

Integrated Care for People with Parkinson Disease (PD)

What is Integrated Care?

- Medical providers who work together to understand you and your care partner's needs with the goal of bringing together services to achieve the outcomes that are important to you.
- Working with different clinicians based on what your needs are at that time.
- Best evidence says integrated care can reduce the severity of the motor symptoms of Parkinson disease and improve your quality of life.
- You may encounter these providers in multiple settings such as in an outpatient clinic, a hospital, or a rehabilitation facility.

Who should I see for my PD?

Movement Disorder Specialist (neurologist)

- A movement disorder specialist is a physician, specifically a neurologist, with additional training in Parkinson disease and other movement disorders. This type of doctor typically has extensive knowledge of Parkinson's therapies and ongoing research.
- Regularly check in with a movement disorder specialist to manage your tremor, medication on and off times, rigidity, and other symptoms of Parkinson disease like poor sleep, depression, and anxiety.

Occupational Therapist

- Occupational therapists treat people who have difficulty performing tasks that could be considered everyday activities, such as handwriting and typing, dressing, bathing, moving around your home or workplace, cooking, other daily tasks and life skills including working.
- See an occupational therapist to help with getting dressed, bathing, moving around your home, cooking, performing work activities, and other daily tasks and life skills.

Physical Therapist

- Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.
- See your physical therapist at least every 6 months to check in and make sure your mobility is being maintained. Physical therapists can help with walking, balance, moving around your home, strength, and pain.

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Speech Language Pathologist

- Speech-language pathologists (sometimes called speech therapists) assess and treat people who have speech, language, voice, and fluency disorders. They also treat clients who have problems swallowing.
- See a speech language pathologist to help with the volume of your voice, and to improve swallowing, memory, and thinking skills.

Social Worker

- Social workers help people prevent and cope with problems in their everyday life and work. Your movement disorder specialist may employ a social worker to help coordinate your care.
- Ask to see a social worker to help with managing your care by connecting you with specialists, support groups, peer mentors, and much more.

Miscellaneous providers

- Nursing, neurologist, rehabilitation medicine physician, psychologist