

Please be advised that Parkinson Society British Columbia's office will be closed for the holidays starting Saturday, December 24, 2016 and reopening on Tuesday, January 3, 2017.

ADVOCATING FOR BETTER CARE: DUODOPA®

Parkinson Society British Columbia aims to be an effective advocate for issues important to the Parkinson's community. We are currently in discussions with BC PharmaCare about ensuring that individuals who need access to DUODOPA® therapy are covered under the provincial PharmaCare plan.



To encourage others to show their support for this goal we are now sharing the experiences of individuals with Parkinson's disease who would benefit from affordable access to this therapy in a short video titled [Advocating for Better Care: DUODOPA](#) (WARNING: This video contains strong emotional material regarding patients' experience with Parkinson's disease, and content may be upsetting to some viewers).

Learn more about DUODOPA by accessing the issue summary: <http://bit.ly/DUODOPAsummary>

UPCOMINGEVENTS

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 contact Stacey at 1-800-668-3330 or sdawes@parkinson.bc.ca for more details.

COMMUNICATION AND SWALLOW WORKSHOP - VANCOUVER

This full day workshop will focus on the communication and swallowing challenges faced by people with Parkinson's (PwP). The interactive and participatory format will allow attendees to practice treatment techniques and gain insight from a registered speech-language pathologist. This workshop is open to those already experiencing communication & swallowing challenges, as well as those who wish to be proactive in their treatment. A catered lunch will be provided.

To ensure the best learning experience, a minimum of 25 participants will be required 7 days prior to the event date. Please be advised that if these numbers are not met, we will be unable to proceed with the workshop and all registrants will receive a full refund.

Date: Friday, January 27, 2017
 Time: 10:00am – 3:00pm
 Location: Broadway Church, Lower Auditorium | 2700 E. Broadway, Vancouver ([map](#))
 Fees: Member \$40.00 | Member (Couple/Pair) \$70.00
 Non-Member \$50.00 | Non-Member (Couple/Pair) \$90.00
 Facilitator: Sherri K. Zelazny, MA RSLP
 Registration: Will be available closer to event date.

TIMEOUTFORCAREPARTNERS

PSBC recognizes the efforts made by carepartners and caregivers every day. On February 25th 2017, we hope that carepartners across the province will be able to join us for a day of education, socialization and relaxation. Guest speakers will share experiences and everyday strategies for coping with the complexities that arise as a result of Parkinson's disease (PD).

SPECIAL NOTICE: An adjacent room will be available for people with Parkinson's to partake in activities including light exercise, games and socializing), while their carepartner participates in discussions with other carepartners. We ask that those PwP coming to the February 25th event respect this room divide, and not attend sessions unintended for them. This room will be managed by volunteers who will provide companionship and facilitate light exercise. Please note that the volunteers will not be medical professionals. Lunch and light refreshments will be provided.

Date: Saturday, February 25, 2017
Time: 10:00am – 2:30pm
Location: Burnaby Executive Suites | 4201 Lougheed Hwy, Burnaby ([map](#))
Fees: PSBC Member \$30.00 | PSBC Members (Couple/Pair) \$45.00
PSBC Non-Member \$40.00 | PSBC Non-Member (Couple/Pair) \$55.00
Registration: Members: <http://bit.ly/PSBCMemReg>
Non-Members: <http://bit.ly/PSBCNonMemReg>

Photo and video release: During Parkinson Society British Columbia's (PSBC) events, photographs and video may be taken and subsequently used in PSBC's newsletters or promotional material whether in print, electronic or other media, including PSBC's website.

By participating in PSBC's events, you grant PSBC the right to use your name and photograph for such purposes.

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

CHAMPIONS FOR PARKINSON'S

- Shake, Shake, Shake!: Friday, January 27, 2017 ([read more](#))
- 4th Annual Chocolate and Beer Tasting: Sunday, March 5, 2017 ([read more](#))
- Cotswolds Walking Holiday: August 31 - September 8, 2017 ([read more](#))

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 at 1-800-668-3330 or mdzaferovic@parkinson.bc.ca.

