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Caregivers Involvement with Therapy: From the Clinic to the Home



Being a caregiver for a patient with Parkinson's disease is a challenging task and can be frustrating for both parties. When certain routine tasks such as getting out of bed in the morning or getting up from the dinner table start to become challenging, it is often the role of the physical therapist to address these functional impairments.

The primary goal of physical therapy is to ensure the best quality of life for all patients by maximizing their ability to complete everyday tasks through improving their overall quality of movement. As a physical therapist, we can gain vital information from the caregiver at the time of evaluation which is why it is so important for them to be present. The patient may not be aware of or fail to mention certain impairments such as a lack of arm swing when they walk, increased difficulty getting out of their car or even buttoning their shirt. Because Parkinson's symptoms can vary throughout the day, oftentimes what we as therapist see in the clinic may not be a complete picture of the patient. The therapist needs to know this information that only the caregiver may be able to

provide, in order to tailor their goals to address the patient's specific needs.

By having the caregiver present for scheduled training sessions intermittently throughout the course of therapy, they will become aware of the patient's limitations and abilities as they relate to Parkinson's. Parkinson's disease affects each individual differently and thus each patient requires a customized approach. The caregiver will be taught which verbal cues (such as "scoot to the edge of the chair before standing") or tactile cues (lightly stroking between the shoulder blades for improved upright posture) work best for the patient and then can effectively reinforce what is being done in therapy at home. If what works in the clinic is not working in the home, speak up to your therapist and keep an open line of communication so that these needs can be addressed.

A home visit by the physical or occupational therapist could also be beneficial to the patient and caregiver alike. By seeing the home environment and how the patient interacts in this environment, the therapist

can assist the caregiver with arranging the home to meet the patients needs, allowing for improved mobility.

Upon discharge from therapy, the patient is issued a customized exercise program that is designed to be performed on a daily basis. The caregiver will know how to properly perform these exercises with the patient and which cues to give them to ensure proper carryover. Without the involvement and encouragement of the caregiver, the gains made in physical therapy could be lost soon after discharge.

To be an effective caregiver is to be an informed one. By being informed you can help to improve the patient's quality of life as well as your own.



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NATIONAL PARKINSON FOUNDATION

The National Parkinson's Foundation Moving Day

The National Parkinson Foundation's Moving Day® is a Miami and Boca Raton, Florida annual fundraising Walk event. It will be a day of joining together and raising awareness of Parkinson's disease. In addition to a fundraising walk, it will be a celebration of movement, with a special Movement Pavilion featuring yoga, dance and much more. We anticipate more than 1,000 participants, which will include people with Parkinson's, families, friends, healthcare professionals, corporate leaders and corporate teams to join together to raise funds in support of the Foundation's mission. It will be a day to move, a day that will move you and a day to move others.



<p style="text-align: center;">Miami, FL— Bayfront Park We encourage you to join our UM Team</p> <p>Schedule Details 8:30 a.m. - Registration Opens 10:00 a.m. - Walk Begins When: Sunday, October 7, 2012, 8:30 AM to 1:00 PM Contact Name: George Dumenigo Contact Phone: (305) 243-1865</p> <p>Contact Email: gdumenigo@med.miami.edu www.NPFSouthFlorida.org</p>	<p style="text-align: center;">Boca Raton, FL—FAU Stadium</p> <p>Schedule Details 7:00 a.m. - Set Up 8:00 a.m. - Registration Opens 9:45 a.m. - Warm Up 10:00 a.m. - Walk Begins</p> <p>When: Sunday, October 21, 2012, 8:00 AM to 1:00 PM Contact Name: Stuart Perlin Contact Phone: (561) 306-2090 Contact Email: movingday@npfsouthpalmbeach.org</p>
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Faculty Heroes Recognition Award



Carlos Singer, MD

Recipient of the Receives **University of Miami Medical Group (UMMG) Faculty Heroes** Recognition Award.

Carlos Singer, M.D., professor of neurology, chief of the Movement Disorder Division and director of the Center for Parkinson's Disease and Movement Disorders, has been named as the recipient of the December UMMG Faculty Hero Award.

The Center for Parkinson's Disease and Movement Disorders (the "Center") is a division of the Department of Neurology within the Leonard M. Miller School of Medicine (MSM) of the University of Miami (UM). The Center was started in 1984 and has been under the direction of Dr. Carlos Singer since 2002.

