

Living Beyond Parkinson's

A free, self-directed resource you can hand to a patient — at diagnosis, in a resource folder, or at a movement disorders clinic noticeboard.

Five guided imagery practices for living well with Parkinson's — offered to the body as it is now, with no former self to chase back. There is no order to follow and nothing to complete.

What the site offers

PILLAR ONE Quality of Life Research

The research base behind the programme, written in plain language for patients and families, with every source gathered in a public bibliography.

PILLAR TWO Guided Imagery Programme

Five audio-guided practices sharing one four-part structure, each carrying an honest evidence badge.

- | | |
|--|----------|
| — Walking Freely · gait and freezing of gait | MODERATE |
| — Finding Flow · movement initiation, bradykinesia | EMERGING |
| — Steady Ground · balance and postural stability | EMERGING |
| — The Steady Hand · fine motor and handwriting | EMERGING |
| — Calm Beneath the Storm · anxiety, "off" periods, sleep | EMERGING |

FRAMING YOU CAN RELY ON

Nothing on this site claims to slow, halt, or reverse Parkinson's. The practices are a complement to medication, physiotherapy, and the person's Parkinson's team — never a replacement — and patients are directed to continue all prescribed care.

The evidence is badged honestly rather than favourably: one practice is marked Moderate and four Emerging, and the site states plainly that the most recent meta-analysis contradicts a benefit for overall motor symptoms. The four-part structure is the author's own synthesis and has not been tested as a unit in any clinical trial.

The figure a person imagines is never a pre-Parkinson's self to chase back — it is an embodiment of ease, offered to the body as it is now. The non-motor practice sets the figure aside entirely, so that nobody is asked to "become" calm.

About the author

Jeremy Olson holds a Masters of Social Sciences (Psychology) from Waikato University, NZ. His graduate quality-of-life research was conducted at Deakin University under Prof Robert Cummins. He is not a clinician and does not have Parkinson's — the site is built as a researcher and educator working alongside people who do.

Why teams hand this out

- Free — no login, paywall, or cost to the patient
- Self-directed — any pace, any device, nothing to finish
- Honest about where the evidence is thin
- Something for the hard hours, not only the good days

Living Beyond Parkinson's

livingbeyondparkinsons.com

jeremy@livingbeyondparkinsons.com

FREE · NO PAYWALL · NO EMAIL REQUIRED



SCAN TO VISIT