

**The 2<sup>nd</sup> Kilimanjaro Parkinson's Support Group**  
**6<sup>th</sup> April 2024**  
**Machame Hospital:**

**Support Group Facilitators:** 1. Mathew Shayo – Physiotherapist  
2. Jojet Josephat – Medical Doctor  
3. Kelvin Haukila – Physiotherapist

**Total Number of Participants:** 21

Despite some delays due to very muddy and somewhat unpassable roads, we started our Parkinson's support group event at 12:30 PM! We thanked all participants who were able to attend the event and welcomed two new members, Ms. Aikande and Mr. Iddi,

The session began with a 20-minute group exercise led by Mr. Mathew Shayo, focusing on seated exercises, stretching and facial muscles exercises.

Dr. Jojet then led a discussion about Parkinson's disease treatment. Mr. Shawinia Munisi, a person living with Parkinson's, shared his inspiring journey, detailing the onset of symptoms, his treatment approach and some situations he faced during the course of his treatment that were so informative and relatable to most of the patients and the positive impact on the program in his condition. He majorly emphasized the importance of medication adherence.

The session included a remarkable discussion on some symptoms that linger and account medication adherence e.g. forgetfulness. Group members shared valuable tips and tricks to ensure they stay on track with their medication schedule.

Then we had a fun session of walking football involving six participants with five patients and one caregiver. Following the game, which was played under rules addressing approach of patients towards Parkinson disease, we had a discussion and counselling session on medication side effects such as ability to drive a car if you are living with Parkinson and program continuity concerns.

As facilitators, we were able to address all participant questions and concerns.

The event was successfully concluded at 3 PM with closing remarks and the announcement of the next support group date.





