

# The Davis Phinney Foundation Has Agreed to Assume the Assets of PD SELF (Self Efficacy Learning Forum) Going Forward

PD SELF will be offered through the Davis Phinney Foundation communities and educational resources effective May 10, 2023

**Louisville, Colorado May 8, 2023** ([Issuewire.com](https://www.issuewire.com)) - [The Davis Phinney Foundation](#) for Parkinson's has been chosen to acquire and manage the [PD SELF](#) assets effective May 10, 2023. PD SELF, founded in 2013 by Parkinson's patient Diane Cook, is a program for people living with Parkinson's from zero to three years. Based on renowned psychologist Dr. Albert Bandura's psychosocial theories of self-efficacy, Diane demonstrated in a clinical trial in 2014 that PD SELF's curriculum materially assists people with Parkinson's and their care partners in achieving a better quality of life by learning and employing the principles of self-efficacy.

Over 2,000 people with Parkinson's and their care partners have participated in the program over the past ten years, in-person and virtually. Results have shown that even when a participant's physical and mental functioning declines, their quality of life improves immediately after participating in the course and in subsequent years.

When it was time for Diane to choose an organization to take over hosting and running the program, the Davis Phinney Foundation for Parkinson's was a natural choice: *"Our organizations are perfectly aligned. We both value the principles of self-efficacy, as validated by PD SELF's clinical trial, and know that through this program, we can help individuals live well with Parkinson's today. I feel so fortunate to be able to put this program into such capable hands, and I look forward to seeing where they can take it."*

Polly Dawkins, Executive Director of the Davis Phinney Foundation, said, *"We appreciate the contribution that Diane has made in focusing on the value of self-efficacy in improving the quality of life of people living with Parkinson's and their care partners. Everyone at the Davis Phinney Foundation looks forward to adding PD SELF to our program offerings as it aligns tightly with our core mission of helping everyone live well today!"*

## **About the Davis Phinney Foundation**

[The Davis Phinney Foundation](#) was founded by Olympic cyclist Davis Phinney in 2004 to help people with Parkinson's live well today. The Foundation focuses on providing programs, early-stage research, and resources to help people living with Parkinson's improve their quality of life. Parkinson's is the number two neurodegenerative disease – second only to Alzheimer's – and affects more than one million people in the United States. The Foundation's work impacts hundreds of thousands of individuals and families annually.

## **About PD SELF® (Parkinson's Disease Self-Efficacy Learning Forum)**

[PD SELF](#) is an innovative disease management program created in 2013 by Diane Cook as the result of a clinical trial sponsored by the Colorado Neurological Institute. It provides the motivation, information, skills, behaviors, and philosophical construct to achieve the best quality of life while living with Parkinson's.

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