

One Senior Place
**Parkinson's Disease
Resource Guide**



One Senior Place

Brevard/Space Coast: 321-751-6771
8085 Spyglass Hill Road, Melbourne, FL 32940

Greater Orlando: 407-949-6733
715 Douglas Ave, Altamonte Springs, FL 32714

OneSeniorPlace.com



The Experts in Aging

What is Parkinson's Disease?

Parkinson's disease is a type of movement disorder that can affect the ability to perform common, daily activities. It is a chronic and progressive disease, meaning that the symptoms become worse over time. It is characterized by the most common of motor symptoms: tremors (a form of rhythmic shaking), stiffness or rigidity of the muscles, and slowness of movement (called bradykinesia). But it also manifests in non-motor symptoms, including sleep problems, constipation, anxiety, depression and fatigue, among others.

An estimated 1 million people in the U.S. are living with Parkinson's disease, and more than 10 million people worldwide. In Brevard County, we have an estimated 5,000 people with Parkinson's disease. Most people with Parkinson's disease develop symptoms sometime after the age of 50, but it can affect younger people as well. Approximately 10% of Parkinson's diagnoses occur before the age of 50; this is known as Young Onset Parkinson's disease.

What makes Parkinson's disease distinctive from other movement disorders is that cell loss occurs in a very specific region of the brain called the *substantia nigra*. The nerve cells, or neurons, in the region actually appear dark under a microscope (substantia nigra is Latin for "black substance").

Those dark neurons produce a specific type of neurotransmitter (a chemical messenger that allows neurons to communicate) called *dopamine*. Dopamine helps to regulate movement. The loss of dopamine in Parkinson's patients is the reason why many treatments for Parkinson's disease strive to increase dopamine levels in the brain.

Another contributing factor to this disease concerns the protein *alpha-synuclein*. Researchers believe that alpha-synuclein buildup contributes to the cause of Parkinson's disease, as the protein "clumps" to form what are known as Lewy bodies. Future treatments options may be developed with a focus on this protein.

Resources in Greater Orlando

Alzheimer's & Dementia Resource Center	407-436-7750	www.AdrcCares.org
Charter Research	407-337-1000	www.CharterResearch.com
Aging and Memory Disorder Clinic	321-841-9700	www.OrlandoHealth.org
Neuroscience Institute- Advent Health	407-303-5295	AdventHealthNeuroInstitute.com
Neurology One	407-916-0304	www.neurologyone.net

Additional Online Resources:

Parkinson's Foundation	www.parkinson.org
Michael J. Fox Foundation	www.michaeljfox.org
Davis Phinney Foundation	www.davisphinneyfoundation.org
American Parkinson's disease Association	apdaflorida@apdaparkinson.org
Florida Brain Bank	www.elderaffairs.state.fl.us/doea/BrainBank



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Resources in Brevard/Space Coast

Brevard Parkinson's Alliance	321-751-6771	www.BrevardParkinsons.com
Brevard Parkinson's Support Group	321-693-9246	advancedfitness@rsbaffiliate.com
North Brevard Parkinson's Support Group	321-268-6800	janet.rooks@parrishmed.com
Parkinson's Support Grp Central Brevard	321-338-7855	iampoidogmom@gmail.com
Viera East Parkinson's Support Group	321-751-6771	barbara@oneseniorplace.com
Senior Partner Care Services	321-253-6336	www.seniorpartnercare.com
Health First Aging Services	321-434-7611	www.hf.org/aging/aging-services/
Rock Steady Boxing at Advance Fitness	321-693-9246	advancedfitness@rsbaffiliate.com
Rock Steady Boxing Titusville Uppercut	256-425-8791	tville@rsbaffiliate.com
Rock Steady Boxing at FYZICAL	321-372-3090	gingerspt@gmail.com
Parkinson's Wellness Recovery	321-253-6324	www.acquatichealthandrehab.com
ClinCloud Research	407-680-0534	www.clincloudresearch.com
Merritt Island Medical Research	321-848-0770	www.mimresearch.com
Brevard Alzheimer's Foundation	321-253-4430	www.brevardalz.org

Brevard 211

Care Options Related to Parkinson's Disease

Loved ones with Parkinson's disease can be cared for at home, as long as they are in a safe, nurturing environment. Private duty care (and hospice care when appropriate) allows families to keep loved ones with Parkinson's disease at home for as long as possible. When family dynamics don't allow for in-home care, other care options such as adult daycare, assisted living and specially designed nursing homes can provide the needed attention for people with Parkinson's disease. For those patients who also have dementia-related Parkinson's disease, assisted living communities with optional memory care, or those specializing in memory care may be a good option. If 24-hour nursing care is required for someone with dementia-related Parkinson's disease, consider a nursing home with a secure environment. People with Parkinson's disease often need care providers who understand the special needs of those with memory loss and movement issues. This is true throughout the spectrum of care providers -- look for physicians who can provide specialized care.

Caring for the Caregiver

Caring for a loved one with Parkinson's disease can be very challenging, and the stress of often overwhelming responsibilities can adversely affect family relationships. Therefore, it is very important for the caregiver to have a strong support network in place. Learning about PD care and meeting other caregivers is a good place to start. Every person with PD is different, but sharing information and ideas often results in a special kind of help and encouragement that only another caregiver can provide. Contact a support group in your area from the provided list of resources. *(continued on reverse)*



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Care Management

Referrals, websites, helplines and other resources are all great tools. But sometimes, the guidance of an experienced professional is needed for a thorough understanding of available options.

One Senior Place offers a **FREE 30-minute one-on-one consultation** with an Aging Services Expert who fully comprehends the goals and needs of seniors. A One Senior Place Aging Expert can help you determine the level of care needed -- AND put you in touch directly with the appropriate resources.

Continued care management services are also available for those who desire in-home access to a Registered Nurse and/or Social Worker to help ensure independence and the highest quality of life. Schedule an appointment today with a One Senior Place Aging Expert at **866-751-6771** to relieve yourself of the stress of solitary decision-making. With One Senior Place, you're never alone.



ABOUT ONE SENIOR PLACE – One Senior Place, The Experts in Aging, is a marketplace of resources and provider of information, advice, care and on-site services for seniors and their family caregivers in Central and East Central Florida. Completely unique, One Senior Place is a one-stop information hub and mini-mall “revolutionizing the way America shops for elder care and services.” One Senior Place is home to a wide variety of senior-focused businesses, a resource library and is the site of educational seminars and presentations for seniors. In 2008, One Senior Place was named Florida’s Small Business of the Year by the U.S. Small Business Administration. More information about One Senior Place and One Senior Place can be found on the company website at OneSeniorPlace.com.



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Keeping you safe and happy at home.

- One-on-one care in your home
- Hands-on personal care
- Assistance bathing & dressing
- Medication monitoring & reminders
- Post-hospitalization care
- Placement assistance
- Aging Life Care Management
- Meal preparation
- Light housekeeping, laundry
- Shopping, errands, transportation
- Escort to doctor appointments
- Supervision with memory loss
- Care available 24 hours/7 days
- CNAs & HHAs
- Licensed, Insured, Background Checks
- Long Term Care Insurance accepted

800-878-1928

Free In-Home Assessment

senior partner
CARE SERVICES