

Care-giver Care-partner Weekly Journal

This journal belongs to:

Contact telephone if journal is lost:

**Name of the DWP participant you provide care
for:**

Thank you for taking part in the DANCING WITH PARKINSON'S Summer Evaluation Project! This journal is meant to track both how you and the participant of DWP are doing over the summer and into the fall. We will collect the journals in the Fall -- your feedback through the journal will help us to improve the DWP program, and hopefully influence a better quality of life for those living with Parkinson's and their caregivers, partners, families and friends in the future.

The journal should only take a few minutes of your time each week -- but you can spend more time if you wish to do some writing or express yourself through a drawing in the journal. Please choose a day in the week that is convenient for you -- every 7 days (once a week) is sufficient, although you may make entries more frequently if you wish. If less frequent, please try before 10 days have passed. Also there is no penalty or bad consequence for deciding not to keep up with the journal.

Your journal will be shared with the evaluation team for DWP, so do not include anything that you wish to keep private; however please be honest in your responses. We will not share your journal with the DWP participant that you care for, unless you say otherwise in writing. Your identity will be kept confidential outside of the evaluation team conducting the analysis, and the information from everyone's journals will be kept anonymous so that you cannot be identified. Your feedback is valuable to us to help build knowledge about what works well for our clients and their caregivers. Many, many thanks from Sarah Robichaud, Rachael Gibson, and Teachers at DWP!!!

How has your week been?

Today's date: _____

Please circle or check one:

Very Bad



Bad



Okay



Good



Very Good



How has your energy level been in general over the past week?

Very Low	Bit Low	Moderate	Bit High	Very High
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Based on your observation of the DWP participant you care for, what would be your guess of their energy level in general over the past week of?

Very Low	Bit Low	Moderate	Bit High	Very High
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Based on your observation of the DWP participant you care for, what would be your guess of how their body has felt and functioned in general over the past week?

Very much worse than usual	Somewhat worse than usual	Usual	Somewhat better than usual	Much better than usual
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Has the DWP participant you care for danced this week with DWP?

Yes	No
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Has the DWP participant done any other dancing or exercising this week?

Yes	No
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If so, what type of dancing or exercising?

Which days and approximately how many minutes?

Your additional comments, observations, or reflections are welcome below: