Comprehensive Care Clinic for Patients 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

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 ☐ Language and/or cognitive issues affecting communication or ☐ Occupational impact of speech
☐ Drooling

Other Comments/Concerns_________________________________________________________

Physician Signature: ____________________________________________________________
Prefered Communication: Circle one: Fax Phone Mail
Address: ____________________________ ____________________________
Phone: ____________________________ Fax: ____________________________