



PARKINSON'S CARE PROGRAM

Helping families navigate and
manage life with Parkinson's disease

Our Mission



Providing Personalized In-home Care for Individuals with Parkinson's Disease.

People with Parkinson's Disease (PD) who seek professional care are at a lower risk of complications from the disease, have an enhanced quality of life and can even live longer.

Whether you have been living with PD for some time or you were recently diagnosed, getting the right care at the right time will be valuable for you and your family.

Who We Are

Leading, trusted provider of in-home senior care services.

- Established in 2002; locally in 2017
 - Main office: 3101 Kintzley Ct Unit J, Laporte
 - Weld office: 1051 S 6th St, Greeley
 - Wyoming office: 1603 Capitol Ave #411E, Cheyenne
 - Contact info: 970-658-8228 or gil@seniorhelpers.com
- Among the top 5 national providers
- Over 300 locations across the U.S., Canada and Australia

Parkinson's Care Program

Our Parkinson's Care Program was created by Johns Hopkins Associate Director of Parkinson's Disease and Movement Disorder Center, Becky Dunlop, and trains our caregivers in the following areas:

- Understanding Parkinson's Disease
- Motor Symptoms
- Non-Motor Symptoms
- Medications
- Preventing Falls



Compassion and knowledge are key to improving quality of life for those living with Parkinson's Disease

How we can help

Our trained experts in Parkinson's disease care can assist with:

- Education on Disease Process
- Nutrition and Meal Planning to Strengthen Muscles and Bones
- Personal Care Services
- Home Safety and Fall Prevention
- Assistance with Mobility and Daily Routines
- Reminder Services (medications, dates, etc.)
- Transportation Assistance
- Companionship
- Family Caregiver Relief
- And so much more!

Symptom - Tremor

Characteristics

- Resting Tremor – a rhythmic involuntary shaking or quivering movement
- Action Tremor – a shakiness while doing an activity such as lifting a coffee cup

Strategies and Techniques

- Weighted utensils or vibrating pen are helpful
- Use cups with lids, don't fill a cup to the top
- Use both hands, use the non-tremor hand
- Cut food before coming to the table

Symptom - Bradykinesia

Characteristics

- Slowness of movement
- Taking longer to complete daily activities
- Shuffling gait

Strategies and Techniques

- Use a cane or walker
- Minimize multi-tasking/focus on one task at a time

Symptom - Rigidity

Characteristics

- Inability of muscles to relax normally
- Feeling stiffness in joints

Strategies and Techniques

- Exercise by encouraging large movements
- Gentle range of motion
- Reposition periodically

Symptom – Postural Instability

Characteristics

- Balance difficulty
- Stooped posture

Strategies and Techniques

- Prevent falls by removing scatter rugs, providing space for movement, and grab bars in the bath and elsewhere as needed
- Use canes or rollator walkers
- Exercise to help maintain more normal posture

Symptom – Festination

Characteristics

- Gradually short steps that quicken with the inability to stop

Strategies and Techniques

- Attempt to change direction or stop, have hands ready to give assistance
- Use a cane or walker

Symptom – Freezing of Gait

Characteristics

- Freezing when talking or attempting to walk

Strategies and Techniques

- Tap the leg you want to move
- March in place
- Pretend to step over an imaginary obstacle or put a line of tape on floor

Symptom – Bradyphrenia

Characteristics

- Slowed thinking
- Unable to get words or thoughts together

Strategies and Techniques

- Share the time out or just a moment sign
- Slow down the conversation
- Look for nonverbal signs
- Ask yes/no questions

Symptom – Mask-like Face

Characteristics

- An expressionless look on the face

Strategies and Techniques

- Recognize that outward appearance is NOT what they feel inside
- Simple exercises like smiling in a mirror
- Ask (never assume) how they are feeling

Symptom – Hallucinations and Delusions

Characteristics

- Hallucinations – sensory experiences of things that are not there
- Delusions – false beliefs, often originating from the misinterpretation of a situation