Champions FOR PARKINSON'S

BECOME A MEMBER OF PSBC

PSBC's programs and services are made possible through the increasing numbers of memberships. We encourage all support group participants to become members of the Society. Membership is only \$25 per year per household with funds supporting:

- Viewpoints: Our quarterly printed newsletter, delivered to your door
- Discounts on events: Obtain discounts on educational conferences & seminars
- Free counselling: This confidential service is available in-person, via skype or phone
- Lending Library: Explore our extensive list of books and DVDs on PD, caregiving, newly diagnosed and children's resources
- Legal Services: Access to pro-bono legal services for dealing with issues such as discrimination against individuals with PD in the workplace & wrongful denial of disability insurance
- Voting Status: Lend your voice to the Parkinson's community with your vote at our Annual General Meeting

Our membership year runs from January 1 to December 31. You can [sign up/renew your membership online](#) or by emailing Susan at satkinson@parkinson.bc.ca or 1-800-668-3330.

VICTORIA REGIONAL CONFERENCE VIDEO RECORDINGS NOW AVAILABLE!

We are pleased to announce that the presentations from the Victoria Regional Conference are now available to stream in video format [[view all videos](#)].

- Parkinson's Overview | Dr. Silke Cresswell [[view video](#)]
- The Benefits of Mindful Living | Michelle Fraleigh, MBA, MA, CCC, RCC [[view video](#)]
- Sleep and Parkinson's | Dr. Jason Valerio [[view video](#)]
- Food for Thought: Diet & Nutrition in PD | Dr. Laurie Mischley, ND, PhD, MPH [[view video](#)]

Looking for other recordings from our past events? Visit the [Videos & Event Presentations section](#) of our resources page.

COLLECTION OF SUPPORT GROUP PARTICIPANT LISTS

In the New Year, PSBC will be requesting support group participant lists. Once a year, we collect group lists to provide members notice of coming news and events. Contact information is collected and shared with permission from each participant. Data relating to group participants will not be traded, sold or otherwise shared by PSBC or by the group facilitator.

If you have any questions, please do not hesitate to contact Stacey Dawes at 1-800-668-3330 or sdawes@parkinson.bc.ca for more details.



ONLINE LEARNING MODULE FOR PHARMACISTS BY PARKINSON CANADA

Parkinson Canada is launching an online learning module that is designed to help pharmacists understand Parkinson's medications and advise their patients living with the disease. We encourage people living with Parkinson's and their carepartners to share this news with their own pharmacist and other members of their health care team.

Registration: <http://pc.discoverycampus.com/en/index.html>

NEW! Support Group - Kootenay Lake East Shore

Date(s): 1st Wednesday of each month
 Time: 2:00pm – 3:30pm
 Location: Community Corner Building, Crawford Bay Park

NEW! Support Group - Langley Young Onset PD (YOPD) & Young at Heart

Date: 3rd Sunday of each month
 Time: 10:00am - 12:00pm
 Location: Willoughby Community Centre at Langley Events Centre
 7888 200 St, Langley ([map](#))

NEW! YOPD Online Support Group

Parkinson Society British Columbia is piloting an online support group for those with Young Onset Parkinson's disease facilitated by Myriame Lépine Lyons.

Date: 2nd Tuesday of each month
 Time: 7:00pm - 8:00pm
 Location: Online. A valid internet connection will be required to participate.
 Registration: You must register to attend this support group by contacting Myriame Lépine Lyons at mlepinelyons@parkinson.bc.ca or 1-800-668-3330

Our website includes an up-to-date list of all of the Parkinson's-specific community exercise programs across the province - there may be one near you! <http://www.parkinson.bc.ca/exercise>

Note: Any listing in the aforementioned documentation 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.

SUBSCRIBE TO GROUPLINK!

If you wish to receive personal copies of GroupLink please connect with Caroline Wiggins, cwiggins@parkinson.bc.ca, and your name will be added to our GroupLink email distribution list.



ARE YOU FIT TO DRIVE?

