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Home Care Assistance Waterloo Wellington Sponsors Parkinson Society Fall Conference

In line with their mission to change the way the world ages, Home Care Assistance Waterloo sponsored the Parkinson Society Southwestern Ontario Fall Conference at St. George Banquet Hall in Waterloo

(Waterloo, Ontario – November 8, 2016) [Home Care Assistance Waterloo Wellington](#), the trusted provider of in-home care for seniors, sponsored the Regional Parkinson Society Southwestern Ontario Fall Conference which was held this past Saturday, November 5th. Home Care Assistance is proud to be part of an event that featured Parkinson's Advocate and Professional Speaker Tim Hague, Neurologist, Dr. Barbara Connelly and Movement Disorders Specialist Dr. Quincy Almeida. Tim Hague, who lives with Parkinson's disease, inspired the audience with his experience on the Amazing Race Canada. Dr. Almeida reviewed exercise strategies and trends to the attendees. Dr. Barbara Connelly offered an overview of the disease and treatment strategies, including non-pharmacological intervention.

"We are excited to partner with Parkinson Society and sponsor the Fall Conference," said Angie Kunnath, Co-Owner of Home Care Assistance Waterloo & Wellington. "Our common objective is to raise awareness around the support system that exists for people living with Parkinson's disease. Home Care Assistance's mission is to change the way the world ages through innovative offerings such as proprietary Balance Care Method™, which is based on scientifically studies lifestyles of the longest living people on Earth, and our Cognitive Therapeutics Method™, a research based activities program to promote brain health."

Parkinson's disease is the second most common neurodegenerative disorder after Alzheimer's disease. The number of Canadians over 40 living with Parkinson's disease will increase by 65%, from 99,000 in 2016 to 163,700 by 2031. The number of Canadians over 65 living with Parkinson's disease will more than double to 148,800 by 2031. Overall it has been found that men are more likely than women to have Parkinson's disease. In the previous 12 months, 56% of people with Parkinson's disease received formal and/or informal assistance at home, work, or school because of their condition. Among those who received assistance because of Parkinson's disease, 84% relied at least in part on family, friends or neighbours.

While Parkinson's disease (PD) traditionally has been defined by its characteristic motor hallmarks, non-motor features such as cognitive impairment and dementia are increasingly recognized as part of PD. Mild cognitive impairment is common in non-demented PD patients, occurring in about 20-50%.

To this end, Home Care Assistance developed the [Cognitive Therapeutics Method™](#), a cognitive stimulation program that uses fun yet effective activities to promote brain health. The program focuses on cognitive activities that target the five primary cognitive domains as well as coping strategies, sensory engagement, social skills, recreation, exercise and diet to enhance quality of life. Home Care Assistance caregivers are trained in the Method so that clients receive one-on-one mental stimulation as well as support with basic care and activities of daily living.

For more information about Home Care Assistance Waterloo, visit www.HomeCareAssistanceWaterloo.ca or call 519-954-2111 to speak with a care manager. The office is located at 324 Highland Rd W, Unit 12A in Kitchener, Ontario.

ABOUT HOME CARE ASSISTANCE

[Home Care Assistance](#) is the leading provider of home care for seniors across the United States, Canada and Australia. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2016 Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2016, Home Care Assistance's CEO Lily Sarafan was also named Health Care Executives' [2016 Woman of the Year](#). For more information about Home Care Assistance, visit <http://www.homecareassistance.com>.

References:

1 <http://www.statcan.gc.ca/pub/82-003-x/2014011/article/14112-eng.htm>

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