



The Fresh River Healthcare team specializes in the treatment and management of movement disorders. However, Parkinson Disease (PD) is much more than a movement disorder. In addition to impacting walking and balance, PD can affect thinking and speech, emotions and behavior, writing and self-care skills. It can also disrupt many bodily functions. Parkinson and related movement disorders are complex diseases that affect each individual differently.

The evolving knowledge of PD combined with improvements in medical interventions and rehabilitation techniques are giving new hope to patients and families living with this progressive neurological disease. At Fresh River, we believe that a comprehensive, patient centered rehabilitation approach can extend the time patients are able to remain active and enjoy and participate in a wide range of daily activities and enrichment. We consider the patient, family and caregivers to be essential members of the rehabilitation team.



Parkinson Disease Program

FRESH RIVER
HEALTHCARE
Enriching Lives!

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Program Overview - What We Provide

Whether you are in the early or advanced stages of Parkinson disease, Fresh River's inter-disciplinary team will help you get the most out of each day. We will create a treatment plan specific to your needs with careful attention to the effectiveness of medications. You will learn strategies and techniques to deal with the multiple effects of PD (from tremors and gait disturbance to depression and lack of energy), that you can apply in your daily activities.

From reaching the correct diagnosis to developing treatment strategies that reflect each patient's goals, our teams are passionate about helping you face and often overcome the challenges of PD. Fresh River Healthcare accepts referrals and admissions for this clinical program from anywhere in the U.S. with easy access to all of Connecticut and western Massachusetts.



Fresh River's Parkinson Program include:

- Comprehensive management of the person's medical, functional, and behavioral needs with a focus on promoting independence and safety
- Coordination and collaboration with community neurologist, physiatrist, rehabilitation and other physicians
- 24-hour nursing care with a focus on medication management
- Physical, occupational, and speech therapies as needed
- Education for patient and family
- Nutrition counseling and support
- Advanced rehabilitation technologies, including assistive technologies, body-weight support systems, and cutting edge NeuroGym equipment
- Speech therapies including the Lee Silverman Voice Treatment (LSVT)
- Therapeutic recreation
- Education in fall prevention
- Assistance with transportation needs
- Safe transition to home

Neuro Gym Therapy and Rehab Equipment

With the assistance of the right circumstance, such as equipment and training, the brain has an amazing ability to re-learn lost motor skills. Recognizing this and the importance of maintaining physical abilities as we age, Fresh River has invested in an active restorative program and equipment known as NeuroGym.

For many residents of a skilled nursing facility, an important outcome of their short term rehab stay is to gain functional independence by regaining strength, coordination and motor abilities such as dynamic balance and improved gait. The NeuroGym physical activation program is overseen by the highly trained Rehabilitation Team.

After assessing each resident's functional level, the Rehabilitation Team works with the resident to achieve improvements in function such as the ability to transition from sitting to standing. The NeuroGym machine for this purpose is known as the Sit-to-Stand Trainer and has clinical applications for patients with PD. It is highly effective in maintaining and improving

lower extremity strength, thus contributing to steadier mobility and stability.

The Bungee Mobility Trainer improves mobility, stability and the ability we bear weight and can be used for retraining of gait in a safe environment - especially for the re-development of protective steps and reactions. Its clinical applications are similar to the Sit-to-Stand but also improve functional status for those with multiple sclerosis, multiple falls and Parkinson Disease.

Respite

As care is provided to those with Parkinson Disease, family members must be mindful of the need for self-care. To rest and rejuvenate allows them to return to their care giving responsibilities fully energized and rejuvenated.

Fresh River is now providing a respite program that provides appropriate and needed care for the person with Parkinson's, and will also provide peace of mind for the caregiver. To know their loved one is being cared for by staff that is highly trained in the disease, both its motor and non-motor symptoms, allows the caregiver to truly rest and focus on themselves for a period of time.

Medication Management

Parkinson Disease is one in which timing and dosage of medicines is critical. The team will address concerns and make recommendations for discussion with the patient's primary physician.