Discussion questions:

1. Have you ever had an assessment of your fitness to drive? If so, what was your experience?
2. What concerns do you have in relation to your ability to drive?

Previously the Office of the Superintendent of Motor Vehicles (OSMV), RoadSafetyBC is the lead provincial agency responsible for road safety in British Columbia, and is under jurisdiction of the Ministry of Public Safety and Solicitor General. The Superintendent of Motor Vehicles is responsible for assessing drivers and making Driver Medical Fitness decisions.

The primary tool used for assessing a person's fitness to drive safely is the Driver's Medical Examination Report (DMER), mailed to you directly and completed by the driver's physician. As someone with Parkinson's, you may have received the blue forms which are sent to drivers with known or suspected medical conditions. You can find a copy of this report [here](#). The DMER provides information for RoadSafetyBC's Driver Medical Fitness staff in their assessment of the severity, progression, treatment or effects of any medical condition(s), like Parkinson's disease, that the driver may have that could impact their fitness to drive.

Every legally qualified and registered psychologist, optometrist, medical practitioner and nurse practitioner has reporting obligations to the Superintendent of Motor Vehicles. Specifically, [Section 230 of the Motor Vehicle Act](#) requires medical practitioners to report patients to RoadSafetyBC if:

- A patient has a medical condition that makes it dangerous to the patient, or to the public, for the patient to drive a motor vehicle, **and**
- Continues to drive after the psychologist, optometrist, medical practitioner or nurse practitioner warns the patient of the danger.

When RoadSafetyBC receives a reliable report that a driver has a condition affecting driving, the Superintendent makes a case-by-case determination regarding the person's driving privileges. The determination could involve requesting that the driver provide further medical information or complete a functional assessment. Some examples of types of functional assessments include a DriveABLE assessment, an assessment by an occupational therapist, or a driver re-examination (road test). Here is an infographic that can help you better understand the path taken by the RoadSafetyBC driver fitness team regarding the driver examination process: <http://bit.ly/DriverFitnessChart>

RoadSafetyBC's driver fitness team reviews the information in each individual circumstance and makes an assessment based on the totality of the evidence. As a result of the assessment, the Superintendent may require periodic medical reporting, place conditions on the license or make a finding that the person is unfit to drive. In some circumstances the Superintendent may need to cancel the individual's driver's license.

More information can be found in the 2016 CCMTA Medical Standards for Drivers with BC Specific Guidelines [\[download here\]](#).

The DriveABLE website (<http://www.driveable.com/>) has resources that can help people with Parkinson's become more informed about the in-office assessment (DCAT) and on-road evaluation (DORE) they may be required to complete if RoadSafetyBC requires more information to determine medical and driving fitness.

Source:

RoadSafetyBC

<http://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/driver-medical/driver-medical-fitness/driver-medical-fitness-information-for-medical-professionals>

MONITORING DRIVING SKILLS

As we age, it's normal for our driving abilities to change. By reducing risk factors and incorporating safe driving practices, many of us can continue driving safely long into our senior years. But we do have to pay attention to any warning signs that age is interfering with our own or a loved one's driving safety, and make appropriate adjustments. As we age, factors such as decreased vision, impaired hearing or slowed motor reflexes may become a problem. For our loved ones with Parkinson's disease, fitness to drive may need to be monitored more closely.

The rules of the road are constantly evolving. Driving can be stressful. We could all use a refresher every now and then to keep our skills up to date. Whether this is accomplished through an in-office assessment (DCAT) or on-road evaluation (DORE); you, as a carepartner, can help monitor and refresh your loved one's driving skills. Having PD does NOT automatically equal the loss of driving ability. There are many things you can do to monitor their fitness to drive:

