

# Community Resources to help you live well with Parkinson's

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- NEVADA
- Advance Directive
- Planning for Important Health Care Decisions

Cleveland Clinic

Advance Directives



#### My Five Wishes are:

2. Who I want to make care decisions for me when or if I am not able
2. What kind of medical treatment I do or don't want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

What kind of place will you NEED long term to call home?

- \*Do you need a smaller place?
- \*Do you need ramps or other changes like grab bars to stay home safely?
- \*Does your home allow for a bathroom on the first floor?
- \*Do you have a circle of friends/community who can help you?



Plenty of options for Senior Living, 55+ communities, Affordable Housing (not nearly enough), Assisted Living, Group Homes, Memory Care Facilities, or Skilled Nursing Care.



# Caring for your family



How will you support the person who will be your care partner and then care giver?

What do you want them to know?

What do want your kids to know/how do you want them involved?

- \*Counseling
- \*Library and reading
- \*Support Groups
- \*Involve them in your medical care
- \*Bring them to your exercise class!



Work with your medical team, be honest and talk about what you need. Learn about all the potential Parkinson's symptoms so you know what you need to ask about! Depression, anxiety, apathy, constipation, 'brain fog' – can all be explained away, but shouldn't!



 Cleveland Clinic



Healthy Brains

Are you working and not sure if you can or should apply for disability? Call the Center for Independent Living!

Do you have the insurance you need? Does your spouse?

The Medicare Store could help.

Nevada Senior Services can also help when it comes to choosing the Medicare Plan that works for you and your needs

# Protect your Assets



- Private Memory Care facilities can cost up to \$8,000/month.
- Assisted Living can be \$3,000 or more.
- Personal Care Assistance – light housekeeping, help with bathing, meal prep – is an out of pocket expense.
- How do you want to live later? What supports might you need or your loved one?
- Is it a myth you have to sell your house and all your cars and your camp? FIND OUT NOW by talking to an elder law attorney OR the Nevada Senior Law Project.



When the time comes and you need help to get to all the places you like to hang out –

\*RTC

\*Private Taxi/Uber/Lyft

\*Go go Grandparent

\*Friends, Family, Neighbors

\*Service from your community where you live



# Emotional well being and mental health needs



Depression and anxiety are common for you if you live with Parkinson's AND for your care partner/care giver.

- \*Support groups
- \*Educate yourself
- \*Individual counseling
- \*Medicine
- \*Yoga (mind and body)
- \*Journaling



## Don't forget the fun!

- What do you love to do?
- What would you never want to stop doing?

How can you make a plan to keep doing it?

- \*Go with someone
- \*Use a walker or a wheelchair
- \*Make a plan
- \*Take a class



Tickets, food and drink are free, but availability is limited. You must RSVP to attend at

[www.parkinsonsplacelv.org](http://www.parkinsonsplacelv.org)  
(click "events" to register)

Special thanks to our sponsors:



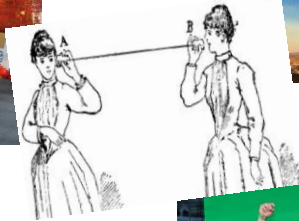
abbvie



# Making meaning/ putting the pieces together



## Parkinson's Place Las Vegas



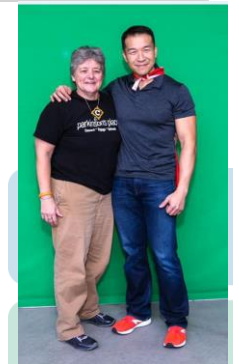
Bill Bucklew

### Perseverance

the seven skills you need to survive, thrive, and accomplish more than you ever imagined

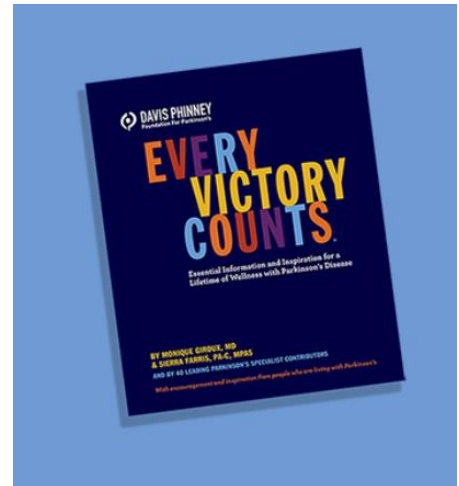
Tim Hague

"Engaging and inspiring... you cannot help but be motivated by Tim's attitude and optimism."  
© 2019 by Bill Bucklew, former triathlete and founder of the Bucklew Foundation for Parkinson's



# Rock Steady Boxing

- Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout.
- By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better.



