

Living Well With Parkinson's Disease

Your care team, your daily tools, your Alabama community
Parkinson Association of Alabama (PAA)

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www.parkinsonalabama.com

Why We're Here

- What “living well” really means
- The biggest factors you can control day to day
- How to build a care team that fits you
- Who PAA is and how we help across Alabama

You Are Not Alone

- 16,000 Alabamians live with Parkinson's disease
- Parkinson's affects the whole family
- Community and good care change outcomes

Parkinson Association of Alabama

- Founded in 1978
- Only statewide nonprofit focused solely on PD in Alabama
- Mission: improve quality of life for people with PD, care partners, and families
- CARE • COMMUNITY • CURE

What PAA does for you

- Care Navigation: free one-on-one guidance
- Support groups statewide + virtual options
- Movement groups: boxing, dance, PWR!/BIG-style, and more
- Education: conferences, webinars, workshops
- Resource hub + advocacy in Alabama

Living Well With PD: The Big Picture

- Living well means staying engaged in what matters to you
- Proactive symptom management
- Protecting independence over time
- Supporting body, mind, and relationships
- Adjusting as PD changes

Managing Day-to-Day Care

- Take medications on time
- Stay active and exercise regularly
- Eat balanced meals
- Maintain good sleep hygiene
- Create a safe home environment
- Stay socially connected

#1: Medications + Timing

- Take medications on time
- Track on/off patterns and side effects
- Bring an updated med list to every visit
- Talk to your neurologist before changing anything

#2: Exercise is Medicine

- Improves walking, balance, stiffness, tremor, and endurance
- Supports mood, sleep, and thinking
- Works with medication to protect function

What kind of exercise?

- Aerobic
 - walking, cycling, swimming, dancing
- Strength training
 - legs, core, posture
- Balance & agility
 - tai chi, yoga, boxing, dance
- Stretching & flexibility
- Group classes boost consistency and confidence

#3: The Role of Therapy Services

- Physical Therapy: gait, balance, freezing, strength
- Occupational Therapy: daily tasks, home safety, adaptive tools
- Speech Therapy: voice, swallowing, communication
- Include LSVT BIG & LSVT LOUD programs

#4: Non-motor symptoms matter

- Sleep, mood, cognition, constipation, blood pressure, pain
- Anxiety and depression are common and treatable
- Bring these up early—don't tough it out alone

#5: Community + Support

- Support groups reduce isolation
- Shared problem-solving and real-life tips
- Purpose protects well-being

Building Your Care Team

- Neurologist or Movement Disorder Specialist
- Primary Care Physician
- Therapy Services: PT, OT, SLP
- Social Worker or Care Navigator
- Mental health counselor or psychologist
- Dietician
- Caregiver, family, or trusted support

YOU ARE THE CAPTAIN OF YOUR TEAM!

How PAA helps build your team

- Free Care Navigation sessions
- Connections to Alabama PD-experienced providers
- Directories for LSVT BIG/LOUD and movement programs
- Local support and movement groups near you
- Follow-up as new needs appear

Your Next Steps

Pick two actions to take this month:

1. Add or refresh an exercise routine
2. Ask about a PT/OT/SLP referral
3. Track symptoms and med timing
4. Try a support or movement group
5. Schedule a Care Navigation session

How to Reach PAA

- Call: (833) 473-5465 ext. 2 or 3
- Website: parkinsonalabama.com
- Email: ellen@parkinsonalabama.org

*We're here for you—wherever you are
in Alabama.*



**We're not just based in Alabama, we serve
Alabama — *everything we do stays in Alabama* —
for Alabama's Parkinson's community, every single
day.**