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

UAB HEERSINK SCHOOL OF MEDICINE
The University of Alabama at Birmingham

PD CARE PARTNER CORNER-2027

VIRTUAL ZOOM SUPPORT GROUP FOR PARKINSON'S CARE PARTNERS

PD Care Partner Corner is a virtual Support Group hosted on Zoom the first Monday of each month for those caring for someone with Parkinson's disease (PD). As a primary care partner to your loved one with Parkinson's, this support group is just for you. Each meeting will begin at 6:30 pm with an educational session that provides practical tips for caring for your loved one with Parkinson's. We will then host a breakout session to support one another on our unique journeys, building community and camaraderie, sharing tips and resources, and encouraging each other with hope and optimism. This group is facilitated by Brooklyn White, a former care partner for her father with PD, and Program Coordinator with the UAB Comprehensive Movement Disorders Center and Brandi Ivey, Care Navigator with the Huntsville Hospital Parkinson's Care Clinic. Resources are also provided via email at the end of each session about each relative topic found below.

MONTHLY - FIRST MONDAYS

6:30 PM: EDUCATIONAL SESSIONS
7:15 PM: SUPPORT GROUP

AGENDA

UNDERSTANDING OUR ROLE AS CARE PARTNERS

January 4th: PD Essentials: Understanding PD and our Role as Care Partners at Various Stages

February 1st: Acceptance and Action Plans for a Future with PD

March 1st: Building our PD Teams: Health Care and Support

PREPARING FOR A FUTURE WITH PD

April 5th: Evaluating Care Options - Getting Honest About our Needs

May 3rd: Elder Care Law - Guest Speaker

June 7th: Advocating for our Loved Ones with PD

COPING AND COMMUNICATING WITH PD

July 5th: Balancing Independence and Safety at Home with Tips

August 2nd: Transitioning Roles: Financial Affairs, Driving and Daily Activities

September 6th: When Communicating Changes

CAREGIVER BURNOUT AND STRESS

October 4th: Self-Evaluating Us Care Partners - Stress, Strain and Burnout

November 1st: Understanding Companion Care

December 6th: Breaking Down Barriers

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 CARE PARTNER CORNER-2027

DETAILED AGENDA AND SESSION DESCRIPTIONS

UNDERSTANDING OUR ROLE AS CARE PARTNERS

January 4th: PD Essentials: In this session we will address the various stages and symptoms of PD. What can you watch out for as a care partner, and how can you support your loved one in managing them?

February 1st: Acceptance and Action Plans for a Future with PD: Accepting a PD diagnosis for our loved ones is tough for them, but also for us. In this sessions we will discuss ambiguous loss, and how to transition that grief into an action plan with a check-list to help us prepare to support our loved one with PD.

March 1st: Building our PD Teams - Healthcare and Support: As care partners, there are many moving parts that we are expected to help keep organized for our loved ones - from building the health care team to navigating and preparing for appointments. In this session we talk about all of the moving parts - and keeping all the balls in the air.

PREPARING FOR A FUTURE WITH PD

April 5th: Evaluating Care Options-Getting Honest about our Needs: PD journey is unique to everyone. We can only plan so much. In this session, we will talk about the pros and cons of advancing care needs at home, versus with facility support from a community. How do we budget? How can family/friends support us - and is home possible?

May 3rd: Elder Care Law: We will be joined by an Elder Care Law Attorney - not to be confused with an Estate Planning Attorney - to discuss how to map out the proper legal paperwork and protect our future wealth with the services we will need.

June 7th: Advocating for our Loved Ones with PD: When it comes to managing unexpected hospitalizations or stays at inpatient rehabilitation centers for recovery, there are certain actions we need to take to advocate for our loved ones during this time. We will map out that plan to be ready for when it is needed.

COPING AND COMMUNICATE WITH OUR LOVED ONES WITH PD

July 5th: Balancing Independence and Safety at Home: How can we as care partners help our loved ones with PD live with as much independence as possible, yet keep them safe? In this session, we discuss how we can best support our loved ones.

August 2nd: Transitioning Roles : Determining when driving needs to stop can be a difficult transition. It can also be hard to know when to step in and help with activities of daily living. In this session, we talk about the when, how and best ways to assume more responsibilities when our loved ones will need more assistance.

September 6th: **When Communicating Changes:** Many non-motor symptoms from PD can impact the way we communicate and care for our loved ones. In this session, we will discuss how to help manage and navigate these symptoms while protecting our loved ones and ensuring their dignity.

CAREGIVER BURNOUT AND STRESS

October 4th: Self-Evaluating Ourselves as PD Care Partners: Caring for our loved ones with PD is a marathon and not a sprint. How do we pace ourselves? In this session, we will talk about the differences between caregiver strain, stress and burnout. How do we acknowledge it and what can we do about it?

November 1st: Companion Care Services: There will become a time when you will need additional help. In this session, we talk about companion care services - whether provided by family, privately or through an agency and how to manage it.

December 6th: Breaking Down Barriers: Why is it so hard to ask for help? Some of us have huge support systems, others not so much. Regardless, asking for additional help can be a difficult task. We talk about how to break down the barriers of burden to solicit additional help.