



Through the looking glass: Addressing the Caring & Coping needs of Persons supporting Parkinson's patients

A short course organized by the Department of Mental Health, University of Malta in collaboration Malta University Consulting Ltd.

Dates: April 2018: Tues 10; Tues 17; Tues 24
 May 2018: Wed 2; Tues 8
Time: 05.00p.m. – 6.30p.m.
Venue: University Residence, Robert Mifsud Bonnici Street, Lija (ample parking space available)
A certificate of attendance will be awarded to participants at the completion of the course.

Course registration fee: €93

Closing date for registration: 2nd April 2018

The Aim of the course

Parkinson's is a progressive disease, with changes occurring over time. Although providing care is a unique experience for each carer, many common stressors, fears, concerns and rewards are shared. This course is specifically designed, to provide both formal and informal carers, with the basic knowledge, skills and practical tips to care for people with Parkinson's at home, whilst empowering them in understanding and coping with their own particular caregiving scenario.

Course Programme

| Date | Lecturer | Title of lecture |
|------------------------|--|---|
| 10 th April | Dr Josianne Scerri | Exploring Carer perceptions about Parkinson's and their impact on Quality of life |
| 17 th April | Dr Ritienne Grima | Caring for the person with Parkinson's disease: communication and swallowing challenges |
| 24 th April | Dr Michael Galea | Targeting the Psychological well-being of Carers |
| 2 nd May | Ms Cynthia Scerri | Providing for the rehabilitation needs of Persons with Parkinson's |
| 8 th May | Ms Amy Dimech | Understanding Parkinson's Disease – Coping with the Physical Struggles |
| | ----- Malta Parkinson's Disease Association | Supporting Persons with Parkinson's and their families |

Course Co-ordinator: Dr Josianne Scerri completed her undergraduate studies at the University of Malta, graduating with First class honours. She obtained her Doctorate from the University of Nottingham, where she conducted research on the 'Illness perceptions and Emotional adjustment of patients with chronic illnesses and their carers'. At present Josianne is Head of the Department of Mental Health, University of Malta. She also chairs the Faculty Research and Ethics committee and is Deputy Editor of the *Malta Journal of Health Sciences*. As a keynote speaker at both local and international conferences, she has addressed issues relating to patient empowerment with health professionals, patients, carers and the academic community. Her research interests include the experiences of persons living with chronic illnesses and that of their informal carers, as well as interventions targeting patient and carer empowerment

Course registration fee and contact details:

Cheques are to be made payable to Malta University Consulting Ltd

For further information kindly contact: Malta University Consulting Ltd, Robert Mifsud Bonnici Street, Lija.
Tel: 21240746/9982 9244; e-mail: maria.bugeja@muhc.com.mt; website: www.muhc.com.mt