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## **Home Care Assistance Waterloo Wellington Sponsors Parkinson's Disease Medical Education**

*In line with their mission to change the way the world ages, Home Care Assistance Waterloo sponsors a Parkinson's Disease Continuing Medical Education at The Village at University Gates, Schlegel Villages*

**(Waterloo, Ontario – May 25, 2017)** [Home Care Assistance Waterloo Wellington](#), the trusted provider of in-home/in-facility care, sponsors another Continuing Education event on Parkinson's Disease which will be held on Tuesday, May 30<sup>th</sup> at The Village at University Gates. Home Care Assistance is proud to be part of the event that will feature neurologist, Barbara Connelly, BSc, MD, FRCPC, Assistant Professor, McMaster University, Hamilton, Ontario. Dr. Connelly's clinical interests include evaluation and management of movement disorders including Parkinson's disease and other parkinsonian disorders, Huntington's disease and other choreiform disorders, tremor, ataxia, dystonia, and myoclonus, and teaching medical learners in this area of specialty. Research interests in the area of movement disorders involve clinical trial participation and this is currently in development.

At the event, Dr. Connolly will address to the residents and their family members. The Village at University Gates will provide an overview of Parkinson's Disease and what might one expect in next couple years. Following this presentation, Dr. Connolly will present to the staff of University Gates about Parkinson's and treatment strategies, including non-pharmacological intervention to the clinicians.

"We are excited to partner with The Village at University Gates and sponsor the Continuing Medical Education with such a prominent neurologist like Dr. Barbara Connelly," said Angie Kunnath, Co-Owner of Home Care Assistance Waterloo & Wellington. "Home Care Assistance Waterloo Wellington is now a preferred provider of personalized, dependable care in Assisted Living Facilities and Nursing Homes, specializing in Parkinson's Disease and dementia care. Our common objective is to raise awareness around the support system that exists for people living with Parkinson's disease. Home Care Assistance offers proprietary Balance Care Method™, which is based on scientifically studied 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.

Home Care Assistance has also partnered with Alzheimer Society of Waterloo and Wellington to offer our caregivers training on Gentle Persuasive Approaches (GPA®) in Dementia Care, an evidence-based education series, designed for those who care for older adults who display responsive behaviours associated with various forms of dementia, including Lewy Body dementia (LBD). LBD is a complex disease that can present with a range of physical, cognitive, and behavioral symptoms. Many family caregivers find that behavioural symptoms (e.g., hallucinations, delusions, aggression, agitation, apathy, depression and anxiety) are the most distressing and difficult-to-treat aspects of LBD. Home Care Assistance Caregivers can help to control these feelings (and resulting behavioural symptoms) by reducing sources of stress and anxiety in the home environment. For example, people with LBD do best with simple tasks and consistent schedules. They benefit from regular exercise and need adequate sleep. Also, excess environmental stimuli like noise or large crowds may make people with LBD feel overwhelmed. Reassuring the person with LBD or offering distractions can prevent behavioural problems when something upsetting happens.

For more information about Home Care Assistance Waterloo, visit [www.HomeCareAssistanceWaterloo.ca](http://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 2017 Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2017, 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:

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