

*healing body, mind and spirit*

Parkinson's disease is a movement disorder that is chronic and progressive.

As many as one million Americans live with Parkinson's disease.

Some of the most common symptoms of Parkinson's disease are:

- » Tremor of the hands.
- » Rigidity or stiffness of the limbs and trunk.
- » Slowness of movement.
- » Postural instability or impaired balance and coordination.

There are many interventions that can help a person with Parkinson's to feel better:

» Regular exercise or physical therapy is very important for maintaining mobility, flexibility, balance and range of motion.

» Support groups can improve the emotional well-being of patients and families. They provide a caring environment for sharing, fact-finding and creating friendships.

» Many people with Parkinson's disease lose weight because of poor appetite and inadequate food intake. Having a proper diet is integral to overall health and well-being.

» Physical therapy helps increase muscle strength and flexibility and decrease the incidence of falls.

» Speech therapy can increase voice volume and assist with word pronunciation.

» Occupational therapy assists people with Parkinson's in alternative ways of doing tasks that they can no longer do with ease.

## Village Adult Day Health Center



644 Greenwich Street  
 New York, New York 10014  
 (212) 337-5870

HOURS OF OPERATION  
 MONDAY - SATURDAY  
 9AM - 3 PM



*We're here for you.*

*Information from the National Parkinson's Foundation*

## Village Adult Day Health Center's

# *Parkinson's Disease Program*



*We're here for you.*

# Parkinson's Disease Program

## Village Adult Day Health Center

The Center offers therapeutic and nursing services specifically structured for adults living with Parkinson's disease. Our center, which is a state-of-the-art medical day care facility, addresses the needs of both the person with Parkinson's and his/her caregiver.



A fully comprehensive program focusing on the needs of the Parkinson's disease patient

## Our specialized program:

- » Focuses on balance, coordination and gait training.
- » Includes reciprocal movement activities.
- » Features combo music and mobility groups.
- » Offers home visits and assessments when necessary.
- » Provides a falls prevention group with necessary activities.
- » Conducts individual and group education sessions.
- » Provides nutritional counseling services.

### Therapeutic services include:

- Physical/Occupational Therapies
- Speech and Language Pathology
- Nursing Services
- Music Therapy
- Dance Therapy
- Nutrition
- Art Therapy
- Tai Chi

***WE NOW FEATURE A CAREGIVER SUPPORT GROUP!***

In association with the American Parkinson Foundation & the National Parkinson Foundation