



The project DiMod aims at:

Movement disorders are serious, progressive neurological diseases that have a significant impact on quality of life. In Finland, over 70,000 people are affected, and in Estonia more than 20,000. There is a pressing need to modernise how patients and their families receive primary, evidence-based information on symptoms, disease progression, and self-management strategies.

The project DiMod will result in:

The project aims to digitalise primary information on movement disorders, develop a model for digital peer support, and create recommendations for healthcare professionals to direct individuals to reliable sources of information and support. These activities are jointly implemented in Finland and Estonia. The project highlights the role of patients and thus co-creation of new solutions.

The project is a joint cooperation of:

Turku University of Applied Sciences, Finland | Finnish Movement Disorders Association, Finland |
Estonian Parkinson's Association, Estonia

This is done with **168,286 euros** from the European Union through the Central Baltic Programme

