



# Strategies for Implementing Person-Centered Parkinson's Care

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HOME CARE  
Live your **best** life possible.

# Presenter:



## **Melissa Morante**

Co-Owner and Chief Marketing Officer

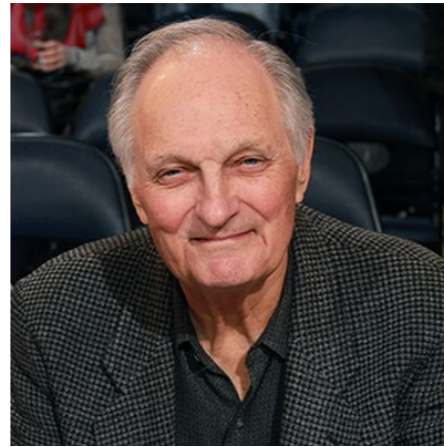
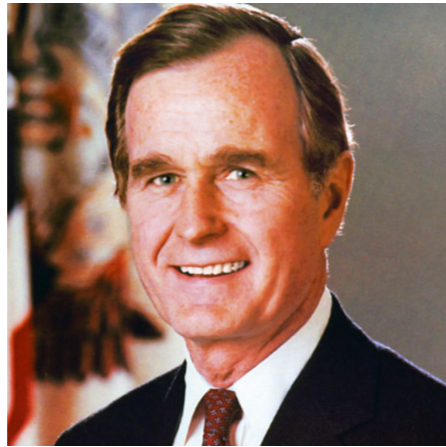
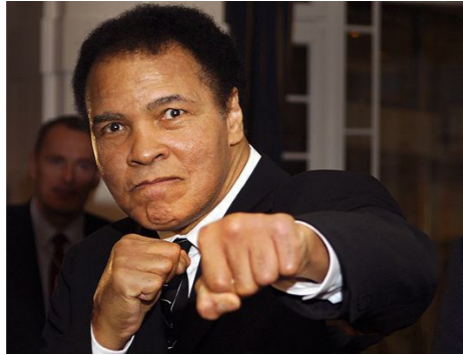
ComForCare Senior Services - Broward County, Delray Beach,  
Miami-Dade, Palm Beach County and Treasure Coast

- Mind, Music, Movement, Board Member
- American Parkinson Disease Association, Former Board Member
- Certified Group Fitness Instructor
- Senior Fitness and Parkinson's Exercise Specialist
- Support Group Facilitator
- Health and Wellness Lunatic

# Today we will:

- Define Parkinson's disease and discuss its progression
- Share strategies for caring for people living with Parkinson's disease
- Discuss how using a person-centered approach can improve the quality of care for those living with Parkinson's disease



