

Research Study at the Center for Neurorehabilitation at Boston University

Application of a training module for peer coaches to promote exercise adherence in people with Parkinson Disease

You are invited to join a research study in which you would participate in a peer coaching program that you can do in the convenience of your home. Peer coaching is assisting another person to reach their walking goals with education, goal setting, problem solving and encouragement.

Eligible participants would be assigned to one of two groups, based upon their current walking activity. Those that are peer coaches will be involved in a peer coach training program. Those that are peer mentees will interact with their peer coach for 8 weeks via telephone conversations. Both groups will also wear a pedometer to track their daily steps.

PEER COACH

- Peer training program
- Peer coaching of 2-3 assigned mentees to increase walking activity (via telephone)
- Walking at home/community with a pedometer

PEER MENTEE

- Mentored by peer coach to increase walking activity (via telephone)
- Walking at home/community with a pedometer

You may be eligible to participate in this study if you:

- **Have been diagnosed with Parkinson's disease**
- **Are able to walk without assistance for at least 10 continuous minutes**
- **Are able to come to the Center for Neurorehabilitation at Boston University on 2-4 different occasions for assessments and or training.**

If you are interested in participating in this study or learning more about it, please contact Cristina Colón-Semenza at (617)358-7348 or csemenza@bu.edu

The Center for Neurorehabilitation at Boston University
635 Commonwealth Avenue, 6th Floor, Boston MA 02215

