

# PD-CARE

Educational Support Program



## Coping, Advocating, Relating and Engaging with Parkinson's disease starts here.

Parkinson's disease is classified as a movement disorder, but there are many non-motor symptoms that can have an impact on your life. PD-CARE is a small-group, educational support program that will help you recognize and understand these symptoms and guide you on how to partner with your health care team to address them.

This program is free, but registration is required. Classes are offered at various times and locations throughout the year.

**For more information, call the Parkinson Outreach Center at 407-303-5295.**



# Let's talk.

Taught by a licensed clinical social worker, PD CARE offers education as well as an opportunity to discuss your concerns both in the small group class or individually in consultation. The goal of this program is to empower you to face the challenges of living with Parkinson's disease.

Topics covered include:

- A comprehensive overview of PD symptoms
- Current treatment options
- How to communicate with your doctor
- Coping with change
- Being a self-advocate
- Relationships and intimacy
- Work-related concerns, and more

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.