



## 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: 2<sup>nd</sup> 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 <sup>th</sup> April	Dr Josianne Scerri	Exploring Carer perceptions about Parkinson's and their impact on Quality of life
17 <sup>th</sup> April	Dr Ritienne Grima	Caring for the person with Parkinson's disease: communication and swallowing challenges
24 <sup>th</sup> April	Dr Michael Galea	Targeting the Psychological well-being of Carers
2 <sup>nd</sup> May	Ms Cynthia Scerri	Providing for the rehabilitation needs of Persons with Parkinson's
8 <sup>th</sup> 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](mailto:maria.bugeja@muhc.com.mt); website: [www.muhc.com.mt](http://www.muhc.com.mt)