apda AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in optimism. Hope in progress.

UAB HEERSINK SCHOOL OF MEDICINE
The University of Alabama at Birmingham

JOIN PD THRIVE - 2027

PARKINSON'S DISEASE VIRTUAL SUPPORT GROUP

Join PD THRIVE 2027, a virtual Support Group hosted on Zoom the second Monday of each month for those living with Parkinson's disease (PD). Each meeting will begin at 6:30 pm with a guest speaker that specializes in Parkinson's. We then have open sharing sessions amongst participants to build community and camaraderie, share tailored resources, and support one another with hope and optimism.

MEET YOUR FACILITATORS

Brooklyn White, Parkinson's Program Coordinator
UAB Movement Disorders Center - APDA I&R Center

Katie Fordham, Parkinson's Advocate
Katie was diagnosed with PD at the age of 36.

MONTHLY - SECOND MONDAYS

6:30 PM: EDUCATIONAL SESSION - 7:15 PM: SUPPORT GROUP

2027 AGENDA

PD ESSENTIALS

January 11th: PD Essentials: Overview of PD: Science, Pathology, Risks, Causes, and Symptoms

February 8th: Medication Management: Types of PD Meds, Benefits-Risks, What's coming?

March 8th: Surgical Interventions: DBS and Focused Ultrasound - Is it right for me?

THERAPEUTIC TREATMENT FOR PD

April 12th: Physical and Pelvic Floor Therapy: LSVT BIG overview and tips for working with a PT and PFT

May 10th: Speech Therapy: Voice and Swallowing Improvements - LSVT LOUD and SPEAKOUT!

June 14th: Occupational Therapy: Managing Fatigue and Daily Activities, Tips and Products to Make Life Easier with PD

LIFESTYLE CHOICES FOR PD

July 12th: Nutrition and Hydration: Fueling our PD Bodies for Optimal Performance.

August 9th: Exercise: What is Best for PD - Types, Building Plans and Options

September 13th: Sleep: Understanding PD's Impact and Tips for Better Sleep Management

ADVOCATING FOR PD AND US

October 11th: Communicating Well with Teams: In the Clinic, Hospital and Advocating for Our Care

November 8th: Understanding Cognitive Changes: Focus on Neuropsychology symptoms and Treatment

December 13th: Advocating for PD: Clinical Trials, Legislative Action and Financial Support

REGISTER NOW!

DETAILED SESSION DESCRIPTIONS

Register by emailing / calling:
Brooklyn White at
bawhite@uabmc.edu 1.205.706.7320

Once you have registered, you will be contacted by the facilitator. Zoom links will be provided prior to each program.

PD THRIVE-2027

DETAILED AGENDA AND SESSION DESCRIPTIONS

PARKINSON'S DISEASE ESSENTIALS FROM UAB MOVEMENT DISORDER SPECIALISTS

January 11th: PD Essentials: We review the pathology and science behind PD. What are the risks and causes (genetic and environmental), how is PD diagnosed, and what are the symptoms - both motor and non-motor?

February 8th: Medication Management: We focus on the various medications available to treat PD, including Carbedopa/Levadopa and various Dopamine Agonists. We'll talk about potential benefits and side effects, as well as what is on the horizon from clinical drug therapy trials.

March 8th: Surgical Interventions: We will learn more about alternative treatment options, including Deep Brain Stimulation and Focused Ultrasound Surgeries. What are the benefits/risks? How do you qualify? Members will share their experiences as well.

THERAPEUTIC TREATMENT OPTIONS

April 12th: Physical and Pelvic Floor Therapy: PT is essential to treating PD. Learn about PD sepcific physical therapy with more about LSVT BIG and the value of pelvic floor therapy for managing PD motor symptoms.

May 10th: Speech Therapy: Speech Therapy is not only important for us to communicate well as symptoms advance, it is also critical for swallowing well. Learn more about the advantages of LSVT LOUD and SPEAKOUT! We will also talk about the value of Music Therapy to support NeuroHealth.

June 14th: Occupational Therapy: Keep doing what you love, by knowing how to adapt. We learn how an OT can help you manage fatigue and improve daily activities, also talking about home safety modifications, and gadgets/gizmos.

LIFESTYLE CHOICES FOR PD

July 12th: Nutrition/Hydration: What we put in our body matters - for fuel, and to thrive with PD. While there isn't a specific PD diet, there are tips to managing symptoms through better nutrition habits. We discuss the importance of proper nutrition plans, hydration and supplements to support better management of PD symptoms.

August 9th: Exercise: Motion is Lotion and the number one thing we can do to help delay the advancement of PD is exercise. But what kind, how much and what will help? We talk about breaking down barriers to exercise and explore local and online opportunities to target PD specific challenges for improving PD symptoms.

September 13th: **Sleep:** Getting a restful night of sleep with PD is challenging. We talk about how PD impacts sleep and what we can do about it - to minimize fatigue and to function better with PD.

ADVOCATING FOR PD AND US

October 11th: Communicating Well with Our Health Care Teams: We must learn how to communicate well with our providers so they can offer optimal treatments - especially during clinical visits and hospitalizations. We talk about the various roles of PD health care team members, and how we can advocate for ourselves to bridge the gap between so many roles.

November 8th: Understanding Cognitive Changes in PD: We focus on common non-motor symptoms of PD - specifically apathy, depression and anxiety. We'll also talk tips to help manage these symptoms with gratitude practices, creative therapies, and behavioral or mental health counseling.

December 13th: Advocating for PD: There are many ways we can be involved to help support the fight against PD - through a cure or better treatment options. In this session, we will look at the various clinical trials and how we can participate, current legislative action, and ways in which you can volunteer or financially support the fight against PD with trusted non-profit organizations.