

St. Joseph's Health Care London holds a leadership role in rehabilitation, complex care, palliative care, geriatrics, veterans care and other health services.

Located at Parkwood Institute, the Specialized Geriatric Services Program offers the following services:

- Geriatric Rehabilitation Unit
- Musculoskeletal Rehabilitation Unit
- Geriatric Day Hospital
- Physical Maintenance Program

The Geriatric Day Hospital is a specialized ambulatory assessment and rehabilitation service. Its purpose is to promote health, functional independence and quality of life to help individuals to remain at home.

Specialized Geriatric Services

Parkinsons Education Program

In partnership with the Parkinson Society Southwestern Ontario

To promote a healthy community and to better support those we serve, St. Joseph's is a smoke-free and scent-free organization.

Smoking is not permitted on hospital property, including parking lots and the parking garage.

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



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Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

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What is the Parkinsons Education Program?

This program is aimed to increase awareness and provide coping strategies for individuals with Parkinson's disease and their care partners.

The series provides education delivered by health care professionals on the following topics related to Parkinson's disease:

- Signs and symptoms of Parkinson's disease
- Disease progression and management
- Medication management
- Mobility issues
- Speech and swallowing issues
- Nutrition
- Adaptive equipment for self care
- Energy conservation and relaxation
- Health benefits of leisure
- Overcoming barriers to leisure
- Social and emotional aspects of the disease and adjustment process
- Presentation from Parkinson Society

In addition, the Parkinsons education series offers:

- A health and wellness class for people with Parkinson's disease, led by a physiotherapist
- A workshop for care partners, led by a social worker
- Refreshments during breaks

Who Should Attend?

The program is intended for individuals living with Parkinson's disease and their caregivers.

Other eligibility criteria include:

- Ability to participate in group activities
- Independence with transfers and toileting
- Ability to participate in an exercise class (evaluated on an individual basis)

Location: Geriatric Day Hospital
Parkwood Institute, Main Building
550 Wellington Road
London, ON N6C 0A7

Parking:

Patients can arrive at the Day Hospital/Ambulance entrance (drop off only, no parking).

Vehicle parking is located at visitor lot 1 for \$5 (cash or credit card) upon entering. Parking rates are subject to change.

If you park in the visitor's lot, enter at the Parkwood Institute Main Building entrance. The Day Hospital is to the left of the lobby.

Referral Process

A referral to the Parkinsons education program may be initiated by a neurologist or family physician.

Referrals can be mailed or faxed. Referral forms are available at:

<https://www.sjhc.london.on.ca/sites/default/files/referral-form-geriatric-ambulatory-access-team-gatt.pdf>

Fax: 519-685-4020

Clients will be contacted to arrange for an initial assessment.

Cost: Free

Transportation:

Participants provide their own transportation to and from the Geriatric Day Hospital.