



Djavad Mowafaghian
CENTRE FOR BRAIN HEALTH

Build Your Team

Top 5 Pharmacy Resources

Prepared by Kayleigh Gordon Pharmacist (BSc. Pharm, ACPR)

- 
 - Commonly asked questions on Parkinson's Disease medications.
 - <https://www.parkinson.ca/about-parkinsons/treatments/>
- 
 - Tips and considerations when preparing for an appointment with your neurologist.
 - <https://www.parkinson.org/pd-library/tip-sheets/preparing-medical-appointment>
- 
 - The Parkinson's Disease Library is an extensive collection of books, fact sheets, videos, podcasts and more.
 - https://www.parkinson.org/pd-library?keys=&tid=43&tid_1=All
- 
 - Overview of B.C. Fair Pharmacare including eligibility, registration, and medications covered.
 - <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/fair-pharmacare-plan>
- 
 - Recommendations to consider when being admitted to hospital.
 - <https://www.epda.eu.com/living-well/getting-the-most-out-of-your-healthcare/hospital-admission/>

How do I find a pharmacist in my community?

May reach out to pharmacist at Movement Disorder Clinic or community pharmacies also offer a variety of services including medication reviews.



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Top 5 Occupational Therapy Resources

Prepared by Kathryn McCall Occupational Therapist (BSc, MOT)

- 1
 - I have a functional issue and wish there was a library of resources for me to review to problem solve.
 - <https://www.ability411.ca/find-answers>
- 2
 - More information about driving and Parkinson's Disease.
 - <https://www.parkinson.bc.ca/media/227204/driving.pdf>
 - I was told I would be sent for a functional driving evaluation, what should I expect?
 - https://www.communitytherapists.com/images/stories/FDE_Client_Information_2020.pdf
 - The department of Roadsafety BC is going to send me for an enhanced road assessment to see if I am safe to drive. What is this evaluation and what can I expect:
 - <https://www.icbc.com/driver-licensing/re-exam/Pages/Enhanced-Road-Assessment.aspx>
- 3
 - I am struggling with hand dexterity and everyday skills, are there any online exercises I can participate in?
 - https://www.youtube.com/playlist?list=PLTORB8dLB6L_cUWWq9R0FI7JwLJnFtEDL
- 4
 - My handwriting is becoming small and illegible, what can I do to start preventing the decline of my handwriting?
 - <https://parkinson.org/sites/default/files/Suggestions%20for%20Handwriting%20Changes.pdf>
- 5
 - I am having a hard time organizing and scheduling all my appointments, what can I do to improve my attention and avoid distraction?
 - Refer to Pacific Parkinson's Research Centre (PPRC) website for PDF.
<https://www.parkinsons.ubc.ca/>

How do I find a occupational therapist in my community?

<http://www.vch.ca/your-care/home-community-care/how-to-access-services>

<https://www.fraserhealth.ca/health-topics-a-to-z/home-and-community-care/accessing-home-and-community-care-services#.YHSPvWRKg2w>

or refer to "Resources for now and for later" on PPRC website.



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Top 5 Social Work Resources

Prepared by Elaine Book Social Worker (MSW, RSW)

- 1** • **Coping with anxiety.** Anxiety Canada and Anxiety BC provide online resources and self-help information, community programs and workshops, for individuals and care partners.
 - <https://www.anxietycanada.com/>
 - <https://www.heretohelp.bc.ca/node/1228>
- 2** • **Coping with depression. BounceBack®** is a free skill-building program designed to help adults manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
 - <https://bouncebackbc.ca>
- 3** • **Brain Wellness.** BC Brain Wellness Program offers a variety of programs to improve and sustain quality of life for people living with brain disorders and their care partners, as well as to offer healthy agers the opportunity to enhance their wellness and engage in prevention lifestyle measures. For more information about free programs and events.
 - www.bcbraintwellness.ca
- 4** • **Future planning** Personal planning gives us peace of mind and a sense of control. Nidus operates a centralized Registry for personal planning documents, including Representation Agreements, Enduring Powers of Attorney, Advance Directives, My Voice Expression of Wishes, Nominations of Committee and Notices of Revocations.
 - <https://www.nidus.ca/>
- 5** • **Knowledge is king.** Learn about Parkinson's Disease from reliable sources and connect with others who are living life well with PD.
 - Parkinson's Foundation <https://www.parkinson.org/>
 - Parkinson's and Movement Disorder Alliance <https://www.pmdalliance.org/>
 - Michael J Fox Foundation <https://www.michaeljfox.org/>
 - Parkinson Canada <https://www.parkinson.ca/>
 - Davis Phinney Foundation <https://davisphinneyfoundation.org/>
 - Family Caregivers of BC <https://www.familycaregiversbc.ca/>

How do I find a Social Worker in my community?

