



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

BUILDING YOUR HEALTHCARE TEAM

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SMALL STEPS. GIANT STRIDES.

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As a person living with Parkinson's, your needs for care and support can vary and evolve as the disease changes. Here are some of the people who can make valuable contributions to your care and well-being.

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Movement disorder specialist

Neurologist with additional training in Parkinson's disease and other movement disorders; most individuals do see a neurologist – but finding someone who has specific understanding in PD can be very beneficial

Has extensive knowledge of Parkinson's therapies and ongoing research.

A MDS closely works with your neurologist or current doctor; likely to have relationships with other specialists or allied care professionals who have specific PD experience (PT, OT, SP, Counselors, Holistic professionals, etc)

A MDS can review medications and recommend adjustments as well

Finding the right one takes time – find a good fit! Ask around, do your research. Find someone who listens to you! It's ok to get another opinion.

The [MDS Movement Disorders Specialist Finder](#) can help you locate a doctor in your area.

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YOU!!

You are an active member of your care team.

- Educate yourself about Parkinson's disease,
- Talk with your doctor and loved ones to identify helpful health care professionals, decide on treatments and connect with research studies.
- Establishing a comfortable, open and productive relationship with your health care providers is important for your overall care.
 - In choosing any provider, your major considerations should be how much they know about Parkinson's and how well they listen.
- Because Parkinson's involves a wide range of symptoms including movement- and non-movement-related issues, over the course of your life with Parkinson's you may wish to work with a variety of health care providers in addition to the doctor who primarily treats your Parkinson's.
- Care teams are made not only of medical professionals. Care partners play an essential role in the health and well-being of people with Parkinson's. And you, the person with the disease, are in the driver's seat — gathering and guiding the players.

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Questions?

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