

with Parkinson's will find the techniques become automatic. But if the skills are acquired early enough, you may be able to use the techniques you've learned successfully over time.

Some people find learning something new and committing this to memory difficult, and may need support to help use the techniques at home. We recommend you check your conductor is registered with a professional body and is insured before you sign up to any classes.

What about safety?

Find out more

Some local Parkinson's UK groups offer conductive education sessions. Find your local group at parkinsons.org.uk/localgroups or call our helpline on **0808 800 0303** for details of your nearest meeting.

The National Institute of Conductive Education is a UK charity based at the National Institute of Conductive Education in Birmingham. Visit www.conductive-education.org.uk email foundation@conductive-education.org.uk or call **0121 449 1569**.

Be aware that some classes can cost money, so make sure you ask how much the whole course of treatment is going to cost before you make any commitments.

You may also find it useful to ask about when you can expect to feel any improvement – and when to call it a day if you do not see the results you hoped for.

You can also read more about other complementary therapies in our booklet *Complementary therapies and Parkinson's*. You can download this at parkinsons.org.uk/ **publications** or see page 39 for details of how to order.

Thank you to Judit Szathmari, consultant at Paces Personality Development Centre for her contribution to this article. ■



transferring weight over the hips, stretching the knees and checking your posture. These skills can be practised standing up from different furniture, such as a bed.

Although conductive education is ultimately about your own learning, lessons are given in a group setting. This can help increase your motivation and confidence, as well give you an opportunity to be social and gain support from your peers.

As with all learning, the programme requires a lot of daily practise outside of the sessions – you'll be asked to use the skills you've learned during the sessions in your daily life.

“Conductive education has been useful, but it has to be continued to feel benefits in the long-term. Just one two-hour session isn't really enough if you don't have the willpower to carry out the exercises outside the session.”

Leanne, diagnosed with Parkinson's in 2011

How might it help?

Some people find that conductive education can help control the physical symptoms of Parkinson's, including tremor, rigidity and slowness of movement.

Although conductive education is quite established as a treatment for Parkinson's, there is not much evidence to back it up. Studies are needed to prove its effectiveness.

Because conductive education teaches strategies to help movement and overcome everyday problems, some people may feel more confident and independent.

For some people, the learning style can be tiring at first, and may seem very strict. Not everyone