

## Parkinson's and Fall Prevention Resources

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10:30 AM Session, Nov. 14th (change if needed)

- For more information on Fall Prevention and Strategies and Tips:
  - Parkinson's Foundation:
    - <https://www.parkinson.org/pd-library/fact-sheets/Falls-Prevention>
  - More fall prevention tips:
    - <https://parkinsonsdisease.net/living-with-pd/reduce-fall-ris>
    - <https://my.clevelandclinic.org/health/diseases/9390-parkinsons-disease-preventing-falls--maintaining-balance>
  - Local Fall Prevention Resources:
    - <http://familyservicerochester.org/>
    - <https://www.semcil.org/>
- References for Common Tools Used by Clinicians at ExercisABILITIES
  - Berg Balance Test Video:  
<https://www.youtube.com/watch?v=99I5009HFkl&feature=youtu.be&t=86>
  - Dynamic Gait Index Video:  
[https://www.youtube.com/watch?v=UQ4w\\_Gn4X\\_Q&feature=youtu.be&t=150](https://www.youtube.com/watch?v=UQ4w_Gn4X_Q&feature=youtu.be&t=150)
  - Activities-Specific Balance Confidence Scale Handout:  
<https://www.healyphysicaltherapy.com/pdfs/abc-scale.pdf>
- Resources for Walking Sticks
  - “The Nordic Walking Queen”
    - <http://lindalemke.com/>
  - Local resources and support
    - <https://www.apdaparkinson.org/community/minnesota/local-resources-support/>
  - Parkinson's Foundation Minnesota & Dakotas
    - <https://www.parkinson.org/MinnesotaDakotas>
- Intro
  - Video
    - <https://www.youtube.com/watch?v=JAjFXnarz4I>
  - Parkinson's Foundation
    - Stages of Parkinson's Disease
      - <https://www.parkinson.org/Understanding-Parkinsons/What-is-Parkinsons/Stages-of-Parkinsons>
      - <https://www.parkinson.org/podcast/Episode-83-Staging-PD>
    - Falls Prevention
      - <https://www.parkinson.org/pd-library/fact-sheets/Falls-Prevention>
  - Other Resources
    - <https://parkinsonsdisease.net/living-with-pd/reduce-fall-risk/>

