

EDUCATION

Education is an important part of the Parkinson's Interdisciplinary Program. Therapists will provide and recommend a wide variety of information and resources that can help you proactively manage common problem areas.

FOR MORE INFORMATION

If you or a family member is interested in participating in the Parkinson's Interdisciplinary Program, please contact your physician for a referral. For more information about PIP please call the Center for Medical Rehabilitation at Northwest Hospital & Medical Center, 206-368-1769.

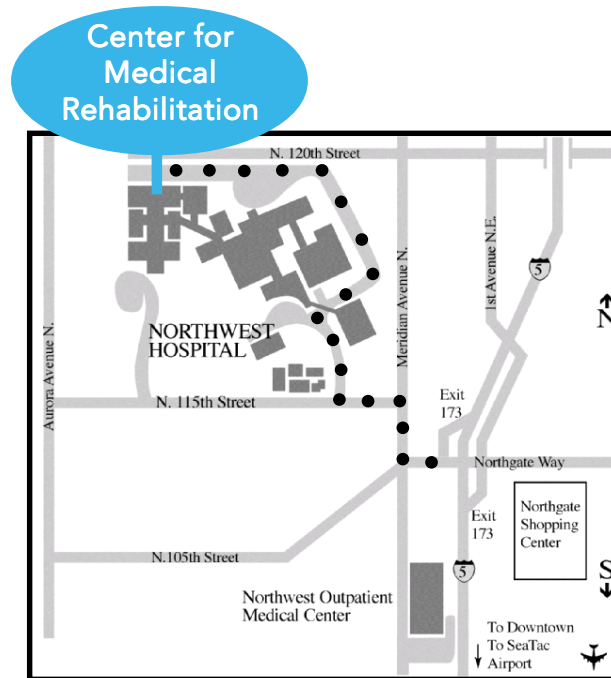
Northwest Hospital & Medical Center is a 504/ADA accessible employer. Auxiliary aids (sign language interpreters, readers) or alternate formats of written materials will be made available, upon request.

ETHICS STATEMENT

The Center for Medical Rehabilitation at Northwest Hospital & Medical Center is committed to ethical behavior in respect to the patient's right to participate and determine his/her own plan of care. To act for the well being of the patients and the members of the hospital's community. To provide fair, equitable, and appropriate treatment in accordance with the law. To effectively and respectfully work with a diverse cultural and ethnic mix of patients, visitors, and staff.

LOCATION & DIRECTIONS

From I-5 take exit 173.
Turn west on Northgate Way.
At Meridian Avenue North, turn right (North).
Take the first left onto 115th Street.



**NORTHWEST HOSPITAL
& MEDICAL CENTER**
Center for Medical Rehabilitation

1550 North 115th Street
Seattle, WA 98133
www.nwhospital.org

Call 206-368-1769

B-65 (11/03)

PARKINSON'S INTERDISCIPLINARY PROGRAM



*A comprehensive program
designed to manage the symptoms
of Parkinson's Disease.*



**NORTHWEST HOSPITAL
& MEDICAL CENTER**
Center for Medical Rehabilitation

INTRODUCTION

The Center for Medical Rehabilitation at Northwest Hospital & Medical Center's Parkinson's Interdisciplinary Program (PIP) is dedicated to helping people manage the symptoms of Parkinson's Disease. The abilities, needs, and goals of each person with Parkinson's vary with the individual. For that reason, PIP is tailored to each individual.



THE UNIQUE INTERDISCIPLINARY APPROACH

A dedicated team of medical professionals is involved in the evaluation and treatment of each patient. This interdisciplinary approach brings together therapists from each of three therapies – Physical Therapy, Speech-Language Services, and Occupational Therapy – to evaluate and treat each patient. This unique program addresses all aspects of each patient's condition.

The Parkinson's Interdisciplinary Program:

- Maximizes physical skills
- Enhances cognitive skills
- Improves safety
- Promotes independence

HOW ARE MY NEEDS DETERMINED?

An assessment by the interdisciplinary team is the first step in developing a treatment plan that is tailored to your needs. While each therapy specializes in a different aspect of a patient's condition, together they provide a complete picture of your unique abilities and needs. This initial evaluation will be approximately 3 hours.



Physical Therapy works to improve balance, gait, posture, mobility, strength, and flexibility. Assessments include evaluation of the severity of symptoms and functional tests of balance and mobility.

Speech-Language Services focus on voice, speech, swallowing, and cognitive/communication skills. Assessments utilize computerized analysis of vocal quality, loudness, pitch, and speech intelligibility. Swallowing evaluations are done through clinical observation and a videofluoroscopic swallowing evaluations. Learning skills, memory function, concentration, and problem solving are also assessed.

Occupational Therapy improves your ability to perform activities of daily living and higher living skills such as household tasks, including meal preparation and



handwriting suggestions. Evaluations determine the basic ability to function in these activities, particularly as they are affected by upper body rigidity, tremors, and exceptionally slow movements.

WHAT TREATMENTS ARE AVAILABLE?

Treatments from the three therapies are coordinated to create a program that addresses your specific needs and those of your caregivers.

Treatments may include:

- Balance exercises
- Introduction to adaptive devices to simplify self care
- Posture awareness and improvement
- Lee Silverman voice treatment program to improve speech volume
- Safety awareness
- Gait (walking) training
- Speech and voice exercises for articulation, pitch, and rate control
- Strength and flexibility exercises
- Techniques for activities of daily living (dressing, grooming, bathing, and eating)
- Management of swallowing problems
- Methods to simplify kitchen activities
- Handwriting techniques
- Strategies to enhance cognitive and communication skills
- Functional Mobility Training (rising from chairs, getting in and out of bed)