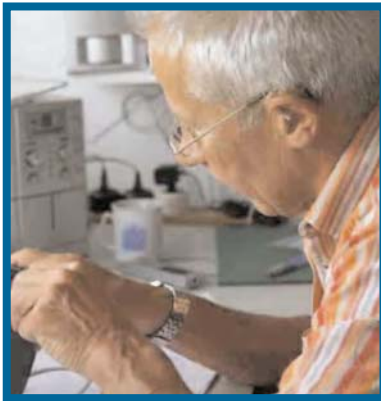


Your (independence) is important

Parkinson's Disease (Wellness Program)

“Participating in a goal setting, functionally based, problem solving program specifically designed for the self-management of your Parkinson's disease will improve your overall health and quality of life.”



What kind of program is this and how can this help?

The Wellness Program is designed to help individuals with Parkinson's disease living in the community manage their health more effectively in order to improve day-to-day functioning and quality of life. Under the guidance of a licensed physical, occupational and speech therapists, participants will learn exercises and problem solving approach to managing daily mobility, self care and communication issues which often interfere with function and quality of life.

With Parkinson's disease I have a lot of different kinds of difficulties, what are some of the areas you address?

- Moving safely out in the community
- Benefits of exercise and overcoming barriers
- Talking in a social settings and on the telephone
- Controlling tremors better in a social setting
- Walking speed and stride
- Managing falls
- Overcoming barriers to exercising at home
- Dressing and other activities of daily living
- Moving in bed
- Standing up from chairs
- Coping with stiffness
- Relaxation and stress management
- Handwriting, gardening / yard work, shopping
- Self Management: Progressing your exercise program
- Self Management: Avoiding setbacks and staying on track

Group discussions are included and focus on solving common problems; we will introduce a new topic each session and work together to develop strategies to manage a particular problem. With a specially trained integrated team this occurs in a 7 week program, 2 times a week in 90 minute sessions (Divided into manageable 10-15 minute timeframes)

For more information Call:

Braintree (781) 348-2107 Milford (508) 478-5775