Dr. Carlos Singer is Professor of Neurology and Director of the Division of Parkinson's Disease and Movement Disorders, designated as a National Parkinson Foundation Center of Excellence. He received his medical degree from the Central University of Venezuela in 1972. This was followed by training in Internal Medicine at the University of Pittsburgh and in Neurology at the Albert Einstein College of Medicine Affiliated Hospitals. Dr. Singer received additional training in Electromyography and in Movement Disorders at the University of Miami. He has been a member of the faculty of the Department of Neurology of the Miller School of Medicine/University of Miami since 1989. Dr. Singer's special interest is in the non-motor manifestations of Parkinson's Disease such as urological, cardiovascular and other aspects of this disease.

"Dr. Singer is one of a kind," wrote one patient. "He has a heart of Gold and shows genuine concern for his patients. He listens, understands... he is brilliant."

In 2011, Dr. Singer was named among the top one percent of neurologists in the nation, according to U.S. News & World Report's Top Doctors List. He served as chair of the Parkinson Study Group "Non-Motor Manifestations of Parkinson's Disease." An author of more than 120 publications, Dr. Singer established the first botulinum toxin treatment program for neurological disorders in Florida. He also leads the Movement Disorders Research Division which received multiple NIH research grants.

We're Moving!

The UM, Parkinson's disease and Movement Disorder Center will be moving. Due to restructuring at the University of Miami doctors Fatta Nahab, Henry P. Moore and Cenk Sengun's regular clinics will be moving to the Professional Arts Center on the 6th Floor at the University of Miami Medical Campus.



Dr. Carlos Singer's regular clinic will remain at the National Parkinson Foundation Building. Patients affected will be contacted.

Call with questions, 305-243-1865.

Look for upcoming news on more specific information regarding our move.

Completed Community Outreach For Winter/Spring 2012

1/9/2012	<p>Presenter: Cenk Sengun, MD Location: South Palm Beach County Chapter of the NPF, Mae Volen Senior Center, Boca Raton, FL Topic: What's Down the Pipeline: Question and Answer Attendance: 55</p>
1/19/2012	<p>Presenter: Henry P. Moore, MD Location: The Palace Suites, Miami, FL Topic: What's in the Pipeline: New PD Research & Treatment Options Attendance: 105</p>
2/14/2012 & 2/21/2012	<p>Presenters: Henry P. Moore, MD & George Dumenigo, LCSW Location: The Palace Suites, Miami, FL Topic: Parkinson's Disease 101 (In Spanish) - Two Day Event Attendance: 30 (Both Days)</p>
3/6/2012	<p>Presenter: Carlos Singer, MD, Location: The Herbert Kay Parkinson Chapter Topic: Exercise for the Mind in Parkinson Attendance: 40</p>
3/19/2012	<p>Presenter: Henry P. Moore, MD Location: South Palm Beach County Chapter of the NPF, Mae Volen Senior Center, Boca Raton, FL Topic: Benefits of Exercise in PD Attendance: 35</p>
3/22/2012	<p>Spanish Radio Talk Show La Poderosa - WWFE 670AM Presenter: Henry Moore, MD</p>
4/16/2012	<p>Presenter: Carlos Singer, MD Location: South Palm Beach County Chapter of the NPF, Mae Volen Senior Center, Boca Raton, FL Topic: Exercise for the Mind in Parkinson Attendance: 50</p>
5/21/2012	<p>Presenter: Henry P. Moore, MD Location: South Palm Beach County Chapter of the NPF, Mae Volen Senior Center, Boca Raton, FL Topic: Recent Updates in PD treatment and Research Attendance: 30</p>

PARKINSON INSIDER

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Please remember that the material presented in this newsletter is for informational purposes only. It should not be used for treatment purposes. Consult with your physician for further information and discussion, if needed.

The Parkinson Insider is published three times a year for patients and their caregivers with Parkinson's disease and other movement disorders.

Dr. Henry P. Moore Now Seeing Patients in Hialeah Location



Dr. Henry P. Moore will now be seeing patients at our new Hialeah location every Thursday.

Address: 7000 West 12th Avenue, Suite 4, Hialeah, FL 33014

For appointments or additional information: (305) 243-3100

Dr. Cenk Sengun Now Seeing Patients in Plantation Location



Dr. Cenk Sengun will now be seeing patients at our new Plantation location every Wednesday.

Address: Plantation Crossroads Business Park,
8100 SW 10th Street, Building 3, Plantation, FL 33324

To request an appointment with Dr. Sengun,
Contact: (305) 243-3100 or (305) 243-6732



We are grateful to the NPF for their support of the Parkinson Insider.