

With People In Mind Design And Management Of Everyday Nature

Self-management support to handle everyday life with Parkinson's disease
Managing Everyday PTSD: Practical Strategies for Reclaiming Your Peace
Management Skills for Everyday Life
The Risk-Wise Investor
Managing with Sense and Sensitivity
Paradoxes of PrEP for HIV Prevention
Sustainable Digital Communities
Identity Management in Lesbian Women
Securing Urbanism
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Telecourse Guide to the Business of Management
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background being diagnosed with parkinson s disease pd is a life altering experience the long term condition requires continuous
adjustments to the everyday life not only of the person affected but also for care partners there is still insufficient knowledge on
how best to support this process of acceptance and adjustment to encourage self management aims the aim of this thesis is to
enhance the knowledge and understanding of self management for persons with pd pwpd and their care partners furthermore to
investigate whether the self management intervention swedish national parkinson school can be used as a tool to support self
management and how nurses specialised in the care of persons with parkinson s disease can tailor their support to encourage
self management in everyday life method and design both qualitative and quantitative designs and methods were used in the
three studies included in this thesis participants included a total of 209 persons of these 127 were persons with pd and 75 were
care partners participants with pd were largely in the middle stages of the disease the time since diagnosis ranged from less
than one year to over 20 years and most participants had lived with the disease for around five years participants were cared

for at five separate outpatient clinics both geriatric and neurological in three county and two university hospitals across sweden data collection included observations interviews self reported questionnaires and audio recordings of the national parkinson school in clinical care the overall results of this thesis were obtained using a qualitative approach where the results of the three studies were analysed using qualitative thematic analysis as described by braun and clarke 2006 results in combining the results of the separate studies through thematic analysis three distinct but interrelated themes were evident these described the processes and efforts of persons to accept manage and adjust to everyday life with pd the theme a changed reality involves participants descriptions of how life changed after the diagnosis of pd for many this was a shock and both the person affected and their care partners experienced a variety of emotions such as anger denial and hopelessness it changed their personal identities their perception of themselves as individuals and as a couple they worried about what the future would hold and the uncertainty was hard to accept and handle one strategy for processing and beginning to acknowledge the new situation involved speaking openly about the diagnosis the second theme finding a new path involves a description of how after accepting or at least acknowledging their new reality participants started to find ways of managing the impact of pd on everyday life incorporating it into their current life and identity many felt new knowledge was needed and turned to books and websites on pd an intervention which was appreciated in terms of providing tools for self observation and self knowledge was the swedish national parkinson school participants later used these techniques to communicate and observe symptoms and healthcare needs being an active participant in life and performing activities such as physical exercise or other activities they enjoyed were also used as a strategy to feel satisfaction in life participants frequently worked out self care and compensatory strategies to handle everyday tasks another strategy they found comforting and helpful involved retaining a positive mind set and believing that a good future lay ahead in the third category the companions the participants described self management in

everyday life as a task they performed together management of pd was considered the shared responsibility of the person affected and the care partner but was also influenced by others such as family members and close friends the swedish national parkinson school provided knowledge as a form of common ground for the person affected and the care partner during the swedish national parkinson school the social interaction involved in exchanging experiences and feeling support from others in the same situation was considered helpful and was much appreciated conclusions management of pd in everyday life involves both the person affected and the care partner after the initial emotional reactions alongside feelings of lost identity and an altered life persons started to look to the future and were ready to find ways of handling the changed conditions of their everyday lives persons with pd and their care partners were now willing to learn more about pd and to find tools and strategies to help them manage its impact on their everyday lives during this phase they appreciated the support of the swedish national parkinson school intervention in the intervention they would meet others in the same situation to find support and exchange experiences they also turn to healthcare for support in the process of self management in everyday life nurses working specifically to support pwpd and their cp will need to tailor support taking into account the disease trajectory as well as the psychological processes involved in accepting and adjusting to pd to best fit the unique needs and wishes of every person with pd and their care partner

are you tired of feeling haunted by the past do unwanted memories anxiety or a constant feeling of being on edge disrupt your daily life you are not alone post traumatic stress disorder ptsd can cast a long shadow but there is hope for healing managing everyday ptsd practical strategies for reclaiming your peace is your guide to navigating the challenges of mild to moderate ptsd and finding your footing on the path to a calmer more fulfilling life this book offers tangible tools and actionable steps to help

