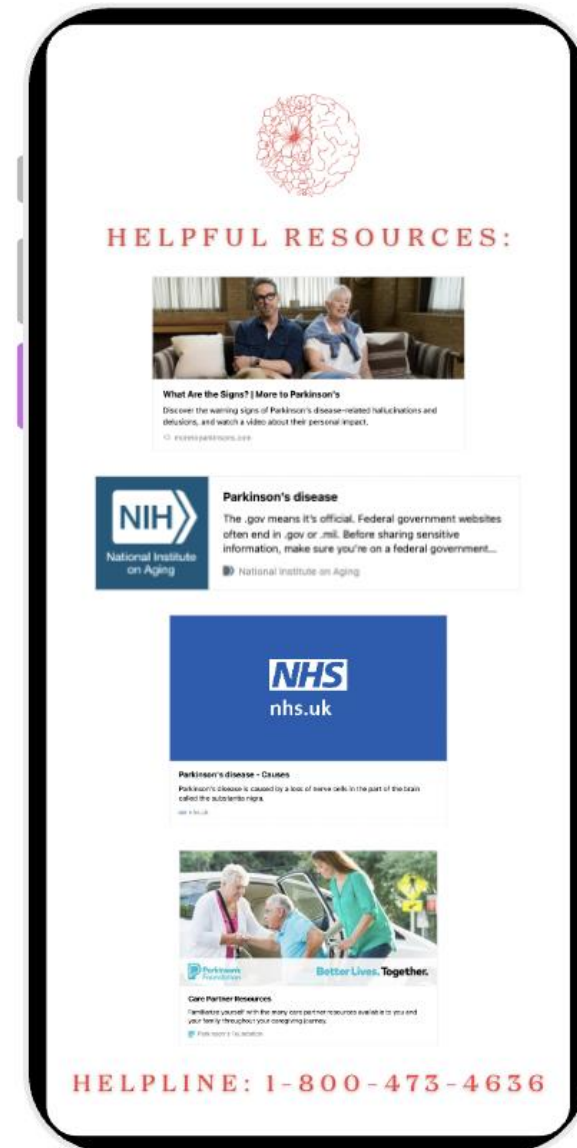
Updates and Research

- Focuses on new and emerging research specifically on Parkinson's
- Operated on an algorithm-based system, so you see the research that's relevant for you and your loved one's situation.



Resources

- Easy access to relevant resources
- Helplines
- Informational websites
- Charities and funding
- Mental health resources



Stay Fit at Home

- Exercise is the best treatment with no side effects
- Caregivers and people with Parkinson's can utilize this feature
- Types of workouts/ activities with various difficulty/ comfort level

