



## SIDEKICKS INSTRUCTIONS

Welcome to Sidekicks! The Sidekicks program was created with a powerful purpose: to help curb isolation commonly felt by people affected by Parkinson's. Presented by Lundbeck, in collaboration with leading Parkinson's advocacy organizations, the program includes a series of flexible projects designed to be completed with a partner, or "sidekick," to create a new connection or deepen an existing one by sharing meaningful personal moments beyond Parkinson's.



### STEP 1: GET READY.

- **On your own:** Ask a care partner, family member, neighbor, friends, or other individual you know to partner to work together on one or more activities designed to help deepen your connection and learn new things about one another.



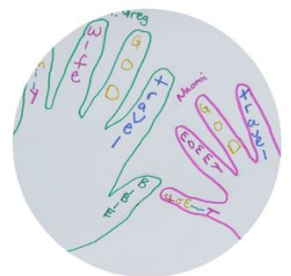
- **With a group:** Connect the people within your group to be Sidekicks – either as pairs or in groups of three people if you have an odd number of participants. Determine if you'd like to encourage group members who don't know each other well to work with one another to make new social connections, or if you'd like to pair participants with someone with whom they are familiar to deepen an existing connection. You also may decide to open participation to include care partners, family members or others – the program is flexible to help participants engage in the ways in which they will be most comfortable.

### STEP 2: GET SET.

- Work with your partner/group to select from the three available Sidekicks projects available on [Facebook.com/ParkinsonsSidekicks](https://www.facebook.com/ParkinsonsSidekicks). You can complete multiple projects at once (e.g., with a phone/video call/virtual coffee session/in-person meeting) or at multiple times to share and learn from each other.
- Gather supplies for the one or more activities you choose to explore with materials easily accessible at home. Feel free to substitute or add in other art supplies beyond those listed to add to the fun.
- Schedule time with your partner to complete an activity together.

### STEP 3: ENJOY AND SHARE!

- Have fun completing your activities. As you work together, ask questions to find your common interests or hobbies, and discuss what you have learned about each other. If you are working with a group, you can help guide conversation live or virtually and encourage participants in sharing their personal experiences.
- Once you have finished an activity, consider sharing completed projects with the community on the Sidekicks Facebook page – [Facebook.com/ParkinsonsSidekicks](https://www.facebook.com/ParkinsonsSidekicks). Participants also can post on their own social channels and tag #ParkinsonsSidekicks to help spread positivity and awareness about the program for others who may be interested in Sidekicks.



[Facebook.com/ParkinsonsSidekicks](https://www.facebook.com/ParkinsonsSidekicks)