



## **Working with Older Adults with Parkinson's: What You Need To Know** *AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS*

**When: Monday, September 18<sup>th</sup> to Sunday, October 15<sup>th</sup>, 2017 (4 weeks) ONLINE weekly at your discretion**  
**Cost: \$240 (Students \$120) Registration Deadline: Monday, September 11, 2017**  
*This workshop will be offered only if there is sufficient enrolment.*

### **Course Objectives**

At the end of this workshop, participants will:

- Understand that PD is a complex and progressive chronic condition affecting all aspects of health and well-being, and requiring advanced knowledge and expertise for effective management
- Understand and be able to respond confidently to the health and social needs of clients aging with Parkinson's (PD) along the continuum of progression
- Identify and be able to connect older adults with PD and their involved care partner(s) to relevant services

### **Outline:**

#### **Week 1: Overview of Parkinson's**

- The basics of PD-Etiology, epidemiology, and demographics in the context of an aging population
- Clinical manifestations and disease progression
- Motor and non- motor symptoms and impact on quality of life
- Current medical treatment

#### **Week 2: PD and Self- Management in Chronic Conditions**

- Chronic versus acute conditions: Management versus cure
- Self- management in chronic illness: Definition, benefits, essential components in the context of living well with PD
- Medical treatment is not enough! The health team along the continuum of Parkinson's progression

#### **Week 3: Exercise and Function in PD**

- How PD affects movement
- Effects of changes in mobility on function with PD at different stages of the condition
- Evidence for the importance of prescribed exercise in Parkinson's
- Limiting morbidity and mortality related to immobility and falls in PD

#### **Week 4: Putting it all together**

- Understanding and addressing the impact of non-motor and "invisible" symptoms on life with PD
- Navigating the health and social care systems to meet the needs of people with PD and their care partners in different stages of progression
- Atypical Parkinson's and Parkinsonism: Presentation and challenges.

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