

# The Active-At-Home Initiative (AHI) Kit for Rural-Dwelling Adults with Parkinson Disease: A Quality Improvement Project

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**AIM:** Partner with the American Parkinson Disease Association (APDA) and rural people with Parkinson disease (PD) to develop an in-home resource useful for increasing activity, engagement, and participation in daily activities.

## PROGRAM SPOTLIGHT

- Parkinson disease (PD) is a progressive and disabling neurological disease that affects approximately 1 million people across the US.
- People with Parkinson Disease (PwPD) in rural areas face disparities in healthcare access and quality of life, which was worsened by COVID-19.
- Involvement of PwPD in research will help to inform occupational therapy interventions that meet this population's specific needs.
- Telehealth has the ability to increase access to healthcare for rural PwPD.

## RESULTS

“This was very helpful for me to be able to know how to help [my spouse] with the items.”

“There are very helpful tools. All of it is very useful.”

“One thing with Parkinson’s is I can’t button little buttons. It makes you wanna scream.”

Collaborators with Parkinson disease fundamentally informed the development of the Active-at-Home Initiative Kit



### Themes from Collaborator Feedback

Anticipation of future use as PD progresses

Caregiver involvement

Certain items require demonstration for use

General appreciation for receiving the kit

Varied item utility

## CONTACT INFORMATION

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## CURRENT & FUTURE TELEHEALTH RESEARCH

- AHI Phase Three
- In-Home Cycling
- Yoga for Seniors
- MyActivity: Multi-site adaptive trial of a technology-based, EHR-integrated physical activity intervention in breast and endometrial cancer survivors

## FUNDING SOURCES

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## CLOSING THOUGHTS

### Framework for Telehealth Research, Practice, and Program Evaluation in Occupational Therapy

Little LM, Pickett KA, Proffitt R, Cason J. Keeping Pace With 21st Century Healthcare: A Framework for Telehealth Research, Practice, and Program Evaluation in Occupational Therapy. Int J Telerehabil. 2021 Jun 22;13(1):e6379. doi: 10.5195/ijt.2021.6379. PMID: 34345350; PMCID: PMC8287707.



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