

# Parkinson's Program

## A Health and Wellness Program for Seniors Coping with Parkinson's Disease

**E**ach year, approximately 60,000 Americans are diagnosed with Parkinson's disease. Patients who receive individualized care from a comprehensive team of specialists can experience a better quality of life, according to the National Parkinson's Foundation.

Your medical treatment is critical to your patients' prognoses. And to supplement your care, Meadowlark has developed an interdisciplinary program to help seniors deal with various aspects of Parkinson's disease.

"The results we've seen in the Parkinson's Program have been amazing. We have so many success stories from the exercise classes like Rock Steady Boxing and the other activities."

**Michelle Haub, Program Leader  
& Speech Language Pathologist,  
Meadowlark**

The program teaches participants concrete tips to help manage day-to-day symptoms, provides opportunities to engage with others experiencing similar issues, and promotes physical activity. This approach has improved the coordination and quality of life for dozens of seniors in the area.

The program is available for all Flint Hills area seniors, not just residents of our retirement community, Meadowlark Hills.

### About the Parkinson's Program

The program provides tools to be used in conjunction with medical treatment to help seniors slow the progression of Parkinson's disease.

The program is made up of various activities such as:

- Exercise groups
- Support groups
- Nutritional counseling
- Patient and family education
- Speech and swallowing evaluation and treatment

Participation in different activities is up to the individual. Participants may have an initial consultation to determine which aspects of the program will most benefit them.

The program also offers support groups for caregivers.

### Who It's For

The program is open to seniors in the Flint Hills area, including residents and non-residents of Meadowlark Hills. Spouses and family members are also welcome to attend.

### How It Works

Physicians can make referrals to the program. Patients can also self-refer.

If patients might benefit from additional services requiring a doctor's orders like physical therapy, Meadowlark will contact your office to determine the next steps.

### Cost

Free

### Memory Program

Meadowlark also offers a program for people experiencing memory loss. The program provides functional techniques and strategies to help seniors manage memory loss in their daily routines.

### Home Health Care Services

Additionally, Meadowlark's Home Health Care Services provide a variety of services from advanced health support to personal hygiene needs to household help to companionship for seniors in the Manhattan community. Please see our separate handout for more information.

### Contact Us

If you have patients you think might benefit from these programs and services, please contact us. We're happy to answer any questions or discuss specific referrals.



**MEADOWLARK**

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