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If you wish to personally receive GroupLink please connect with Caroline at cwiggins@parkinson.bc.ca or 1-800-668-3330 and you will be added to the GroupLink e-mail distribution list.

UPCOMING EVENTS

Parkinson Society British Columbia (PSBC) endeavours to make attendance at events accessible to all who may benefit. The Society may be able to subsidize attendance fees for those who require financial assistance. Please email info@parkinson.bc.ca or call 1-800-668-3330 for more details.

COMMUNICATION AND SWALLOW WORKSHOP, LANGLEY

This interactive and participatory workshop, led by Registered Speech Language Pathologist Sherri Zelazny, will focus on the communication and swallowing challenges faced by people with Parkinson's. It is open to those already experiencing communication and swallowing challenges, as well as those who wish to be proactive in their treatment.

Date: Saturday, November 3
 Time: 10:00am – 2:30pm (registration opens at 9:30am)
 Location: Holiday Inn Express & Suites Langley
 8750 204th Street, Langley ([map](#))
 Cost: PSBC Member \$25.00 | PSBC Members (couple/pair) \$40.00
 Non-member \$35.00 | Non-members (couple/pair) \$60.00
 Registration: <https://www.parkinson.bc.ca/langley-communication-workshop>

DEBRIEFING THE CAREGIVER ROLE WEBINAR

For those who have lost a loved one with Parkinson's

When a loved one is lost, it is one of life's most difficult experiences. You may find yourself struggling with many intense and frightening emotions leaving you feeling isolated or alone. Having someone to lean on in this time is important in helping you through the grieving process. Parkinson Society British Columbia is committed to honouring our slogan, "You are not alone. We are here to help.", and that's why, in collaboration with the Pacific Parkinson's Research Centre, we are offering an online grief workshop to help those who have recently lost a loved one with PD.

Date: Thursday, November 15
 Time: 10:00am – 12:00pm
 Location: Via webinar. *Instructions on how to access the presentation will be sent out 24 hours before the event's start time.*
 Capacity: 20
 Cost: Free
 Registration: <https://www.parkinson.bc.ca/debriefing-the-caregiver-role-webinar>

ASK THE EXPERT WEBINAR: HOW TO STAY SAFE AND IN YOUR HOME FOR LONGER

By the age of 85, one in three seniors will live in a care facility. What can we do to keep our elderly family members safe and in their homes longer? For the first time on November 20, Dr. Roger Wong joins the Society for a presentation on staying safe and in your home for longer.

UPCOMING EVENTS



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As Executive Associate Dean, Education at UBC, and Clinical Professor in the Division of Geriatric Medicine in the Department of Medicine, Dr. Wong works tirelessly to advance academic and clinical health sciences related to geriatrics. His work has significant impact on the care for older people in Canada and beyond. He was President of the Canadian Geriatrics Society and founded the state-of-the-art Acute Care for Elders Units (ACE) in Vancouver. His clinical research focuses on hospital medicine in vulnerable older adults, including quality improvement in acute care geriatrics.

Date: Tuesday, November 20
Time: 10:00am – 11:00am
Location: Via webinar. *Instructions on how to access the presentation will be sent out 24 hours before the event's start time.*
Capacity: 200
Cost: Free
Registration: <https://www.parkinson.bc.ca/home-safety-webinar>

REGIONAL CONFERENCE, VANCOUVER

Parkinson's disease is a unique and complex condition. To assist in expanding your knowledge of the disease, on November 24th, Parkinson Society British Columbia (PSBC) will host an afternoon of learning in Vancouver.

Our regional conferences are immersive and interactive opportunities for people affected by the disease to learn from leading experts while connecting with the Parkinson's community. The conference does not include a meal, however light refreshments will be provided.