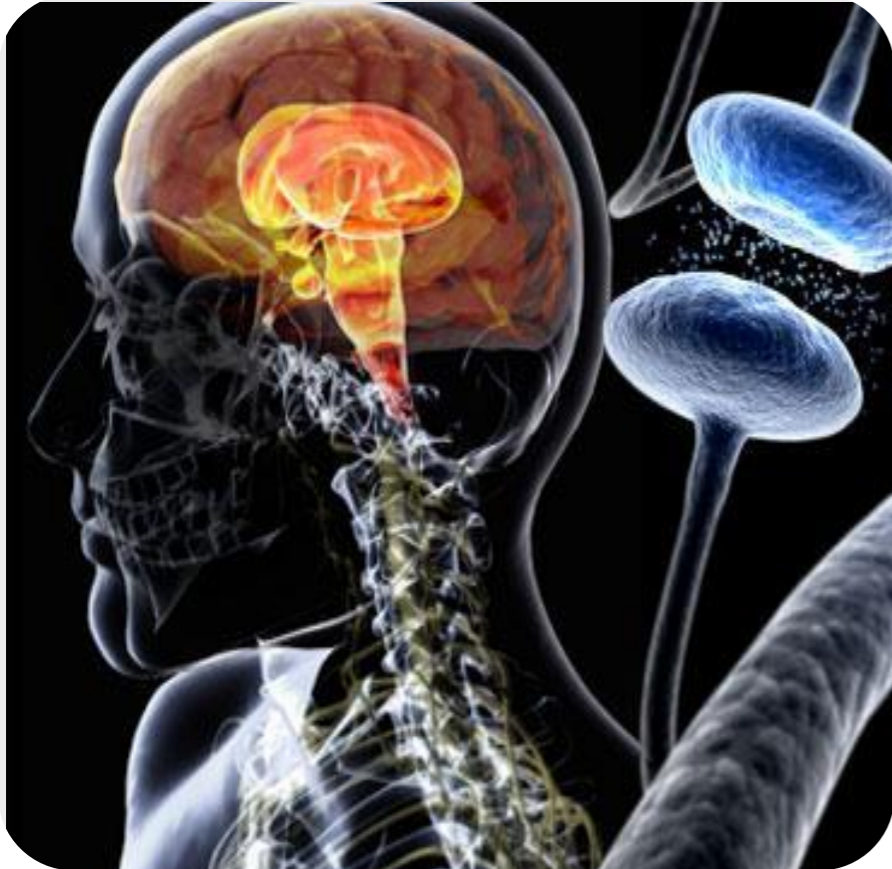


# What is Parkinson's Disease?



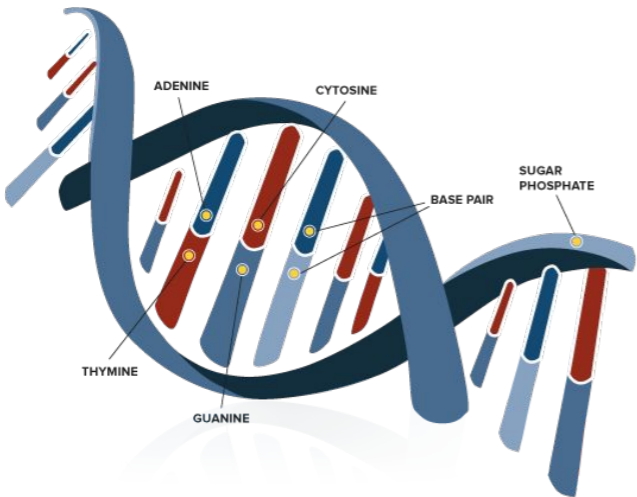
- Movement disorder
  - Loss of dopamine
- Onset
- Symptoms
  - Motor
  - Non-motor
- Statistics
  - 90,000 diagnosed each year
  - 1 million in the US

