

Multidisciplinary & Rehabilitative Care in Parkinson's and Huntington's Disease

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How Can Rehab Help?

- ▶ Improve safety
- ▶ Decrease risk of falling
- ▶ Increase independence
- ▶ Improve quality of life
- ▶ Improve function



Walking
 Shopping
 Household Responsibilities
 Sleeping
 Medication Management
 Communication
 Increase Energy



What To Expect For My Rehab Experience

- ▶ The Evaluation:
 - ▶ Interview with you and your caregivers
 - ▶ Review of your medical history
 - ▶ Review of your current home setting
 - ▶ Physical, cognitive, psychosocial screen and/or assessment
 - ▶ Analysis of performance
 - ▶ Use of relevant outcome measures to track performance and change over time
 - ▶ Development of goals and frequency of plan of care



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What To Expect For My Rehab Experience

- ▶ The Interventions:
 - ▶ Highly dependent on your specific impairments and goals
 - ▶ Functional relevance
 - ▶ Carryover is important
 - ▶ Intensity matters: difficult but do-able
 - ▶ Repetition, repetition, repetition!
 - ▶ Education, education, education!



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What To Expect For My Rehab Experience

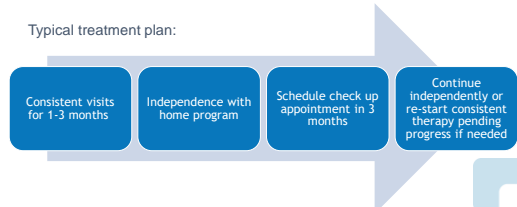
- ▶ The Interventions:
 - ▶ May include:
 - ▶ Caregiver training
 - ▶ Adaptive equipment training
 - ▶ Compensation strategies
 - ▶ Home safety and environment recommendations
 - ▶ Teaching/creating home program



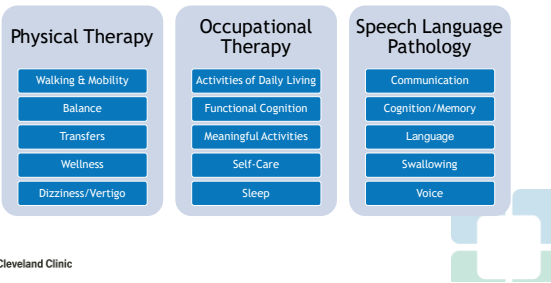
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What To Expect For My Rehab Experience

Typical treatment plan:




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When Would I Benefit From Rehab?

Physical Therapy

- Never had PT before or newly diagnosed
 - Balance and stability changes
 - Falls/Almost falls
 - Furniture surfing or wall walking
 - Bumping into things
 - Fear of falling has created avoidance of activities
 - Difficulty doing two things at once
 - Shuffling or freezing of gait
- 


When Would I Benefit From Rehab?

Occupational Therapy

- Never had OT before or newly diagnosed
 - Difficulty managing typical routines/roles
 - Difficulty taking care of yourself
 - Avoiding daily or meaningful activities due to:
 - Hand/arm function
 - Cognitive changes
 - Fear of falling
 - Bowel/bladder incontinence
 - Fatigue
 - Stress/anxiety/depression
 - Sleep disturbance
- 


When Would I Benefit From Rehab?

Speech-Language Pathology

- Never had SLP before or newly diagnosed
 - Swallowing difficulty:
 - Difficulty getting swallow started
 - Sensation of food sticking in throat after swallow
 - Choking and/or coughing when drinking/eating
 - Pill swallowing difficulty
 - Voice changes: difficulty projecting, hoarse voice, breathy voice
 - Slurred speech or changes in speech
 - Needs alternative communication device
- 

When Would I Benefit From Rehab?

Speech-Language Pathology (continued)

- Difficulty with:
 - Word finding
 - Comprehension or following directions
 - Retelling a story or organizing thoughts to form sentences
 - Memory, attention, concentration
 - Planning, being organized, and problem solving
- 

The Literature



Evidence For Rehab Suggests: Physical Therapy

- ▶ Research suggests:
 - ▶ Ongoing vigorous exercise and physical fitness should be highly encouraged for all individuals with neurodegenerative diseases.
 - ▶ Physical exercise may attenuate cognitive decline
 - ▶ Physical therapy can be effective in improving the strength, balance, walking, and mobility of individuals with PD
 - ▶ Aerobic exercise, alone or in combination with resistance training to improve fitness and motor function, supervised gait training to improve spatiotemporal features of gait, may help improve balance (may not decrease fall risk) in individuals with PD



Evidence For Rehab Suggests: Occupational Therapy

- ▶ Evidence supports:
 - ▶ Promotion of social & physical activity, health behavior change techniques, and task-specific training for problematic activities of daily living in individuals with PD
 - ▶ Caregiver education and training for all neurodegenerative disorders.
 - ▶ Assessment of the unique, whole person to modify and adapt activities, thereby reducing neuropsychiatric behaviors and increasing engagement in meaningful activity.
 - ▶ Use of positioning devices, seated adaptations, and caregiver training in individuals with late stage HD



Evidence For Rehab Suggests: Speech Therapy

- ▶ Research supports:
 - ▶ Cognitive interventions such as: errorless learning, spaced-retrieval training, vanishing cues, or verbal instruction/cueing
 - ▶ SPEAK OUT! and The LOUD Crowd programs in mitigating hypokinetic dysarthria for individuals with PD
 - ▶ Inspiratory and expiratory training to improve breathing function and capacity, and management of eating and swallowing disorders in individuals with HD



Current Research

Our Facility:

- ▶ LARGE-PD Genetic Study - for those of Hispanic/Latin American Descent who have been diagnosed with Parkinson's Disease
- ▶ Functional Brain Imaging during Freezing of Gait (fNIRS)
- ▶ MORE TO COME!



ALL DISCIPLINES WORK TOGETHER TO
HELP YOU ACHIEVE YOUR GOALS!



I Am Interested, Now What?

- ▶ Ask your doctor for a referral to physical therapy, occupational therapy, and/or speech-language pathology if you feel it may be right for you
- ▶ Create achievable & relevant goals
- ▶ Watch for any relevant courses/classes that may be of interest to you
 - ▶ Email: LouRuvoSocialServ@ccf.org for regular flyers with various support groups, yoga, and more!



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