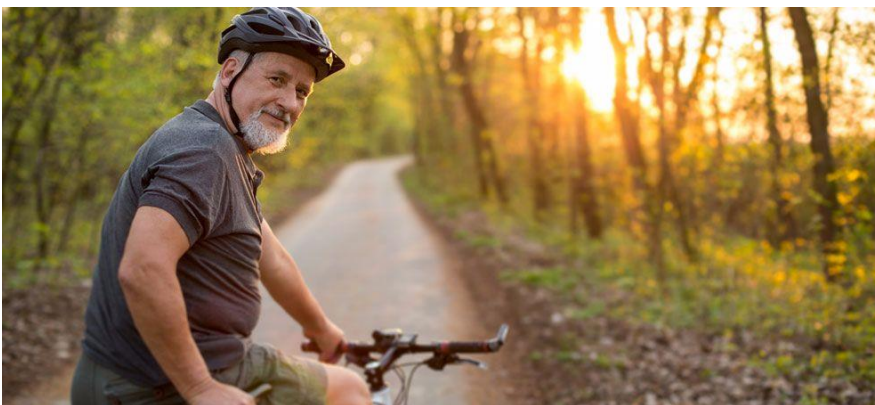




Understanding Self-care Practices in Parkinson's: A Survey Study

PARTICIPANTS REQUIRED!



Hello!

We are looking for adults with Parkinson's to participate in our survey study. We would love to hear from you. Our study aims to understand:

- Your day-to-day self-care practices
- Your Parkinson's symptom management practices and coping strategies
- The tools you use to self-track / document / monitor any part of your life, if applicable.

This information will help us identify perceptions towards self-tracking and the requirements and challenges faced while doing so.

For additional information, please refer to the [participant information sheet](#).

You can access the survey by scanning the QR code or by accessing [this link](#)

The survey is anonymous and will take approximately 15-20 minutes to complete.

We look forward to hearing from you!

If you have any queries, please email:

pranav.kulkarni1@monash.edu