

# Booth Gardner Parkinson's Care Center

*Offering Comprehensive Movement Disorders Care*

## **Comprehensive Care Clinic for Patient's with Parkinson's Disease**

*Tailored to the needs of patients who live at a distance from our Center,  
but still wish to benefit from a team approach*

This two-day program offers patients with Parkinson's disease and their families an individualized comprehensive assessment aimed at improved quality of life. This program is appropriate for all patients from initial diagnosis to advanced stages.

Participants will be evaluated by a Neurologist specialized in movement disorders, Physical therapy, Occupational therapy, Neuropsychologist and Speech/Swallowing specialist on day one and return the next day to obtain specific treatment recommendations to complete at home. Three days may be needed for patients experiencing problems with their Deep Brain Stimulation settings.

**The Comprehensive Program is often covered by insurance including Medicare.**

**After your visit, you and your physician will receive a summary of our evaluation and recommendations. If additional treatment is needed, therapy can be continued closer to home.**

Goals for this program include:

- Promote lifestyle changes and coping strategies that help patients live well and improve quality of life by *taking charge* of their Parkinson's disease.
- Caregiver education.
- Optimize Deep Brain Stimulation programming
- Specialized rehabilitation program for patients with Deep Brain Stimulation
- Review and optimize medical therapies
- Identify and treat physical, movement, home, work, and communication problems.
- Develop an exercise program tailored to your needs and your Parkinson's disease to improve strength endurance, independence, and help prevent future problems.
- Identify and treat cognitive and problems such as depression, stress and anxiety.
- Promote patient safety, evaluate balance and falls

Evaluations require a prescription from your physician for Physical therapy; Occupational therapy, Speech or Swallowing therapy, and neuropsychological counseling or evaluation.

**Average assessment time is 4 hours on day one and 3- 4 hours on day two.**

**Please call 425.899.3123 for more information about our program.**

# Comprehensive Care Clinic for Parkinson's Disease – Physician Orders

Check any that apply to your patient

Fax completed form to **425.899.3114**

**Patient Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Primary Diagnosis:** \_\_\_\_\_

**Medical Consult:** *Fellowship trained neurologists specialized in care of movement disorders*

Medical consult                      Deep Brain Stimulation Consult                      Deep Brain Stimulation Programming

**Cognitive/Behavioral Orders:** *Specializes in the evaluation of cognitive problems and dementia, as well as behavioral assessment and counseling.*

Cognitive Screen                      Behavioral Counseling

**Physical Therapy Orders:** *Specializes in physical movement such as joint range of motion, muscle flexibility, balance and ambulation. Provide guidance toward home exercise programs for health and prevention at all stages of disease. Reduce fall risk and help with caregiver needs.*

Exercise Program for Parkinson's disease  
Gait and Balance, Postural Instability, Postural Flexion, .Falls  
Motor Initiation/Gait Freezing  
Assistive Device Selection and Training (Cane, Walker, wheelchair)

Exercise Limitations \_\_\_\_\_

Caregiver training                      Musculoskeletal:                      Dystonia                      Pain

Other Comments/Concerns \_\_\_\_\_

**Occupational Therapy Orders:** *Specializes in the areas of self-care, medication management, home maintenance, community involvement including driving, alternative options for transportation, and resources for staying active with emphasis on safety. Along with these are programs for upper extremity strength, flexibility, fine motor, handwriting, and relaxation techniques (Yoga and meditation).*

Upper extremity and shoulder therapy                      Disease and self-care management                      Living Environment/Needs  
Self Care                      Driving/Transportation                      Medication Management Strategies, Treatment Adherence                      Caregiver  
Performance of ADL's                      Safety Concerns (Falls, confusion, behavior, hallucinations)

Gait Freezing/Environmental Influence                      Visuospatial Training                      Work/Occupation, Ergonomic Assessment  
Social/Behavioral/Recreational needs, Leisure Skills/Hobbies

Cognitive Treatment and Adaptation                      Functional Nutrition and Meal Preparation  
Sleep Hygiene and bed mobility                      Relaxation Techniques, Stress Management

Other Comments/Concerns \_\_\_\_\_

**Speech Therapy Orders:** *A comprehensive speech and voice evaluation is completed by a certified speech language pathologist. It can help speech and voice symptoms, swallowing difficulties, conversation and communication problems.*

Swallowing                      Dietary evaluation due to dysphagia  
Speech/Voice Deficits \_\_\_\_\_  
Communication                      Language and/or cognitive issues affecting communication or                      Occupational impact of speech                      Drooling

Other Comments/Concerns \_\_\_\_\_

Physician Signature: \_\_\_\_\_

Preferred Communication: *Circle one:*  
Fax      Phone      Mail

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_