Strategies and Techniques

- Don't argue and avoid trying to reason
- Keep calm and reassure

Symptom – Executive Dysfunction

Characteristics

- Difficulty planning, problem solving, reasoning, abstract thinking and flexibility

Strategies and Techniques

- Maintain a daily routine
- Determine 2 or 3 tasks to accomplish and stick to them
- Create notes, lists reminders

Symptom – Fatigue and Sleep Abnormalities

Characteristics

- Feeling tired even though the person has had enough sleep
- Difficulty sleeping through the night

Strategies and Techniques

- Build in rest times (not lasting more than an hour) during the day to combat fatigue
- Go to bed and get up at the same time each day
- Avoid liquids several hours before bedtime
- Make certain the bedroom is dark
- Avoid electronics before bedtime

Symptom – Difficulty with Speech and Communication

Characteristics

- Low voice volume
- Difficulty pronouncing words
- Repetition
- Monotone voice

Strategies and Techniques

- Encourage to use stage voice or speak up
- Encourage to slow down
- Smile or practice smiling with the person
- Read out loud, sing

Take care of yourself!



Find time to relax

Make sure you find some time to relax. It may be difficult to do, but if necessary, enlist the help of others to assist you in providing care.



Educate yourself

Learn as much as you can about PD. This will help you to better understand the changes you may see in your loved one's behavior or symptoms over time and how you can help when those changes occur.



Be patient

Allow your loved one the time needed to complete daily activities on his or her own, such as dressing.



Set realistic goals

By setting attainable goals for yourself and your loved one, you are setting everyone up for success rather than disappointment.



Do not put your life on hold

Continue to meet with friends, enjoy your activities, and maintain a schedule as normal as possible.



Have a trusted advisor or companion

If it's not possible for you to speak openly or honestly with a friend or family member, find a support group. Understanding that someone else is in a similar situation helps you to feel nurtured.

Appendix

Symptom – Constipation

Characteristics

- Bowel movements are difficult and less frequent

Strategies and Techniques

- Observe and document changes in mental status, appetite and unexplained falls
- Encourage foods that contain fiber, 6-8 glasses of water daily, warm fluids, using the bathroom and exercise

Symptom – Orthostatic Hypotension

Characteristics

- Typically, a sharp drop in blood pressure, dizziness, and weakness when standing up from sitting or lying down

Strategies and Techniques

- Encourage fluids, 6-8 glasses of water daily
- If the physician orders pressure stockings, put them on in the AM and remove in PM
- Low blood pressure is often worse after a meal or a hot shower
- Sit a few minutes before standing after sleep or a nap

Symptom – Depression

Characteristics

- Feelings of intense sadness, helplessness, hopelessness and worthlessness, keeping one from functioning normally

Strategies and Techniques

- Recognize the loss of independence and mobility
- Provide social support- engage in talking about accomplishments
- Plan an activity/hobby or exercise
- Consider medication therapy and counseling
- Use relaxation techniques, meditation and music therapy

Symptom – Anxiety

Characteristics

- Feelings of nervousness and recurring thoughts of worrying and fear

Strategies and Techniques

- Medication therapy—prescribing SSRI (see physician)
- Psychotherapy to better understand the illness and manage symptoms
- Eliminate mindless TV, engage in a hobby
- Relaxation techniques such as yoga or deep breathing

Symptom – Aspiration

Characteristics

- Food and liquid going into the lungs rather than the stomach
- Increased episodes of coughing during or after meals that food might be stuck in the throat

Strategies and Techniques

- Drink frequent sips of water, take smaller bites, chew slowly
- Sit upright at least 30 to 40 minutes after eating
- Avoid talking while eating
- Eat softer foods
- Pureed food with doctor recommended thickening agent

Symptom – Drooling

Characteristics

- Loss of automatic reflex to swallow

Strategies and Techniques

- Wrist band or handkerchief to dab drool
- Good oral hygiene
- Hydration