



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, by accessing [this link](https://tinyurl.com/monashpdsurvey) or by visiting <https://tinyurl.com/monashpdsurvey>

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:

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