Topics covered at this conference will include:

- **Parkinson's Disease 101:** Nancy Polyhronopoulos, Registered Nurse (RN) at the Deep Brain Stimulation (DBS) Clinic
- **Speech and Swallow:** Jamie Russell, MScA, Registered Speech-Language Pathologist (RSLP), Certified by Speech Language & Audiology Canada (SLP(C))
- **Finding Stability:** Gina Fernandez, Occupational Therapist (OT)

Date: Saturday, November 24
Time: 1:00pm – 4:15pm (registration opens at 12:30pm)
Location: Library Square Conference Centre | Alice MacKay Room
350 West Georgia Street, Vancouver ([map](#))
Cost: PSBC Member \$15.00 | PSBC Members (Pair) \$25.00
Non-member \$25.00 | Non-members (Pair) \$45.00
Registration: <https://www.parkinson.bc.ca/vancouver-conference-2018>

ASK THE EXPERT WEBINAR: UNDERSTANDING PALLIATIVE CARE

Palliative care is provided by a team of health professionals who work together with primary care physicians, referred specialists and other hospital or hospice staff to provide additional support. Although most people think of palliative care as an important component of end-of-life care, it is appropriate at all stages of an illness.

For the very first time, [BC Centre for Palliative Care](#) will be joining Parkinson Society British Columbia (PSBC) for a presentation on how palliative care can play a role in symptom management and improving the quality of life.

Date: Tuesday, December 11
Time: 10:00am – 11:00am
Location: Via webinar. *Instructions on how to access the presentation will be sent out 24 hours before the event's start time.*
Capacity: 200
Cost: Free
Registration: <https://www.parkinson.bc.ca/palliative-care-webinar>

For a listing of all upcoming education events, visit our [education events calendar](#).

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Champions FOR PARKINSON'S

- Fall Champion's for Parkinson's Raffle: Tickets available until November 15 [[read more](#)]
- Parkinson Society British Columbia Fall Auction: November 1–15 [[read more](#)]
- Donate a Car Canada: Ongoing [[read more](#)]
- Naturally Urban Pet Food Delivery Sales: Ongoing [[read more](#)]
- Tea Parky: In this ongoing fundraiser, 35% of proceeds from every sale on TeaParky.com will go to Parkinson Society BC. *Special: Use promo code PSBC at checkout for 10% off your purchase.*

WE'RE LOOKING FOR MORE CHAMPIONS!

Do you want to help fund research, grow support networks and improve quality of life for those living with Parkinson's? Become a Champion for Parkinson's and plan your own independent community fundraising event! Please contact Mirela Prime at mprime@parkinson.bc.ca or 1-800-668-3330.

NEWS & ANNOUNCEMENTS



WARM WELCOME! RENA IWASAKI, BA *Counselling Intern (available Thursdays only)*

Rena completed her Bachelor of Arts (Honours) degree in Psychology at Trinity Western University, and is in the process of completing her Masters of Counselling Psychology at Adler University. She uses an Adlerian Psychology approach, focusing on a sense of belongingness in individuals and making sense of various life experiences, and values collaborations between clients and the counsellor. Living with her own spinal cord injury has made her passionate about becoming a counsellor for people with physical concerns. Although Parkinson's disease and spinal cord injuries are very different, Rena believes there are some overlapping symptoms and emotional experiences. Using her own experiences and knowledge, she hopes to work with clients with joy and empathy, hoping to increase individuals' quality of life.

To learn more about Parkinson Society British Columbia's counselling services, visit <https://www.parkinson.bc.ca/counselling> or email info@parkinson.bc.ca.

NEW! WEST KELOWNA SUPPORT GROUP

This group is intended for anyone affected by Parkinson's disease. Carepartners, friends and family members are welcome.

Date: 3rd Friday of each month
 Time: 11:00am – 1:00pm
 Location: Canyon Ridge | Clubhouse Room
 4035 Gellatly Rd South, West Kelowna ([map](#))

For more information, please contact Stacey Dawes at sdawes@parkinson.bc.ca or 1-800-668-3330. To view our other support group locations, visit <https://www.parkinson.bc.ca/supportgroups>.

GIVE BACK: SUPPORT GROUP FACILITATOR NEEDED IN RICHMOND

Due to the increasing demand for peer support groups, PSBC is actively recruiting a volunteer Support Group Facilitator to assist in strengthening the Parkinson's community in **Richmond**.

The responsibilities of Support Group Facilitators include:

- Working to create an environment that is safe and respectful, and where participants feel comfortable sharing their experiences, insight and knowledge with others.
- Assisting with the delivery of information, education and resources for people with Parkinson's and their carepartners/families.
- Leading support group meetings once a month, for a couple of hours, from September to June.

