



Parkinson's Program

It's time for possibilities.

Our approach coordinates each individual's medication regimen, diet and other factors to minimize tremors and rigidity, and to help maintain dignity and retain motor function.

Outpatient and inpatient services include a consulting neurologist and aquatic, occupational, physical and speech therapies. Rehabilitation program focuses on:

- Balance training
- Daily living activity maintenance
- Exercise strengthening
- Gait training
- Range of motion (with emphasis on trunk mobility)

We also provide a variety of education and support services related to Parkinson's disease and other movement disorders to residents and their families, including:

- CNY Parkinson's Support Group
- Consultant neurologist
- Parkinson's Resource Center

Telemedicine

The Presbyterian Home provides telemedicine neurological consults to nearly 100 people in our community. These "office visits" are conducted by movement disorder specialists from the University of Rochester Neurological Departments. The program is recognized by the National Movement Disorder Society and International Movement Society for demonstrating improved outcomes when compared to those going to traditional office visits.

Lee Silverman Voice Treatment Therapy

A well-established and recognized therapy, Lee Silverman Voice Treatment Therapy improves an individual's voice and speech by treating the physical pathology associated with a disordered voice. Led by a speech pathologist, activities include breathing, voice and oral-motor exercises, sound exaggeration and loudness drills, and speech-pacing exercises, if needed.

Rock Steady Boxing

Open to any individual in the region diagnosed with Parkinson's disease, the weekly classes offer stretching, footwork and punching movements to help battle symptoms of Parkinson's disease.

William and Rita Abraham Parkinson Speaker Series

In memory of William (Bill) Abraham's wife, Rita, this program hosts Parkinson's experts who provide information and resources related to diet and exercise, trends in Parkinson disease and more.

*For more information about how we can help you or someone you love create life-changing possibilities, call **315.797.7500** or visit us online at **communitywellnesspartners.org**.*