

Parkinson Association of Alabama Care Navigation Program

Empowering Lives, Supporting Communities



What is the Parkinson Association of Alabama?

- Established in 1978 to support individuals with Parkinson's disease and their loved ones.
- Dedicated to enhancing the quality of life through education, resources, and advocacy.
- Partnering with healthcare providers and community leaders statewide.



Mission of the Parkinson Association of Alabama

- **To improve the quality of life for patients, caregivers and families affected by Parkinson's disease in the state of Alabama.**

Everything we do stays in Alabama!
We are here for YOU!



How the Parkinson Association of Alabama can Help:

- **Care Navigation Program**
- **Support Groups:** 25+ statewide groups to connect individuals and families.
 - Monthly Virtual Support Options
- **Movement-Based Groups:** 20+ classes offering boxing, dance, and other activities.
- **Education:** Workshops and resources to empower individuals and caregivers.
- **Advocacy:** Collaborating with legislators and stakeholders to improve access and awareness.



What is Care Navigation?

- **Personalized guidance for those living with Parkinson's disease and their loved ones**
- **One-on-one session with an expert in Alabama resources to assist you wherever you are in your journey**
- **Connection to resources, support groups, and specialists**
- **Helps individuals and their loved ones navigate through their journey with Parkinson's Disease**



Why Care Navigation Matters

- Only organization in Alabama that provides one on one sessions
- Parkinson's Disease affects every individual differently, we provide individualized care
- Accessing the right care and support improves quality of life
- Our Care Navigators provide expert guidance through our toll free number or email



PAA Specific Toolkits:

- **Newly diagnosed Kit**
 - **General PD information**
 - **Provides access to local doctors and specialists**
 - **Local support groups and exercise based groups**
 - **Home Management techniques**
 - **Diet and Nutrition Tips**
- **PD Tool kit**
- **Medical Alert Cards**



PD Toolkit

- **Helps prioritize your needs**
- **Designed for people with Parkinson's disease and their loved ones**
- **Helps structure conversations with healthcare providers**
- **Designed to keep critical information organized**



What is inside this toolkit?

- **Building Your Care Team**
- **Preparing for your Doctor's Appointment**
- **Physician's Letter**
- **Medication List**
- **Personal and Medical Contacts**
- **Medical Alert Card**



Preparing for Your Doctor's Appointment

Here's a list of suggested questions to help you get the most out of your upcoming doctor's visit. Think about your personal priorities and write down any additional questions you'd like to discuss with your doctor.

1. **Progression of Parkinson's:**
How does Parkinson's disease typically progress, and what changes should I expect over time?
2. **Treatment Options:**
What treatments are available for Parkinson's, and are there steps I can take to slow its progression?
3. **Diagnosis Confirmation:**
What tests or tools were used to confirm my diagnosis?
4. **Appointment Schedule:**
How often should I schedule appointments, and will I always see you, or could it be another member of your team?
5. **Care Team:**
Which other specialists or healthcare professionals should be involved in managing my condition? i.e. Social worker, Physical therapist, Occupational therapist, Speech therapist, Nutritionist/Dietician, Counselor/Psychologist
6. **Reporting Symptoms:**
Which symptoms or side effects should I report immediately?
7. **Medication Guidance:**
How and when should I take my medication? Should I take it before, during, or after meals?
8. **Medication Side Effects:**
What side effects might I experience from my medication, and how can I prevent or manage them?
9. **Lifestyle Management**
Beyond medication, what other steps can I take to manage Parkinson's? Are there specific therapies, exercises, or lifestyle changes that could help? Local support groups?
10. **Clinical Trials:**
Are there any clinical trials that might be suitable for me to join?

By reviewing these questions beforehand, you can ensure a productive and informative discussion with your doctor. Don't hesitate to add topics that matter most to you.

If you need assistance or have any questions regarding your care, you can contact The Parkinson Association of Alabama Care Navigator (833) 473-5465 ext. 2

Medical Alert Cards

MEDICAL ALERT



PARKINSON
ASSOCIATION OF ALABAMA, INC.

I have Parkinson's Disease.

I am not intoxicated. Please be patient with me.

Symptoms May Include:

- Tremors
- Rigidity
- Slow Movements (bradykinesia)
- Balance Issues
- Speech Difficulties
- Non-motor symptoms (e.g., low blood pressure, cognitive challenges).

IMPORTANT INFORMATION



PARKINSON
ASSOCIATION OF ALABAMA, INC.

My Name: _____

Home Address: _____

Emergency Contact:

- Name: _____
- Phone: _____

Physician: _____

- Phone Number: _____
- Allergies/Other Medical Conditions: _____

For more information contact the Parkinson Association of Alabama
at (833)473-5465 or visit www.parkinsonalabama.com.



PARKINSON
ASSOCIATION OF ALABAMA, INC.

How can you get Involved?

- **Sign up for our Monthly Newsletter**
- **Volunteer:** Help us host events or facilitate groups.
- **Donate:** Support our programs and initiatives.
- **Spread Awareness:** Share our mission with your community.
- **Follow, Tag, and Share on Social Media**



Upcoming Events:

- **Moving Forward South PD Conference: May 13**
- **Quarterly Webinars: Thursday, June 19**
- **Tulip Gala, Birmingham, AL: September 18, 2025**
- **Team Rowland Bike Ride and Golf Tournament:
October 2025**



Together We Can Make A Difference!

- Thank you for your interest and support.
- Contact us to learn more or get involved!
- www.parkinsonalabama.com
- [\(833\) 473-5465](tel:8334735465)

