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UPCOMING EVENTS

PWR! Community Talks

Tuesday, September 22, 2015 | Abbotsford, BC
Friday, September 25, 2015 | Vancouver, BC
Monday, September 28, 2015 | Victoria, BC

Join Dr. Becky Farley at this community talk, and learn more about how regular neuroplasticity exercise programming can delay the onset of Parkinson's symptoms and possibly slow the progression of the disease.

Information and registration: <http://www.parkinson.bc.ca/education-events>

Regional Conference - Victoria

Saturday, October 17, 2015 - 10:00am - 4:00pm
Sandman Hotel Victoria | 2852 Douglas Street, Victoria

This October, join us in Victoria to learn from leading experts in the field – helping you to live well at every stage. Speakers include: Dr. Martin McKeown, Matthew Sacheli, Joanne Taylor and Kaitlyn Roland.

Registration available: <http://www.parkinson.bc.ca/Victoria-Conference>

Voice & Swallow Seminar - Langley/Surrey

Monday, October 19 & Monday, October 26, 2015 - 10:00am - 3:00pm
Hampton Inn & Suites | 19500 Langley Bypass, Surrey

Facilitated by Sherri Zelazny, Registered Speech Language Pathologist and Certified LSVT Practitioner, this two-day seminar will focus on the voice and swallowing challenges faced by people living with Parkinson's. It will be an interactive and participatory format, and all levels of voice and swallow disorder are welcome, including those who currently do not experience voice or swallow symptoms but wish to be proactive with their treatment.

Thank you to the Township of Langley for their generous support of this event.

Registration available: <http://www.parkinson.bc.ca/surrey-voice-and-swallow>

Carepartner Connect (via webinar)

Thursdays from October 29 to December 3, 2015 - 2:30pm - 4:00pm

Providing emotional and educational support, Carepartner Connect is a 6-week webinar group for carepartners of people with Parkinson's. Join us on Thursdays for discussions with carepartners and special guests from BC and Yukon. Topics include: finding thyself; story of an experienced carepartner; future considerations; advanced health planning; advocacy & proactive aspects of caregiving; reality of placement; and caregiver wellness.

Registration available: <http://www.parkinson.bc.ca/carepartner-connect>

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

NEWS & ANNOUNCEMENTS

EXERCISE/FITNESS

PWR! Classes in Burnaby & Port Coquitlam

Led by physiotherapist and PWR! trained clinician, Nina Bloomfield, new classes have been announced in Burnaby & Coquitlam for September and October.

For more information, please visit: <http://bit.ly/PWR-Nina-Bloomfield-Sept2015>

PWR! Classes in Vancouver at the Jewish Community Centre

Follows the Parkinson's Wellness Recovery approach (PWR!Moves) developed by Dr. Becky Farley, a neuroscientist and Parkinson exercise specialist. Using Dr. Becky Farley's PWR!Moves approaches, exercises will target foundational skills.

For more information, please visit: <https://jccgv.com/content/jcc-fitness-programs#new>

Dance for PD in West Vancouver!

Exciting Dance for PD program starting up in West Vancouver! The program begins on September 16th. Dance for Parkinson's is a dance program developed by the Mark Morris Dance Group in New York for those living with Parkinson's. Participants can explore movement and music in an enjoyable, safe and creative class.

This program will be led by Megan Walker-Straight, an SFU Dance instructor who has recently trained with the Mark Morris Dance Group to lead and facilitate this exciting program.

For more information, please visit: <http://bit.ly/Dance4PD-WestVan-Sept2015>

COMMUNITY EVENTS

World Parkinson Congress - Scientific Update



October 6 - 8, 2015



Join us for an online webcast to hear about the scientific advances being made in Parkinson's.
Be inspired by the progress!

Offered live via webinar from Tuesday, October 6 - Thursday October 8, 2015.

