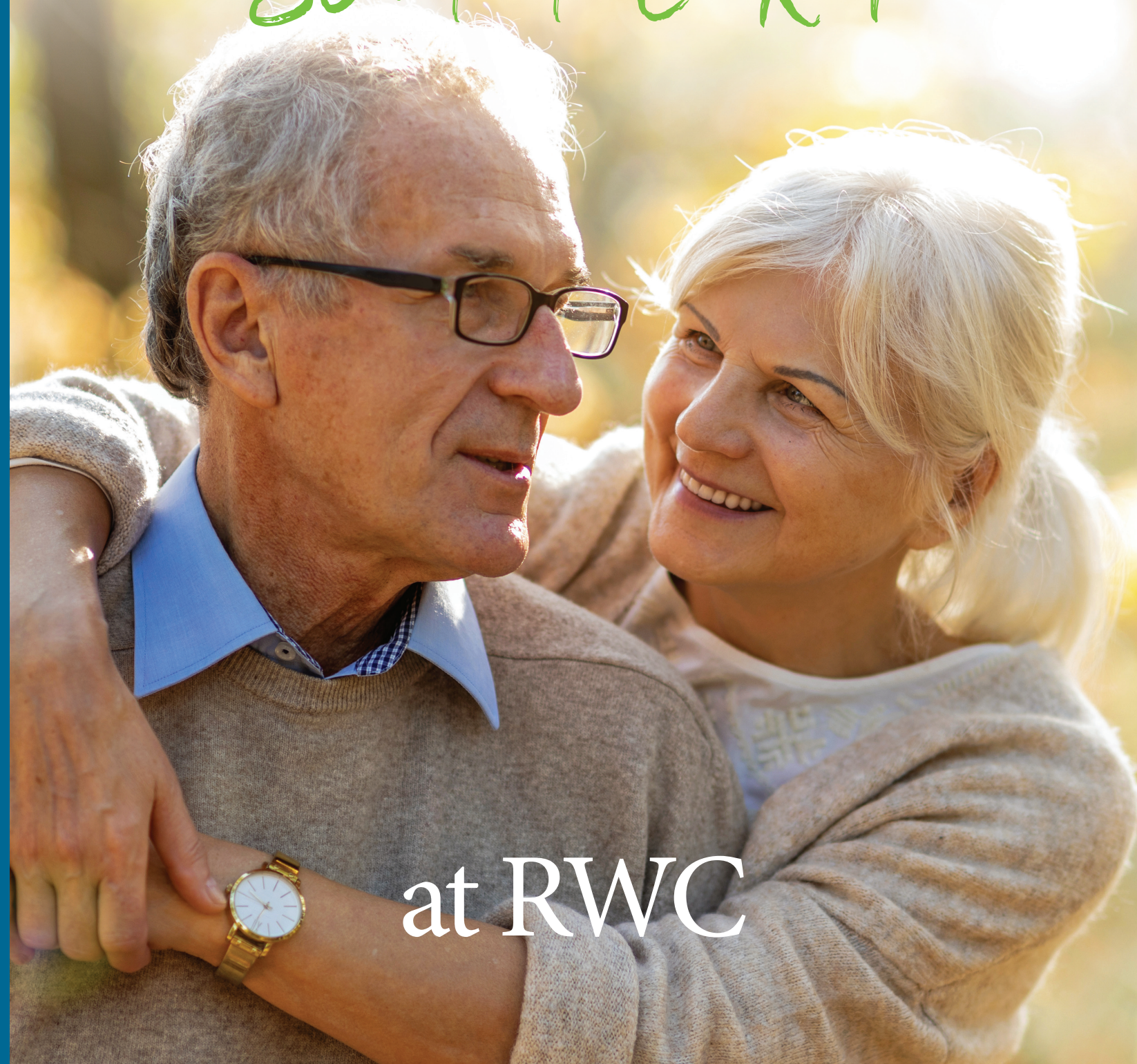


Parkinson's SUPPORT



Rappahannock Westminister-Canterbury
132 Lancaster Drive • Irvington, Virginia 22480
804-438-4000 • Toll Free 800-792-1444 • Fax 804-438-4854
www.rw-c.org

at RWC

NO ONE has to face Parkinson's alone.



A DIAGNOSIS OF PARKINSON'S IS A LIFE-CHANGING EVENT

Not just for those directly affected, but for their loved ones as well. This neuromuscular disorder robs people of their ability to move about freely and restricts their activities. Often they require assistance with day-to-day activities. At the moment, there is no cure—but that does not mean there is nothing that can be done to help those with Parkinson's lead more productive lives. Education and exercise programs can alleviate some of the debilitating physiological effects and help both those with Parkinson's and their care-givers. Rappahannock Westminister-Canterbury offers information and support.

PRIMARY COMMUNITY OUTREACH INITIATIVE: PARKINSON'S SUPPORT

RWC founded its Parkinson's Support Group in 2003 at the request of a resident who found it difficult to drive to Richmond for assistance. Since then, RWC has expanded its offerings and invited members of the local community to join our residents in an array of activities. Our program is growing, as health care professionals and participants spread the word about the effectiveness of our initiatives.



FIT TO MOVE EXERCISE PROGRAM

RWC designed this exercise program specifically for those with Parkinson's. Conducted by trained RWC staff, the Fit To Move class is held three times each week. The exercises are tailored to an individual's physical abilities. These practices allow participants to achieve movements in a controlled setting and build active habits which can then carry over into daily living. **Fit to Move exercise class is held every Monday, Wednesday and Friday at 11:00 AM.**

PARKINSON'S SUPPORT GROUP AND PARKINSON'S CARE PARTNER GROUP

In a caring and supportive environment, people living with Parkinson's and their caregivers can discuss their needs, concerns and share information and tips for living more productive and stress-free lives.



LSVT BIG®

RWC has therapists that are certified in LSVT BIG. It is an intensive, amplitude focused physical and occupational therapy for Parkinson's patients. LSVT BIG is a standardized treatment protocol that is customized to the unique goals of each individual. LSVT BIG can be adapted or progressed to meet each patient's needs across a range of disease severity and impairments. The goal of LSVT BIG is to restore normal movement patterns in everyday activities.

Research on LSVT BIG has documented improved mobility following treatment in:

- Faster walking with bigger steps
- Improved balance and reduced risk of falling
- Increased trunk rotation
- Improvements in activities of daily living such as bed mobility
- Improved UPDRS Motor Score
- Improved multi-tasking with walking

SPEAK OUT!

RWC also has therapists that are certified in the SPEAK OUT! therapy program. This is a unique speech treatment to help patients regain and retain their speech and communication while minimizing swallowing issues. SPEAK OUT! combines education for the patient and family, individual speech therapy, daily home practice using workbooks, flashcards, and online practice sessions, weekly speech and singing groups, and regular re-evaluations.

RWC Northern Neck/ Middle Peninsula Support Groups Meet Monthly

The Parkinson's Care Partner Group

First Monday of each month at 11:00 AM

Free lunch to community members in
between sessions

The Parkinson's Support Group

First Monday of each month at 1:15 PM

Meetings are held at
Rappahannock Westminister-Canterbury
132 Lancaster Drive
Irvington, VA 22480
804-438-4000

For Further Information:

Contact Sarah Wilkins, 804-438-4000 or
by email: swilkins@rw-c.org

Generous support from the RWC Foundation and individual donors allows RWC to offer these programs at no charge. If you wish to participate in RWC's Parkinson's Support activities call 804-438-4000. Curious about RWC? Call our Marketing Department 804-438-4010 or email marketing@rw-c.org