Facilitators are supported by Parkinson Society British Columbia through access to information and resources, teleconference calls, bi-annual one-on-one follow-ups, advocacy/awareness campaigns and educational opportunities. Please contact Stacey Dawes at sdawes@parkinson.bc.ca or 1-800-668-3330 for more details.

SAVE THE DATE: WORLD PARKINSON CONGRESS 2019, KYOTO

The 5th World Parkinson Congress (WPC) will be held in Kyoto, Japan from June 4th – 7th, 2019. Are you interested in attending? To learn more, visit <https://wpc2019.org>.

Registration is open now. Early registrants benefit from a discount until February 27, 2019. Full information on registration categories is available at <http://www.wpc2019.org/page/RegFees>.

Are you interested in travelling to WPC2019 and require financial support? Parkinson Society British Columbia is exploring the possibility of providing scholarships to a select group of individuals. We would like to determine whether there is interest in attending the upcoming congress by collecting information from qualified candidates. For further information on selection criteria and our survey, please visit: <http://bit.ly/WPC19-ExpressionofInterest>.

Note: *Any listings above should not be considered an endorsement of the third-party event(s). As such, the Society cannot be held responsible or liable for any loss or damage suffered as a result of participation.*

TIP JAR

If you are a support group facilitator, you may frequently receive notices and resources that are specific to running support groups. PSBC created a special webpage just for you: <https://www.parkinson.bc.ca/sgfacilitators>. This page is intended to amalgamate various resources that we distribute to our facilitators across the province. Our goal in creating this page is to provide a one-stop shop for valuable resources that you can use to facilitate your support groups.

Do you have any tips or tricks that you would like to share with the PD community? These can be tips from something that works well, to eating and dressing, to getting out of bed or travelling! All tips and tricks are welcome! Please share your ideas with us at info@parkinson.bc.ca or 1-800-668-3330.

DISCUSSION QUESTIONS:

1. What are some fall risks you encounter in your day-to-day life?
2. How do you prevent falls?

FALL RISKS

Falls occur due to a loss of balance and an inability to recover it in time to prevent the fall. In Parkinson's, the brain functions controlling balance and coordination that were once automatic now require conscious effort. Some drugs used to treat Parkinson's can also lower blood pressure, causing a feeling of faintness when getting up from a sitting or lying position (called Orthostatic Hypotension; read more: <http://bit.ly/2AmVPri>). Difficulty with balance and/or low blood pressure can increase the risk for falling and fractures, both of which can be serious.

The complex set of conditions and circumstances that lead to this loss of balance are known as fall-related risk factors. The Government of British Columbia (2018) identifies these risk factors in four categories:

1. biological
2. behavioural
3. social/economic
4. environmental

Risk is also compounding, with the presence of four or more factors leading to an almost 80 per cent increase in risk of falling for seniors.

1. Biological Factors

Biological risk factors include those pertaining to the human body and are related to the natural aging process, as well as the effects of chronic, acute or palliative health conditions.

Biological risk factors include advanced age, decreased mobility and balance, muscle weakness, visual impairment, acute or chronic illness and disability (i.e. cognitive impairment, stroke, arthritis). In Parkinson's, there could also be:

- Freezing – your feet suddenly stick to the ground so that you are unable to move
- Festination – tendency to propel forward as your walking accelerates with rapid, short steps
- Bradykinesia – slowness of movement
- Dyskinesia – involuntary twisting or turning movements of the head, body, legs and/or arms

Some conditions cannot be changed, such as gender or age, while others may be prevented or compensated for, such as muscle weakness or poor vision.

2. Behavioural Factors

Behavioural risk factors for falling include actions, emotions or choices of the individual.

Behavioural risk factors include history of falls, fear of falling, poor nutrition and/or hydration, lack of physical activity, inappropriate footwear and clothing, and taking multiple medications, particularly psychoactive medications like tranquilizers or antidepressants.

3. Social and Economic Factors

Research has shown that one's income, education, housing and social connectedness all bear a strong relationship to one's health, level of disability, longevity and cognitive function.

Individuals with low income, low education, inadequate housing and limited access to appropriate health or social services are all at increased risk of having the chronic health conditions that are highly associated with an increased risk of falling or being injured from a fall.

A strong sense of social connectedness within communities and families also leads to better health outcomes for individuals throughout the course of their lifetimes. One way to maintain this connectedness no matter your socioeconomic context is by building a support network through involvement in PSBC events and resources, such as our support groups. Find a group in your community today at <https://www.parkinson.bc.ca/supportgroups>.

