

# MAPLEWOOD

*Senior Living*

## HOW ASSISTED LIVING CAN HELP INDIVIDUALS WITH PARKINSON'S DISEASE

Parkinson's disease (PD) is a motor system disorder that causes unintended or uncontrollable body movements. PD is both chronic and progressive. While people living with PD may wish to remain at home, sometimes an assisted living community is a better option as it provides the ideal setting to support them and alleviates emotional and physical stress on caregivers.



The following are some ways that an assisted living community can help manage symptoms and live a quality life.

### OVERALL HEALTH & WELLNESS

The goal of medical management of Parkinson's disease is to provide control of signs and symptoms for as long as possible while minimizing adverse effects. This additional support from a comprehensive team of health care professionals is essential.

- Individualized Care Planning in order to meet the needs based on diagnosis
- Medication administration with review by a pharmacist
- Nutritionally balanced, healthy meals reviewed by a Registered Dietician that is well versed in specialty dietary accommodations

### EXERCISE & FITNESS

Exercise is able to slow down the disease progression and complement your medication therapy to enhance motor function. For some, the start of the movement is the biggest hurdle. Moving, stretching and exercising will help to prevent the loss of flexibility in the trunk and limbs, weakness in the muscles that hold you upright, feeling tired easily. These regular programs will help to maintain or improve overall quality of life.

- Daily group exercise classes
- Physical, Occupational & Speech Therapy
- 1:1 fitness programs with a certified instructor

### MANAGEMENT OF STRESS & ANXIETY

Stress can have a large influence on PD symptoms such as tremors, rigidity and balance difficulties. It is important to manage your stress during your daily activities in order to ensure optimal health and safety.

- Psychology/Psychiatry Services
- Counseling & support group sessions
- Musical programs & music therapy
- Social programs to help connect residents that have similar challenges

If you would like more information, please contact a **Maplewood Senior Living community**. Our knowledgeable staff of professionals understands and is here for you and your loved ones throughout the journey.

203.557.4777 | [MaplewoodSeniorLiving.com](http://MaplewoodSeniorLiving.com)

**Connecticut:** Bethel, Danbury, Darien, East Norwalk, Newtown, Orange, Southport

**Massachusetts:** Brewster, Weston, West Yarmouth

**New Jersey:** Plainsboro | **Ohio:** Chardon, Cuyahoga Falls, Twinsburg

