



**Multiple Sclerosis  
& Parkinson's**  
CANTERBURY

# Accreditation and Endorsement Programme

**Do you provide exercise interventions for people with Parkinson's Disease?** ✓

**Do you want more people referred to your classes?** ✓

If so, we invite you to participate in our Accreditation and Endorsement Programme to provide people with Parkinson's safe and appropriate exercise options.

The accreditation and endorsement programme by MS and Parkinson's Canterbury aims to foster a network of skilled exercise providers across the Canterbury region and facilitate more quality opportunities for people with Parkinson's to use exercise as a management strategy for their condition.

## Accreditation

**Accreditation** means we have accredited your Parkinson's specific class and we may refer appropriate people to this class.

## Endorsement

**Endorsement** means we have endorsed you, the exercise instructor, as someone who is knowledgeable about Parkinson's and able to safely manage to assist a person with Parkinson's in an exercise programme. We may refer people with Parkinson's to you for assistance with exercise in their local community.



## Want to know more?

Contact our physiotherapist **Tara Martin**  
Email: [physio@ms-pd.org.nz](mailto:physio@ms-pd.org.nz)  
Phone: 03 366 2857

[www.ms-pd.org.nz](http://www.ms-pd.org.nz)