

DIAGNOSIS AND TREATMENT OF PARKINSON'S DISEASE WEBINAR: RESOURCE GUIDE

This is a supplemental resource guide that accompanies the third webinar in the 2017 Geriatric-Competent Care webinar series, **Diagnosis and Treatment of Parkinson's Disease**. This guide is intended for providers and health plans to disseminate to their clients with Parkinson's disease (PD) and their caregivers. The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website:

https://www.resourcesforintegratedcare.com/GeriatricCompetentCare/2017_GCC_Webinar_Series/Parkinsons.

Please note, some of the resources listed below include a fee for participation.

RESOURCES FOR CAREGIVERS

The **Aware in Care Kit** is intended to help those with PD and their family caregivers better manage the disease. Each kit includes a hospital action plan, PD ID bracelet, medical alert card, medication form, and a PD fact sheet.

<http://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Patient-Safety-Kit>

The **Multidimensional Caregiver Strain Index**, from the National Parkinson Foundation, can be used to determine caregiver stress and evaluate whether extra help is needed.

<https://tinyurl.com/y94q7aof>

For more information about the importance of identifying and treating caregiver strain, please visit: http://file.scirp.org/pdf/OJN_2015101613422424.pdf

The **Parkinson's Education Guides**, available in English and Spanish, include tip sheets, handouts, and additional resources for managing PD. Topics include caregiving supports, understanding cognition and mood changes with PD, medications and other treatments, and basic background knowledge on PD.

https://secure3.convio.net/prkorg/site/Ecommerce/1777383538?FOLDER=1171&store_id=2162&NAME=

The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to ensure that beneficiaries enrolled in both Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This brief is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid enrollees. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to www.resourcesforintegratedcare.com. Please submit any feedback on this guide or topic suggestions for other guides to RIC@Lewin.com.

RESOURCES FOR INDIVIDUALS WITH PD

Lee Silverman Voice Technique (LSVT LOUD) is a speech therapy treatment that works by strengthening larynx muscles and encouraging individuals to speak loudly. LSVT LOUD has shown to be effective in improving speech and impaired swallowing in PD patients.

<https://www.lsvtglobal.com/patient-resources/what-is-lsvt-loud>

Lee Silverman Voice Technique (LSVT BIG) was designed to improve mobility and function in PD patients by performing extended (BIG) movements. The training also includes repeating movements necessary to perform activities of daily living (ADL).

<https://www.lsvtglobal.com/patient-resources/what-is-lsvt-big>

Rock Steady Boxing offers classes that are specific to individuals with PD. These classes provide a rigorous exercise working to improve motor functions and quality of life for PD patients.

<https://www.rocksteadyboxing.org/find-a-class/>

Parkinson's Wellness Recovery (PWR) aims to provide Parkinson's specific exercise programs to combat the symptoms of PD. PWR offers exercise classes, retreats, and training workshops for clinicians.

<http://www.pwr4life.org/>

At **Dance for PD**, professionally-trained dancers, using movements from modern dance, ballet, folk dance, and tap, work to specifically address the motor symptoms of PD.

<https://danceforparkinsons.org/>

Fox Trial Finder was created by the Michael J. Fox Foundation to help increase the flow of willing participants — both people with Parkinson's and control participants who do not have Parkinson's — into the clinical trials that need them, accelerating the Parkinson's drug development process.

<https://foxtrialfinder.michaeljfox.org/>

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