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:
  o Parkinson’s Foundation:
    ▪ https://www.parkinson.org/pd-library/fact-sheets/Falls-Prevention
  o 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
  o Local Fall Prevention Resources:
    ▪ http://familyservicerochester.org/
    ▪ https://www.semcil.org/

• References for Common Tools Used by Clinicians at ExercisABILITIES
  o Berg Balance Test Video:
    https://www.youtube.com/watch?v=99I5009HFki&feature=youtu.be&t=86
  o Dynamic Gait Index Video:
    https://www.youtube.com/watch?v=UQ4w_Gn4X_Q&feature=youtu.be&t=150
  o 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
  o Video
    ▪ https://www.youtube.com/watch?v=JApFXnarz4I
  o 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
  o Other Resources
    ▪ https://parkinsonsdisease.net/living-with-pd/reduce-fall-risk/