Delegates at past Congresses asked for more chances to come together and learn between each WPC. As a result, this exciting online program now offers more frequent scientific updates. The WPCs take place once every three years, but progress in the world of science and Parkinson's is ongoing. Scientific Updates help to give everyone access to the best news between the triennial Congresses. Each talk will be one hour long, delivered via live webcast and archived for later use.

For more information, please visit: <http://bit.ly/1WCMgbN>

THERE'S STILL TIME TO REGISTER!

REGISTER ONLINE OR AT A WALK IN YOUR COMMUNITY!



REGISTER NOW

HELP BRING HOPE TO THOSE LIVING WITH PARKINSON'S.
OVER 20 WALK LOCATIONS ACROSS BC!

WWW.PARKINSON.BC.CA/SUPERWALK

DISCUSSION TOPIC:

FAMILY AND/OR SUPPORT NETWORKS

Introduce the topic by asking these questions:

1. How has Parkinson's disease impacted the dynamics of your family and/or support network?
2. What have you done as a support unit to manage the effects of PD?
3. What are some of the roles you/members of the family/support network have had to take on?

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Caring in a Family with Parkinson's

It takes time to adjust to Parkinson's disease (PD) in the family. Like other serious chronic conditions, PD is an unwelcome guest that is here to stay. If you are caring for a person with PD, coping with this new role can be a challenging.

The purpose of this topic is to provide a brief overview of ways in which anyone in a caring role can adapt to the new situation (or to the progression of PD) in ways that are healthy for everyone. As a family member or friend of a person with PD it is natural to wonder what is needed and how to be supportive and respond to that need.

The progression of PD is different for each person and this can add to the ambiguity of the situation and the challenge of dealing with it because there is no way to know for sure what will happen in the future. Learning about the symptoms of PD, medications and general disease progression is one of the best ways to develop skills and understanding to help you and your family members cope with day-to-day situations that may arise. Learning about community resources, in addition to who you can rely on for support, is also essential to coping with your new role.

Carepartner and Caregiver

Initially the term carepartner is appropriate for describing the relationship between the spouse, adult child or friend who helps the person with PD. Care partnering is part of an established, reciprocal caring relationship. You are partners in caring for each other.

For some people this relationship shifts as PD progresses. In later stages of PD the emotions of caring for each other may remain but the physical amount of caring is no longer reciprocal. The spouse, adult child or friend of the person with PD is now a caregiver. This transition is very gradual and can be more difficult due to the fluctuation in the abilities of the person with PD. It can be difficult to know how much help should be given and when it should be given.

Open communication, compassion and understanding from both the carepartner/caregiver and the person with PD can make this transition easier. The person with PD is responsible for asking for help when help is needed. Caring in a family with PD will present challenges but it will also present new opportunities and learning opportunities, many with very positive outcomes.

Fitting Yourself to New Roles

Some people let words like PD or caregiver become labels that take over their identity. This new role is only one part of who you are as a complete person. Here are a few thoughts to consider as you learn to live as a PD caregiver/care partner:

DISCUSSION TOPIC:

FAMILY AND/OR SUPPORT NETWORKS (continued)

- People with PD should continue to do as much for themselves and live as independently as possible, with some support from you. What role this will take needs to be discussed and agreed upon on a continuing basis.
- Be aware that symptoms can vary widely throughout the day. The amount and type of care can also vary because of these fluctuations.
- Accept that although there is as yet no cure, appropriate management of PD symptoms can lead to a full and productive life.
- Accept that there are moments in time when you may feel discouraged.
- Recognize the when feeling discouraged begins to look like depression, in both you and the person with PD, and seek help as soon as possible.
- Adjust favourite activities or find new ones you can enjoy together to remain close.
- Realize that your emotional reactions to a complex situation are natural.
- Compromise, encouragement and strength are needed from all family members to maintain a good quality of life.
- Ask for help from your health care team, family, friends, and from Parkinson Society British Columbia.