Parkinson Society of BC, Headway, www.counsellingbc.com, movement disorders clinics, local community health units



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Top 5 Dietician Resources

Prepared by Jennifer Lau Clinical Dietitian (RD)

1

- Parkinson's Disease and Nutrition
- <https://www.healthlinkbc.ca/health-topics/hw80747>

2

- Diet & Nutrition, by the Michael J. Fox Foundation for Parkinson's research:
- <https://www.michaeljfox.org/news/diet-nutrition?nutrition=>

3

- Nutrition and Parkinson's Disease from Parkinson's Canada
- <https://www.parkinson.ca/wp-content/uploads/Nutrition-and-Parkinsons-Disease.pdf>

4

- Diet and Parkinson's from Parkinson's UK
- https://www.parkinsons.org.uk/sites/default/files/2018-06/B065%20Diet%20and%20Parkinson%27s_WEB.pdf

5

- Tips for healthy eating in Parkinson's Disease
- <https://parkinsonpost.com/tips-for-healthy-eating-and-to-alleviate-symptoms-of-parkinsons/>

How do I find a dietician in my community?

"Find a Dietitian" tool on the Dietitians of Canada

https://members.dietitians.ca/DCMember/s/find-dietitian?language=en_US.



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Top 5 Physiotherapy Resources

Prepared by Michelle McCarthy Physiotherapist

1

• **What are the best options for exercise?** You need to consider what is the best fit for you, something that you enjoy and aim to have a balance between cardio, strength, balance, posture/core and flexibility. Some current online resources are:

• <https://www.parkinson.org/Understanding-Parkinsons/Treatment/Exercise>

• <https://www.parkinson.bc.ca/resources-services/resources/online-exercise-resources/>

2

• **How do I improve my walking pattern?** Try to focus on taking bigger steps and swinging your arms. Consult with a Physiotherapist if you feel you would benefit from using a walking aid such as walking poles or a walker.

• <https://www.parkinson.org/Understanding-Parkinsons/Symptoms/Movement-Symptoms/Trouble-Moving-or-Walking>

3

• What should I do if I'm experiencing falls?

• <https://www.parkinson.ca/gated/preventing-falls-a-guide-for-people-living-with-parkinsons/>

4

• What should I do if I experience freezing of gait?

• <https://www.parkinson.bc.ca/media/31479/freezing.pdf>

• <https://www.parkinson.org/Living-with-Parkinsons/Managing-Parkinsons/Activities-of-Daily-Living/Freezing>

5

• Strategies to manage symptoms of freezing gait.

• <https://www.youtube.com/watch?v=akrIVIROK-c>

How do I find a physiotherapist in my community?

Consult with your doctor regarding local services available through your health authority.

Private Physiotherapist, use this link: <https://bcphysio.org/find-a-physio>, (enter location and select "Neurology").



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Top 5 Nursing Resources

Prepared by Skyla Burden (RN), Jennifer Kealy Registered Nurses (RN)-Center for Brain Health

1

- Is the COVID-19 Vaccine safe if I have Parkinson's Disease?
- <https://www.movementdisorders.org/COVID-19-Pandemic-MDS/MDS-COVID-19-Vaccine-Statement-for-Patients.htm>

2

- Strategies to promote a good night's sleep
- <https://vch.eduhealth.ca/PDFs/FM/FM.900.H369.pdf>

3

- Constipation is common in all stages of Parkinson's Disease. This is a Bowel Management Program
- <https://www.parkinson.bc.ca/media/31455/bowel-management-program.pdf>

4

- Some people with Parkinson's Disease can get low blood pressure and dizziness. The medical term for this is Orthostatic Hypotension. Here is some information about it – including what to do if you feel dizzy or lightheaded
- <https://www.movementdisorders.org/MDS/Resources/Patient-Education/Orthostatic-Hypotension-in-Parkinsons-Disease.htm>

5

- What is an "Aware in Care" kit and why do I need one? An Aware in Care kit is a tool to protect, prepare and empower patients with Parkinson's Disease before, during and after hospitalization.
- <https://www.parkinson.bc.ca/resources-services/aware-in-care/>

How do I access a Nurse in the community?

May request to speak with Nurse if followed by Movement Disorder Clinic or call Health links at 8-1-1 (or 7-1-1 for the deaf and hard of hearing).



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Top 5 Speech Language Pathology Resources

Prepared by Maggie Johns Speech Language Pathologist

1

- General overview of speech/voice/communication and swallowing challenges associated with Parkinson's Disease.
- <https://www.parkinson.bc.ca/media/190066/communications-and-swallow-booklet-2019-edits.pdf>

2

- Strategies to enhance communication for patients with Parkinson's Disease.
- <https://www.parkinson.bc.ca/media/31476/enhancing-communication-with-a-person-with-parkinsons.pdf>
- <https://www.parkinson.bc.ca/media/31428/voice-and-parkinsons.pdf>

3

- Self-assessment speech quiz to assess your speech/voice problem.
- <https://www.parkinson.org/blog/speech-therapy-quiz>

4

- Strategies to enhance swallowing for patients with Parkinson's Disease.
- <https://www.parkinson.bc.ca/media/148800/swallowing.pdf>

5

- Comprehensive overview of speech/voice/communication and swallowing challenges associated with Parkinson's Disease.
- <https://www.parkinson.org/pd-library/books/speech-swallowing>

How do I access Speech Language Pathology in the Community?

Lions Gate Hospital: http://www.vch.ca/locations-services/result?res_id=301

Vancouver Coastal Health: <http://www.vch.ca/your-care/home-community-care/how-to-access-services>

Fraser Health: <https://www.fraserhealth.ca/Service-Directory/Services/outpatient-services/speech-language-pathology---outpatient-service#.YG9NyzhKJIU>