you understand ptsd manage its symptoms and cultivate resilience inside you ll discover what is ptsd demystify this condition with a clear explanation of its symptoms how it affects your mind and body and its evolution from shell shock to our current understanding identify your triggers learn to recognize the specific people places things or situations that can activate your ptsd symptoms empowering you to become more aware of your patterns effective grounding techniques master practical strategies to bring yourself back to the present moment during intense episodes helping you regain control and find stability rebuilding safety and trust discover how to cultivate these essential foundations in your life and relationships after trauma creating a secure base for healing the power of lifestyle choices explore how nutrition sleep and exercise can significantly support your recovery journey promoting physical and emotional well being self compassion and acceptance embrace the importance of kindness towards yourself fostering healing through self compassion and acceptance building a supportive network learn to nurture connections with others creating a strong and understanding support system to aid in your recovery when and how to seek professional support gain guidance on recognizing when professional help is beneficial and how to access the right resources including therapy options this book is your companion on the journey to reclaiming your peace it provides the knowledge and tools to navigate the challenges of ptsd empowering you to move towards a greater sense of calm and resilience please note this book is intended for informational purposes and is not a substitute for professional medical advice always consult with a qualified healthcare provider for any health concerns

this text is engaging and practical yet research based style is designed to help students achieve the success they desire specifically the ideas tools and techniques help students enhance their effectiveness career potential and general well being

user friendly risk management tools tips and techniques for a less certain world though a very high level of investor uncertainty

anxiety and concern about risk now exists the vast majority of investors do not genuinely understand investment risk let alone how to effectively manage it the risk wise investor offers a totally new user friendly non technical way to help you better understand and manage uncertainty and risk this practical guide will help investors avoid many common pitfalls and make well informed knowledge based decisions when facing uncertainty and risk it also shows how to implement a personalized systematic risk management planning process that will allow you to manage the risks you face more effectively and improve the likelihood of achieving specific investment goals though traditional investment advice is based on taking the long view and diversifying portfolios the information here shows how to incorporate additional risk management considerations into your plans the risk wise investor also provides innovative insights that will help investors and their advisors better understand how to gain a practical user friendly knowledge based understanding of risk and risk management better understand and manage financial uncertainty and rapid change release life risk management skills in the world of investments become less anxious more knowledgeable realistic and potentially more successful investors learn a new empowering definition of risk to more effectively address risk and uncertainty help reduce the likelihood and potential impact of negative surprises

managers wrestle daily with emotional leadership challenges because emotions and relationships influence organizational energy commitment and financial results this book helps managers strike a balance between feeling and reason in a professional and ethical manner with attention to the manager s position in the hierarchy of the organization the authors argue that all managers need to develop their own leadership style based on who they are as persons their convictions and the circumstances in which they find themselves this book shows managers how to use judgement experience reflection and general knowledge to be better leaders the book also describes managerial responsibility for the conditions that create a compassionate and effective

work environment where emotions can be expressed in ways that constructively benefit the entire organization

available open access digitally under cc by licence pre exposure prophylaxis prep is a drug taken by hiv negative people that reduces the risk of getting hiv comparing two case studies in denmark and zimbabwe this book demonstrates six paradoxes that users often encounter in navigating their prep journey these paradoxes lead to contentions uncertainties dilemmas and ambiguities that need to be carefully and pensively responded to through what the author terms everyday prep negotiations the social nature and need for such everyday prep negotiations help explain why prep works for some people and not for others this book argues that such insight is critical to make prep work for more people and to inform social public health responses

this volume constitutes the proceedings of the 15th international conference on sustainable digital communities iconference 2020 held in boras sweden in march 2020 the 27 full papers and the 48 short papers presented in this volume were carefully reviewed and selected from 178 submissions they cover topics such as sustainable communities social media information behavior information literacy user experience inclusion education public libraries archives and records future of work open data scientometrics ai and machine learning methodological innovation

this book is concerned with developing an in depth understanding of contemporary political and spatial analyses of cities in the three part development of the book s overall argument or premise the reader is taken in part i through a range of contemporary critical and political understandings of urban securitizing this is followed by an historical urban landscape of emerging liberalism and neo liberalism in nineteenth century britain and twentieth century united states respectively these case study historical chapters enable the introduction of key political issues that are more critically assayed in parts ii and iii with part ii the reader is

introduced in depth to a series of spatial analyses undertaken by michel foucault that have been crucial for especially late twentieth and twenty first century urban theory and political geography with part iii the full ramifications of a paradigmatic shift are explored at the level of rethinking territory population and design this book is timely and useful for readers who want to develop a stronger understanding of what the book s researchers term a new political paradigm in urban planning one ultimately governed by global economic forces that define the end of probability

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a study focusing on what is now understood about the basic mechanisms underlying addiction with a look at the psychological and social dimensions of the various forms of addiction discussed

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