

Program Location:

Spaulding Rehabilitation Hospital
Cape Cod
311 Service Road
East Sandwich, MA 02537

Spaulding Rehabilitation Hospital Cape Cod is located just off Route 6 in East Sandwich. The room number is still to be determined and will be announced when it is available.

Parking details will be provided when you register.

Registration:

Please contact the APDA Information and Referral Center at Boston University Medical Center. Although there is no fee for the program, registration is required.

800-651-8466 | 617-638-8466
apdama@apdaparkinson.org

Sponsors:

Parkinson Support Network Cape Cod

A Branch of the American
Parkinson Disease Association
Massachusetts Chapter



Spaulding Rehabilitation Hospital Cape Cod



*This program was developed by
the Movement Disorder Center at
Boston University Medical Center
and the Center for
Neurorehabilitation at Sargent
College at Boston University.*

Parkinson's Good Start Program

*An educational program
for individuals recently
diagnosed with
Parkinson's Disease and
their family members.*

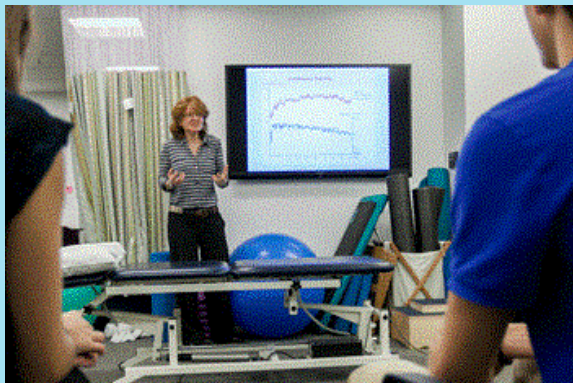
April 11 & 18, 2018

6:00—8:00 PM

Spaulding Rehabilitation
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The Good Start Program is a two part series presented by a team of Parkinson's Disease specialists from the Boston University Medical Campus, Spaulding Rehabilitation Hospital Cape Cod, and the American Parkinson Disease Association. Participants will receive up-to-date information on diagnosis and treatment. Community resources will be identified to assist in managing and coping with Parkinson's disease. Our target audience for this program include individuals diagnosed with Parkinson's within the past five years.

Opportunity will be provided to answer frequently asked questions and address common concerns. There is no cost for this program.



Session One:

Wednesday, April 11, 6—8 PM

A light supper will be served starting at 5:30 PM

Welcome and Program Overview

Cathi A. Thomas, RN, MS

What is Parkinson's Disease?

*Stephanie Bissonnette, DO
Movement Disorder Fellow, Boston
University Medical Center*

- ◆ Diagnosis
- ◆ Symptoms
- ◆ Treatment Strategies

The Role of Rehabilitation/Exercise

*Heather Merrill, PT
Spaulding Orleans Outpatient Center
High Intensity Training for Parkinson's
Disease Program*

*Michelle Mathey, PT
Spaulding Plymouth Outpatient Center,
Parkinson's Exercise and Wellness
Program*

Session Two:

Wednesday, April 18, 6—8 PM

A light supper will be served starting at 5:30 PM

Introduction to the Health Care Team

- ◆ Psycho-Social Support
*John Allen, PhD
Health Psychologist*
- ◆ Physical Therapy
*Kathleen Withers, PT
Physical Therapist*
- ◆ Speech & Language Therapy
*Janine Annis-Young, SLP
Speech and Language
Pathologist*
- ◆ Occupational Therapy
*Hannah Fitzsimmons, OT
Occupational Therapist*

All Presenters from Spaulding Cape Cod

Medication Management

*Okeanis Vaou, MD
Movement Disorder Specialist, Boston
University Medical Center*

- ◆ Drug Classification
- ◆ Individualizing Therapy