# Young Onset Parkinson's Disease Support Group

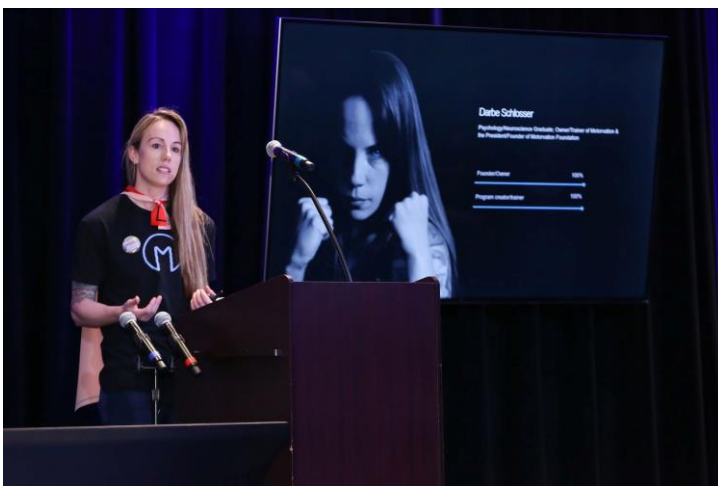


PEDALING FOR PARKINSON'S™

NOW AVAILABLE ONLINE



## Motorvation



We isolate their visual working memory and harness that through boxing as sign language to retrain skills and overall cognitive load.





# Boys of Summer, and...



## YES, AND... EXERCISE!

[Home](#) [Testimonials](#) [Blog](#) [FAQ](#) [Recommended Reading](#) [Recommended Viewing](#) [Research](#) [More](#)

## Yoga for PD



# Dancing with Parkinson's



Las Vegas, NV



[www.dancingwithparkinsons-us.org](http://www.dancingwithparkinsons-us.org)



D/PD CERTIFIED



## Close Contact for Couples

Judith Sachs –Parkinson's Disease and Movement Disorders Center (PD&MDC) at Penn.

- Moments of difficulty with movement, whether it's getting out of bed, crossing the threshold from one room to the other, or even putting on a coat.
  - Teaches couples to practice and 'choreograph' movements of everyday life using
    - eye contact,
    - verbal communication and,
  - safe movement that progresses from easier to harder.
- To participate, you must be:**
    - Diagnosed with Parkinsons for at least 2 years
    - Both PWP and carepartner living together
    - Both individuals able to manage activities of daily living without a wheelchair or walker.
    - Both able to manage cognitive tasks and easy "homework"
    - Both able to manage in an online space, such as Zoom
    - Both willing to complete pre- and post-evaluations
    - Both willing to be recorded online during training
    - Both willing to attend and participate in 6 hour-long sessions

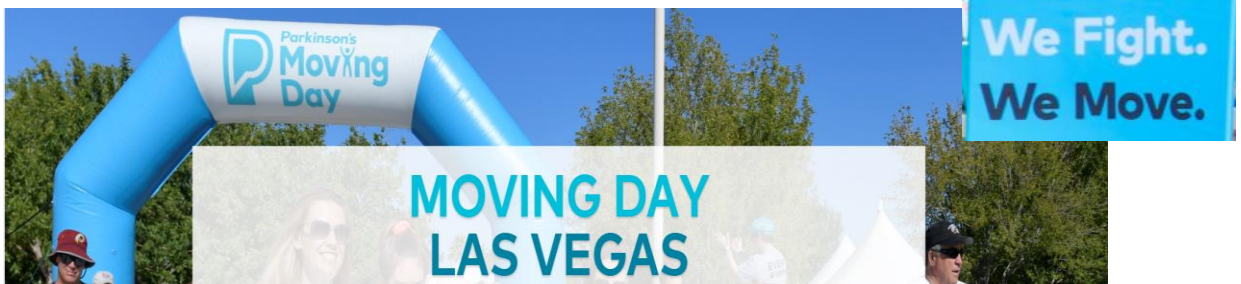


# Tai Chi – Moving for Better Balance

- Free Classes: Dignity Health
- Gwen Gibson Jenkins
- Tai Ji Quan: Moving for Better Balance is an evidence based program that utilizes modified Tai Chi movements to improve balance and ultimately reduce risk of falling



## Parkinson's Foundation



### About Parkinson's

Parkinson's disease is a neurodegenerative brain disorder. There is currently no cure, but there are many treatment options to manage symptoms.

[LEARN MORE](#)

### Signs & Symptoms

No single one of these signs means that you should worry, though if you have more than one you should make an appointment to talk to your doctor.

[LEARN MORE](#)

### New to Parkinson's

We offer the community, resources and advice to support you and your family as you begin to build a better life with Parkinson's.

[LEARN MORE](#)



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Pedaling for Parkinson's [pedalingforparkinsons.org](http://pedalingforparkinsons.org)

Young Onset PD  
Support Group of  
Southern Nevada

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- Thank you!
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  - And, founding Board Member, Parkinson's Place Las Vegas