- **Stay on top of their health.** Regular check-ups with their healthcare team are critical to keeping them in the best possible driving shape.
- **Find the right car and any aids they may need for safe driving.** Make a decision about manual vs. automatic transmission, power steering and power brakes.
- **Refresh their driving skills and road knowledge.** Enroll in a driving course or update yourselves on the latest road safety measures and rules.
 - To review their driving knowledge, you can visit any [driver licensing office](#) to pick up a copy of ICBC's [Learn to Drive Smart](#) or [Tuning Up for Drivers](#). You can also encourage them to take the [online practice knowledge test](#) or check out [ICBC's driving tips video](#).
- **Learn to drive defensively.** Ensure they are leaving adequate space for the car in front, paying extra attention at intersections, and making sure they are driving appropriately to the flow of traffic.
- **Know their limits.** Identifying and monitoring your loved one's driving skills is extremely important to their safety and that of others. If a driving situation makes you uncomfortable, be honest with them. Older adults may voluntarily begin to make changes to their driving practices if they know others are uncomfortable with their own driving ability. Some warning signs that you may want to keep an eye on are:
 - issues with health (e.g., conflicting medications, eyesight problems, hearing problems, problems with reflexes and range of motion, problems with memory)
 - previous or recurring issues on the road (e.g., trouble with decision making, drifting, braking, receiving driving violation tickets)

Driver safety can often be a sensitive issue for mature drivers, especially for someone with a disease like Parkinson's. A driver's license signifies more than the ability to drive a car; it is a symbol of independence. Understandably, it may be a reason why your loved one won't voluntarily relinquish their license. Still, safety must come first. If you find yourself in the position of talking to your loved one about their fitness to drive, remember the following:

- **Listen to others' concerns.** If a friend or family member begins talking about their concern for your loved one, it may be time to take a hard, honest look at their fitness to drive and have a conversation about it.
- **Be respectful.** For many of us, driving is an integral part of our self-sufficiency and freedom. Many have fond memories of getting a driver's license or going on their first road trip. At the same time, don't be intimidated if you have a true concern.
- **Give specific examples.** Outline concerns that you have noticed, such as "You have a harder time turning your head than you used to," or "You braked suddenly at stop signs three times the last time we drove."
- **Find strength in numbers.** If more than one family member or close friend has noticed, it's less likely to be taken as nagging. A loved one may also listen to a more impartial party, such as a doctor or driving specialist.
- **Help find alternatives.** The person may be so used to driving that they have never considered alternatives. You can offer concrete help, such as researching transportation options or offering rides when possible.
- **Understand the difficulty of the transition.** Your loved one may experience a profound sense of loss when giving up driving. Don't dismiss their feelings but try to help with the transition as much as possible. If it is safe, try slowly transitioning them out of driving to give them time to adjust. For example, your loved one may begin the transition by no longer driving at night or on the freeways, or by using a shuttle service to specific appointments, such as the doctor.



For some, the decision to retire from driving will be the result of a conversation had with a Parkinson's patient. A few of the benefits of retiring a driver's license are:

- **Being a relaxed passenger.** No longer having the responsibility of driving means you can sit back and relax as a passenger. It can often be more relaxing to walk, use public transit, take a taxi or ride with family or friends.
- **Saving money.** The Canadian Automobile Association estimates the cost of driving a new compact car to be over \$8,000 a year (based on driving 16,000 km per year).
- **Free deliveries.** As a senior, you can check your local business to see if they offer free delivery for obtaining routine items, such as groceries or pharmaceuticals.

If you are unsure about your partner's fitness to drive or are afraid that they may put themselves or others at risk of serious injury, you may choose to talk to your doctor about your concerns and/or submit a confidential report. Health care practitioners, family members or concerned citizens can send a report to RoadSafetyBC regarding concerns they have about a driver's fitness to drive safely. You can download the report [here](#).

Reports can be faxed to 250-952-6888 or mailed to the following address:

RoadSafetyBC
Attn: Driver Fitness Unit
PO Box 9254 STN PROV GOVT
Victoria, BC V8W 9J2

For further information, please refer to the following Fact Sheet: [When the Driving Ability of Someone Concerns You – Unsolicited Driver Medical Fitness Reports](#).

Sources:

Help Guide

<http://www.helpguide.org/articles/aging-well/age-and-driving-safety-tips.htm>

RoadSafetyBC website

<http://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/driver-medical/driver-medical-fitness/driver-medical-fitness.htm>