4. Environmental Factors

Studies have shown that on average, 50 to 60 percent of falls occur within the home (Government of BC, 2018).

Environmental factors include home hazards, such as clutter, lack of stair railings, loose rugs or other tripping hazards, lack of grab bars in the bathroom, and poor lighting, especially on stairs. To reduce your risk of environmental factors, do the In-Home Safety Checklist: <http://bit.ly/2tSGWtO>.

TAKE THE QUIZ

“Are you at risk of falling?” is a self-assessment from SeniorsBC (<http://www.SeniorsBC.ca>).

Please Circle “Yes” or “No” for each statement below.

Check Your Risk for Falling		Actions to Staying Independent	
Yes	No	I have fallen in the last 6 months.	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes	No	I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes	No	Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
Yes	No	I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes	No	I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes	No	I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
Yes	No	I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes	No	I often have to rush to the toilet.	Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes	No	I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.
Yes	No	I take medicine that sometime makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes	No	I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer alternatives for a good night's sleep.
Yes	No	I often feel sad or depressed.	Talk with your doctor about symptoms of depression, and help with finding positive solutions.

Total

Add up the number of points in parentheses for each “yes” response.
If you scored 4 points or more, you may be at risk for falling.
Discuss this brochure with your doctor to find ways to reduce your risk.

The above checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011), and adapted with permission of J. Stevens, R. Vivrette, J. Kramer, & L. Rubenstein. Available online at <http://bit.ly/2yr2BuY>.

HOW IMPORTANT IS IT TO STAY ON YOUR FEET?

Falls are the leading cause of injury-related hospitalizations and injury-related deaths. They are also the major reason for admission to a residential care facility. A fall can happen to anyone, anywhere, anytime. Having Parkinson's will increase your risk. Although not everyone experiences falls, loss of balance and falling can be common in people with Parkinson's. Being proactive reduces your risk of falling; this includes an awareness of the fall risk factors present in your life.

- Without prevention efforts, about one third of people aged 65 years and over typically fall once or more each year.
- Falls usually happen due to the combined effects of often preventable risk factors.
- Most falls occur in seniors' homes, while doing usual daily activities.
- The more risk factors (e.g., postural instability, freezing, dizziness) a person has, the greater their chances of falling.
- Staying fall-free can help you to stay independent and avoid the need to enter a long-term care facility.

Read the Stay on Your Feet booklet: <http://bit.ly/2CXSW2U>.

KEY WAYS TO PREVENT FALLS

Each health authority has fall prevention resources on their website. Among these resources is the Home Activity Program (HAP) that you can follow in the comfort of your own home: <https://findingbalancebc.ca/exercise/sail-home-activity-program/>. These videos are part of the Government of BC's Strategies and Actions for Independent Living (SAIL).

In addition to the HAP, there are other key ways to prevent falls (read more: <http://bit.ly/2AnAXAy>):

- Increase physical activity and muscle strength
- Improve mobility and balance
- Follow the Canadian guidelines for calcium and vitamin D
- Have regular vision check-ups and correct vision problems
- Review all medications with a doctor or pharmacist
- Reduce trip and slip hazards in the home or outdoors

If you or your carepartner identify factors contributing to your fall risk, talk to your doctor about obtaining more information on the SAIL Home Activity Program or obtaining support group your local health office's Home and Community Care services.

Additional Resources

- Managing Balance Difficulties Associated with Parkinson's: <http://bit.ly/2vmnJys>
- Stay on Your Feet booklet: <http://bit.ly/2CXSW2U>
- Examining Exercise in Parkinson's Disease: https://youtu.be/h1C8_l8tPjl
- Balance Training Research webinar: https://youtu.be/rgzNMrUw_lw
- Aware in Care Kit contents: <http://bit.ly/2R6cia0>

Sources

Government of British Columbia. (2018). Seniors Fall Prevention Awareness Week. Retrieved from: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/news-and-events/events-list/seniors-fall-prevention-awareness-week>

Government of British Columbia. (2018). Are you at risk of falling? Retrieved from: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/disease-and-injury-care-and-prevention/fall-prevention/are-you-at-risk-of-falling>