Parkinson's Nebraska
A Journey Shared

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PRE-SURVEY

Select at least one response to each question.
You may circle MULTIPLE RESPONSES to any of the questions.

Which best describes your relationship with dance?

1. I dance regularly around the house just for self-enjoyment.
2. I use dance movements as one way to exercise.
3. I don't think I can dance.

Which best describes your relationship with music?

1. I notice a difference in my body when music is present.
2. I listen to music daily.
3. Music doesn't do much for me.

Which best describes your relationship with art?

1. I don't think of myself as being artistic.
2. I rarely use my creative side.
3. I enjoy trying new ways of thinking and creating.

Which best describes your group participation preferences?

1. I enjoy working in a group because I learn from others.
2. I like group work because I have FUN.
3. I like the feeling of "connecting" with others that I get in group work.
4. I will work in groups if I have to.
5. I prefer not to work in groups.

Which best describes your attitude towards workshop classes?

1. Participating in classes leaves me drained of energy.
2. I can usually relax and enjoy myself during classes.
3. I like to try new classes to challenge myself.