# Parkinsonism

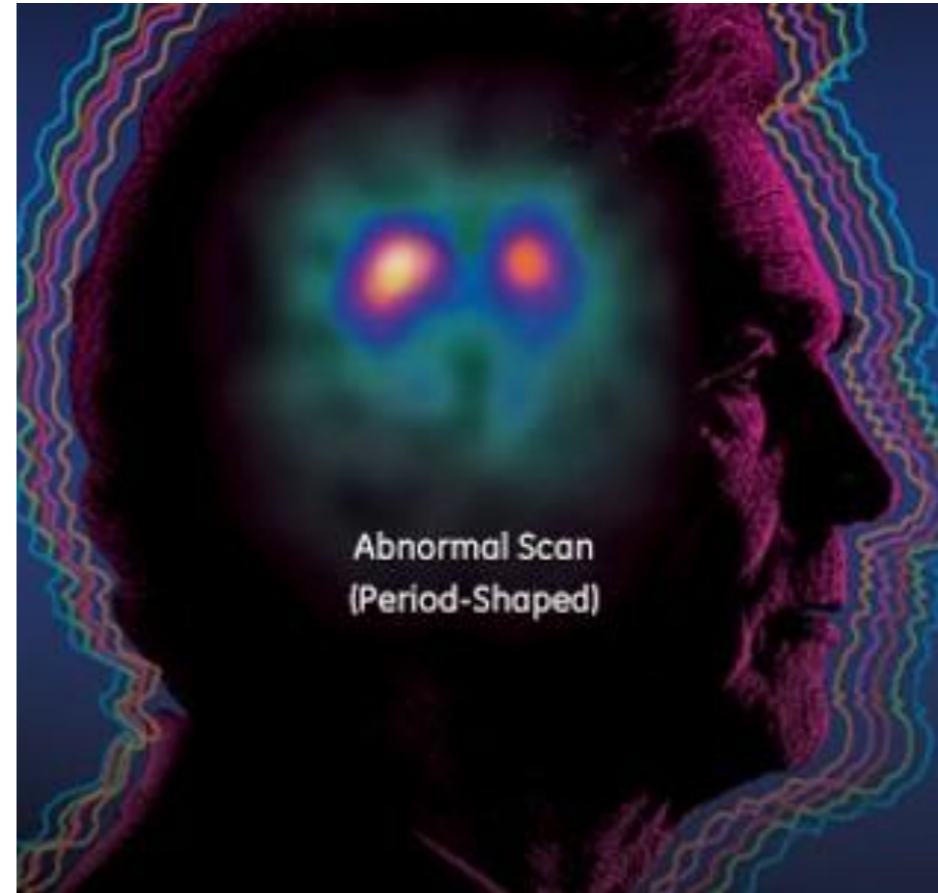


- Idiopathic (classic) Parkinson's Disease
- Multiple System Atrophy (MSA)
- Corticobasal Degeneration (CBD)
- Progressive Supranuclear Palsy (PSP)
- Dementia with Lewy bodies (LBD) - Usually includes early dementia
- Atypical Parkinsonism or Parkinson-Plus Syndromes

# Causative Factors

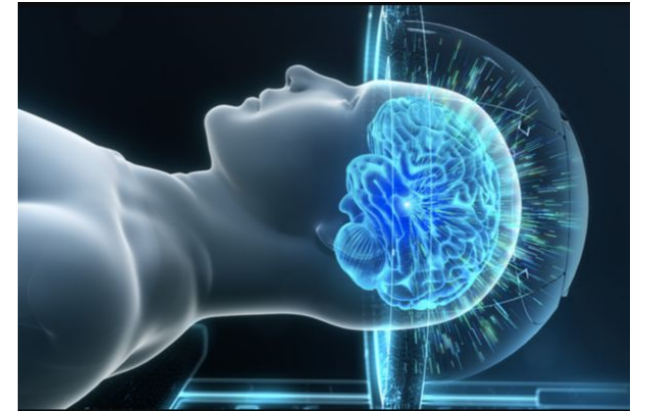


# Diagnosis





# Treatment



# Medications



- Levodopa
- Dopamine Agonists
- Rescue Medications
- Duopa

# Surgical Treatments



- Deep Brain Stimulation
- MRI Focused Ultrasound










# Exercise is Medicine



- Only scientifically proven way to slow the progression
  - Rock, Steady Boxing
  - Tai Chi
  - Yoga
  - Aquatics
  - Dancing
- Different from Typical Therapy
  - PT
  - OT
  - Speech/Language

# Diet & Nutrition

## THE MIND DIET

 <b>3 PORTIONS OF WHOLEGRAINS A DAY</b>		
 <b>1 DARK GREEN SALAD AND 1 OTHER VEGETABLE A DAY</b>	 <b>BERRIES AT LEAST TWICE A WEEK</b>	
 <b>AT LEAST 30 GRAMS OF NUTS PER DAY</b> 		
 <b>BEANS OR LEGUMES AT LEAST EVERY OTHER DAY</b>	 <b>POULTRY AT LEAST TWICE A WEEK</b>	 <b>FISH AT LEAST ONCE A WEEK</b>
 <b>AT LEAST 140ML OF RED WINE EVERY DAY</b> 		
 <b>NO MORE THAN 1 TBSP A DAY OF BUTTER OR MARGARINE CHOOSE OLIVE OIL INSTEAD</b>	 <b>CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK</b>	
 <b>PASTRIES AND SWEETS LESS THAN 5 TIMES A WEEK</b> 		

