

## WHAT OTHER PROFESSIONALS MAY BE OF ASSISTANCE TO ME?

You should consult a specialist in financial planning; making sure your medical coverage and insurance cover long term disability and medications. An accountant may help you to make the most of your tax deductions. Also write a will, and assign somebody the power of attorney as at some point you might not be able to communicate your desires concerning your finances, medical and personal care due to your condition. Therefore, it will be useful to plan for that as a precaution.

## WHAT CAN I DO TO HELP MY HEALTHCARE TEAM?

Your active participation in your treatment is important. You can help your healthcare team provide better care to you. Ask questions to members of your healthcare team about aspects of Parkinson's you are unsure of and write down their responses, so you can refer to them later if needed. Also, maintain a list of your medications and make sure each member of your healthcare team is aware of them. Make certain that any new developments are passed onto all the team members, so they're kept up to date.

## WHAT IS THE ROLE OF MY CAREPARTNER?

The carepartner can aid the health care providers by providing the necessary information and keeping close contact with each member of the team. As a carepartner, you are the bridge between the team and the patient. Only you can observe how the patient is doing on daily basis. Your continuous communication is an integral resource for the health care team to know how the patient is doing and what needs to be done further to help improve the quality of life of the patient.



### DID YOU KNOW?

The number of Parkinson's patients will double by 2031. Millions of Parkinson's patients around the world are suffering from poverty and...

- Cannot afford to buy their medications
- Cannot afford to purchase a cane, walker, or a wheelchair
- Cannot obtain educational literature about Parkinson's in their language
- Are not able to afford consulting a neurologist and remain undiagnosed and untreated

### OUR UNIQUE SERVICES

World Parkinson's Program is the only organization which provides the following unique services to Parkinson's patients around the world:

- Parkinson's medications to those patients who can't afford to buy them
- Canes, walkers & wheelchairs to prevent falls
- Parkinson's educational brochures in many languages
- Free electronic educational newsletter
- Chapters of World Parkinson's Program in various parts of the world

### JOIN THE FIGHT AGAINST PARKINSON'S TO DONATE, VISIT [PDPROGRAM.ORG](http://PDPROGRAM.ORG)

This information is not a substitute of medical advice. Consult your Physician before applying this information.

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Frequently asked questions about

## PARKINSON'S DISEASE & HEALTHCARE TEAM



ENGLISH - 4



[www.pdprogram.org](http://www.pdprogram.org)

*"Those who fight Parkinson's with knowledge always find solutions"- Dr. Rana*

Parkinson's disease is a progressive neurodegenerative condition characterized by tremors, slowness of movements, stiffness, and balance problems. In addition, Parkinson's has many non-motor symptoms such as memory or cognitive issues, speech and swallowing problems, depression, and sleep difficulties. It affects almost 10 million individuals around the world.

## **WHAT KIND OF HELP DOES A PERSON WITH PARKINSON'S NEED?**

Parkinson's affects many systems of the human body and many different aspects of human life. Being affected with Parkinson's, you will face challenges in managing the symptoms of Parkinson's and improving your quality of life. In order to best achieve this goal, you will need to keep communication lines open with each member of your healthcare team.

## **WHICH PROFESSIONALS DO I NEED TO SEE?**

Multi-disciplinary care with active involvement of the patient and other healthcare professionals is very important. A team approach is necessary to address various complications Parkinson's may cause.

The following professionals are involved in providing care to the patients with Parkinson's.

### **Family Physician/G.P.**

Your family physician will recognize the signs of Parkinson's first and refer you to a neurologist.

### **Neurologist**

The neurologist will do the final assessment of your Parkinson's symptoms. After diagnosis, a treatment plan will be made for your specific needs. As the disease progresses, this plan may need to be altered to provide the best possible care to you. You should see your neurologist two to three times a year for follow up visits. If available, you should see a neurologist who sub-specializes in Parkinson's and Movement disorders.

### **Physiotherapist**

The physiotherapist will advise you about different exercises, help in balance training and teach strategies to prevent falls in order to improve your mobility and posture. Physiotherapist may also advise you not to engage in activities which may increase your risk of falling.

### **Occupational Therapist**

The occupational therapist will advise you about the strategies to help you carry out your day-to-day tasks to make sure you lead a productive and satisfying life. The methods used to achieve these goals may be different person to person. They may also advise you to alter your environment in order to make it safe and easier for you to carry out daily tasks.

### **Speech and Language Pathologist (SLP)**

Parkinson's may cause problems with speech and swallowing. The SLP will suggest you exercises and strategies to help these problems.

### **Pharmacist**

The pharmacist will counsel you at the pharmacy about your medications and by visiting the same pharmacy consistently you will ensure an accurate record of the medications you have used. Also, the pharmacist will make sure that any other medications you take don't interfere with your treatment plan.

### **Dietician**

A healthy diet and weight is important for good health. Certain foods such as high protein diets can interfere with your drug absorption and the dietician will advise you how to plan your meals and avoid this problem.

### **Social Worker**

Social worker will provide guidance towards any financial or family concerns you might have, give you advice to deal with the changes in your lifestyle and living situation. Social worker may also aid you in finding a financial assistance program.

### **Psychiatrist**

Symptoms of depression, anxiety and hallucinations can occur in Parkinson's. The Psychiatrist will advise you and manage these problems.

### **Urologist**

Urinary bladder and sexual dysfunction may occur in Parkinson's and urologist who is specialist in this area will assess and treat you for these problems.

### **Dentist**

Due to problems with fine motor tasks and poor hand-mouth coordination, brushing your teeth well may be difficult. Also due to chewing and swallowing problems, food remnants may be left in mouth, causing problems with oral and dental hygiene. Those patients who get Botulinum toxin treatment for drooling may have excessive dryness of the mouth due to decrease in saliva production. A long term decrease in the amount of saliva in the mouth may cause dental caries. Thus, periodic examinations by a dentist are necessary if a long term treatment is required. Seeing a dentist on regular basis is helpful to address these issues.