Self-Care

“If you don’t take care of yourself, you won’t be able to care for someone else.” How often have we heard this advice and how often have we ignored it? This advice is never more important than when dealing with a progressive illness. If you are not used to making time for yourself, now is the time to start. Even 10 minutes a day of reading in a quiet corner can make a difference. Now is the time to consider some of the following:

- Physical: Eat well balanced meals, do exercise you enjoy, and get a good night’s rest.
- Mental and emotional: Maintain a hobby, treat yourself once a week, and acknowledge your feelings as messages to yourself.
- Social: Find at least one friend you can talk to on a weekly basis.
- Spiritual: Set aside time each day to find peace within yourself in ways that suit you (meditation, yoga, reading).
- Nurturing yourself can become a habit if you let it! Acknowledge the importance of your wellbeing each day.

*Remember, PD is a long distance run, not a sprint.
Caring for a person with PD really does mean caring for yourself.*

CAREPARTNER'S CORNER

Enhancing Communication

It is important for carepartners, family members and friends to re-learn ways to effectively communicate in order to stay closely connected to the person you care for. When communication starts to become difficult, either because the person with Parkinson's has speech difficulties or your family unit is having a hard time verbalizing their needs, consider using a nonviolent communication style (NVC).

NVC is a "language of life" that helps you to transform old patterns of defensiveness and aggressiveness into compassion and empathy and to improve the quality of all of your relationships. When caring for someone with Parkinson's you can find yourself frustrated, short-tempered or even resentful towards the individual. Studying and practicing NVC creates a foundation for learning about yourself and your relationships in every moment, and helps you to remain focused on what is happening right here, right now.

Although it is a model for communication, NVC helps you to realize just how important connection is in your life. When things become increasingly difficult with Parkinson's NVC can help revitalize connections. In fact, having the intention to connect with yourself and others is one of the most important goals of practicing and living NVC. You live your life from moment to moment, yet most of the time you are on autopilot, reacting out of habit rather than out of awareness and presence of mind. By creating a space for attention and respect in every moment, NVC helps create a pathway and a practice that is accessible and approachable.

People who practice NVC have found greater authenticity in their communication, increased understanding, deepening connection and conflict resolution. By combining four components with two parts NVC becomes a successful communication strategy.

The four components are:

- **Observation:** Notice concrete things and actions around you. Learn to distinguish between judgment and what you sense in the present moment, and to simply observe what is there.
- **Feeling:** When you notice things around you, you also experience varying emotions and physical sensations in each particular moment. Learn to identify the feeling.
- **Needs:** Understand that you, as well as those around you, have needs is perhaps the most important step in learning to practice NVC and to live empathically.
- **Request:** Learn to request concrete actions that can be carried out in the present moment.

Once you've understood and integrated these four components into your life, you can apply them in two parts:

- **Empathy:** Empathy goes beyond compassion, allowing you to put yourself into another's shoes to sense the same feelings and understand the same needs; in essence, being open and available to what is alive in others. It also gives you the means to remain present to and aware of your own needs and the needs of others even in extreme situations that are often difficult to handle.
- **Honesty:** Honesty begins with truly understanding yourself and your own needs, and being in tune with what is alive in you in the present moment. When you learn to give yourself empathy, you can start to break down the barriers to communication that keep you from connecting with others.

From these four components and two parts, you can use the following model for life enriching communication that can be highly effective in solving conflict with our family members, with our friends, with our coworkers, and with ourselves. The basic outline of the model is the following:

When I see that _____
I feel _____
because my need for _____ is/is not met.
Would you be willing to _____?

Keep in mind that this is just a model, and that using this form and this language is not the most important aspect of NVC.

Remember if you receive from the heart you create a means to connect with others and share experiences in a truly life enriching way, and if you give from the heart it has its root in honesty , and you are therefore practicing NVC.

Adapted from: http://www.cnvc.org/sites/cnvc.org/files/NVCInstructionGuide_Jiva_.pdf & http://www.nonviolentcommunication.com/pdf_files/key_facts_nvc.pdf

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