- Maintain healthy diet
- Ease PD symptoms
- Challenges

# Activities of Daily Living



- Mobility
- Freezing
- Home safety
- Bathing/grooming
- Mealtime
- Getting dressed

Physical  
Needs

Emotional  
Needs

F | GB USA MEX  
**ONE SIZE  
DOES NOT  
FIT ALL**

30°C  
Von links bügeln/iron inside out  
Presser sur l'envers / 只熨反面

Good  
caregiving  
addresses both

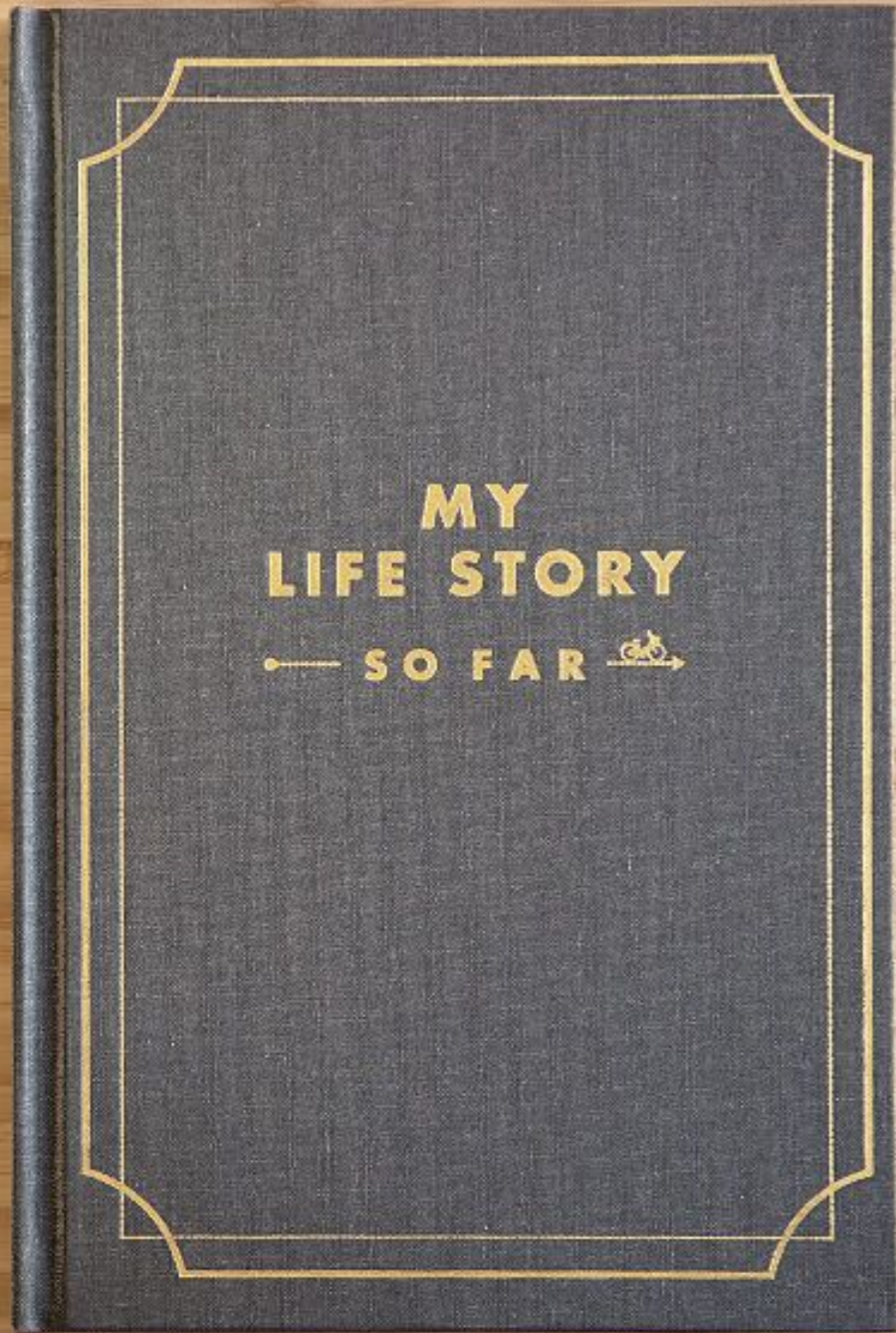


Physical needs = easy to identify

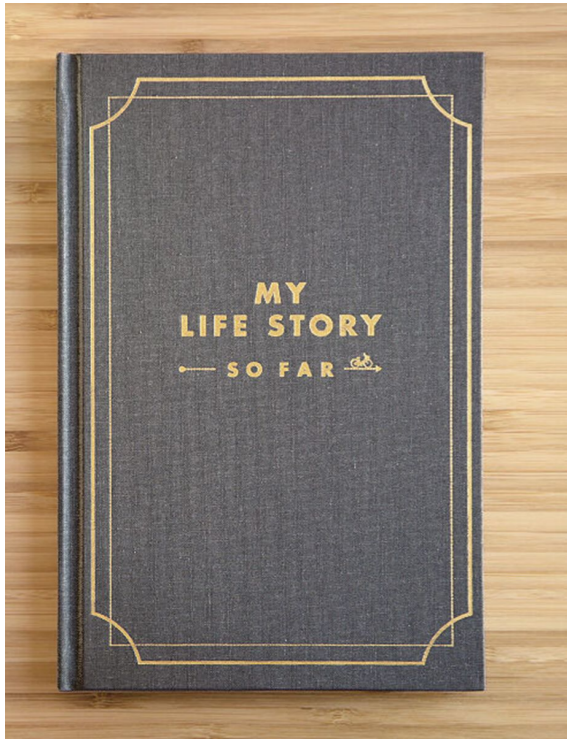


Emotional needs = not as easy to identify





- Significant events that shaped one's life journey
  - Accomplishments
  - Careers
  - Successes
  - Values
  - Traditions
  - Trauma
- Collaborative process
  - Interviews
  - Old pictures
  - Memorabilia



CARE PLAN	
Safety & Security	X%
ADLs	X%
iADLs	X%
Meaningful Activities	X%

# Build a Person-Centered Plan of Care



## Reminiscence Therapy “The Aesthetic Realm”

Feeling human and feeling connected by ways of the senses is a powerful way to connect to someone’s life story.

- Sounds
- Smells
- Feel
- Sight
- Taste

# Your “Toolkit”



- Help address the challenges
- Make adjustments
- Minimize the risks (the hazards)
- Maximize the opportunities (the beauty)

# Your “Toolkit”



- Check yourself
- Use effective, two-way communication
- Consider the environment
- Listen carefully, affirm feelings, never argue
- Remember the power of presence
- Show respect
- Think outside the box
- Enter their reality
- Positive emotions/warm connection
- Provide stimulation
- Provide meaningful activities
- Put them on the team

# Resources

- Parkinson's Foundation
- American Parkinson Disease Association
- [National Council on Aging](#)
- [Exercise for Parkinson's overview](#) (Brian Grant Foundation)
- NIH Article: [Understanding support systems for Parkinson's disease management in community settings: A cross-national qualitative study](#)



# Let's Connect



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**THANK  
YOU!!!**