

Other Support Services

In addition to our empowerment programs, the Parkinson Outreach Center provides other support services.

- Informational lectures
- Assistance in locating a physician or other health care provider or service
- Educational resources, including a lending library and quarterly newsletter
- Consultation services in office and by phone

Education & Awareness

The Parkinson Outreach Center is dedicated to raising community awareness of, and sensitivity to, Parkinson's disease, and is able to provide educational presentations at local organizations.

Consultation

The Parkinson Outreach Center offers consultation by phone or in person. Patients and their care partners sometimes find it helpful to talk about their challenges with someone who can help with problem solving and provide information and community resources. We're here for you.

For more information on these services and programs, call 407-303-5295 or email FH.Parkinson@AdventHealth.com.




Advent Health

407-303-5295 | 407-303-0963 FAX
AdventHealthNeuroInstitute.com

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

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.

Parkinson Outreach Center

Support Programs and Services




Advent Health

Parkinson's Disease: More than a Movement Disorder

Parkinson's disease affects the part of the brain that controls movement and mood. Early symptoms are usually mild and worsen over time, though people can live many years with Parkinson's. While there is currently no cure, specialized treatments can lessen the symptoms and improve quality of life.

Diagnosis

The disease affects both men and women, although more males are diagnosed. It usually develops after the age of 60. However, 2-10 percent of those with the condition are under age 50 — this is referred to as young-onset Parkinson's disease. While there is no definitive test to diagnose Parkinson's, a neurologist may utilize a DaTScan™ to help aid in diagnosis along with a clinical examination.

Motor Symptoms

If you experience the following symptoms, consult your physician or seek a consultation from a neurologist:

- Tremor or shaking of hand, arm, foot or leg when at rest
- Slow movement
- Stiff muscles
- Trouble with balance
- Inability to stand up straight
- Small, cramped handwriting



Non-motor Symptoms

- Low voice volume
- Depression or anxiety
- Sleep problems
- Loss of smell
- Constipation

Empowerment Programs

These meetings are complimentary

- **Support Meetings** are offered in several locations around Central Florida. They provide a chance for open discussion of issues and concerns in managing the disease.
- **Caregiver Meetings** are offered during patient programs, providing a convenient opportunity to address the education, needs and concerns of those caring for someone with the disease.
- **Parkinson's Specific Exercise Programs**, featuring the *PWR! Parkinson Wellness Recovery Program*, are offered in partnership with the AdventHealth Sports Medicine medical wellness programs.

- **Creative Arts and Wellness Programs**

A variety of arts-based programs are offered to address voice, communication, flexibility, balance, socialization, mood, and stress reduction. These half-day sessions provide classes that can be taken individually or collectively and include:

- Chair yoga and mindfulness practice
 - Neurologic music therapy
 - Movement as Medicine, our Dance for PD program
 - Creative drama
 - Art with music
- **COPE - Care Optimally Parkinson Education**, an educational and support class for new caregivers. This program helps prepare the caregiver by providing disease education, support and one-on-one consultation as needed.
 - **Parkinson's Disease CARE**
PD-CARE is a small group support and education class for those diagnosed with Parkinson's. Designed as a patient self-management program, it addresses what it will mean to live with the disease, how to cope with the diagnosis and how to manage your health while maintaining a quality of life.