

## Wisconsin Parkinson Association (WPA) Summary Report

### **Information about the Applicant**

#### **Mission**

Providing hope, community, support, and resources for people with Parkinson's and their loved ones.

#### **Vision**

A Parkinson's community inspired to live life with – and beyond – Parkinson disease.

#### **History**

Wisconsin Parkinson Association was founded in 1984 as an avenue to provide support for patients who received the diagnosis of Parkinson disease. As a community resource, WPA has grown as the needs of the Parkinson community have grown. As a 501c3 organization, WPA is an independent nonprofit that is not affiliated with a national organization, so the money donated to WPA stays local to support the people who need help.

### **Statement of Need**

We will be addressing the needs of providing Assistive Devices (ACTIVATOR™ Poles) for individuals with Parkinson's Disease who need it and can benefit. We want people to get active in ways that is most effective and right for them. We do not have other funding available to support this project. We are requesting Wispact Foundation's support in order to help individuals with Parkinson's Disease live their best lives. We plan to provide education and support to our stakeholders to learn to use the ACTIVATOR™ Poles in class, in their daily lives and at our community events going forward. More information about the poles:

ACTIVATOR™ Poles were designed by a therapist with unique features for increased stability and greater bearing capacity.

- Patent ergonomic CoreGrip for core strengthening
- Strapless to reduce the risk of injury
- Secure button locking system for weight bearing
- Bell-shaped tip for stability
- Anti-vibration components

### **Project Goals and Expected Benefits**

Exercise is currently the only known thing to slow the progression of Parkinson's. One of our goals here at the Wisconsin Parkinson Association is to provide education and resources to individuals and their loved ones with PD to live their best lives. Over the grant period, we plan to provide educational demonstrations on Urban Poling with the ACTIVATOR Poles in Wisconsin. We will work with community partners to offer these demonstrations/classes at our support or exercise groups and they will be taught by our exercise instructor who has been trained in the urban poling techniques. We plan to purchase 10 pole sets to use for class demonstration / participation and plan to hold 4 classes over the course of the grant period and provide the poles to class participants to keep if they feel comfortable and plan to use them to enhance their daily lives and quality of life. We are estimating 12 people in each class and that approximately 80% will want to take poles home for a total of 40 pole sets. We will measure success by class attendance, participation and training satisfaction and use of the poles/ enhancement of daily life by way of surveys. We also plan to gather success stories of how the grant has deepened our impact in the lives of those we serve. We have held a couple sessions (through partners) this year and it was very well received by our stakeholders and we want to offer this to more people. We had a demonstration at the Botanical gardens recently and people were able to immediately use the poles and techniques to enjoy the nature and feel a sense of community. One man even got emotional because of how quickly his walking and confidence was positively impacted. He called it "transformational." We

have seen immediate improvement in posture, walking ability, confidence and attitude in some of the class participants already. We also did an interest survey across the state recently and we had about 50 people express interest in attending and learning more. Additionally, we plan to gauge interest in these assistive devices at our upcoming events, especially our Symposium in April 2023 to determine future plans.

**Project Implementation Plan**

Executive Director will oversee project implementation and WPA’s Exercise Instructor will promote and facilitate class schedules with key partners across the state. The timeline will be from grant award date (approx. November 2022) through reporting date which is July 2023.

**Evaluation Plan**

We will measure success by class attendance (% of attendance vs. registered), participation and training satisfaction (surveys) and use of the poles/enhancement of daily life by way of surveys with a goal to have 90% satisfaction rates. For people that receive the poles, we plan to remain in contact with them to see how their daily lives are improving & gather success stories of how the grant has deepened our impact in the lives of those we serve. When distributing the poles, we will let everyone know that we want to stay in contact with them in the next 90-120 days to see how things are going and to have them complete a survey. We would love to have 100% participation in the survey but a more realistic expectation would be 60% response rate and that out of that 60%, at least have will indicate improvement in their lives from use of the poles. This will inform us on interest and benefit of the poles and how people have integrated them into their work/life. We will use this information gathered to determine program expansion/continuation planning.

**Budget**

WPA is requesting funds for the ACTIVATOR™ Poles only. Any staff coordination / facilitation / teaching time will not be included. There are no other funding sources that have committed to funding the project. WPA will use our current office space or work to get space donated for the classes as a part of this project. We need some poles to use for demonstration / class trainings and some to distribute to class participants (if appropriate) upon completion of the class.

Item	Quantity	Cost	Totals
ACTIVATOR™ Poles - Class Demonstration / Trial purposes	10 sets (of 2 poles)	\$95-\$120 (range depends on type of pole based on weight of participant)	\$950-\$1,200
ACTIVATOR™ Poles - Class Distribution to participants	40 sets (of 2 poles)	\$95-\$120 (range depends on type of pole based on weight of participant)	\$3,800-\$4,800
			\$4,750-\$6,000

**Staff Recommendation**

The grant application can be approved for the amount requested of \$6,000.00. The poles will directly benefit persons with Parkinson’s and provide an opportunity for participation in the exercise course. The grant aligns with the initiatives of the foundation.