

Fast Facts

Nearly 1 million will be living with Parkinson's disease in the U.S. by 2020

More than 10 million people worldwide are living with Parkinson's disease

Men are 1.5 times more likely to have Parkinson's disease than women

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Overnight Stays (24-hour care)
- Personal Grooming and Dressing
- Mobility Assistance
- Dementia / Alzheimer's Care
- Memory Loss Support
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance



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Parkinson's Disease



Call us at: **312.526.3666**

What is Parkinson's disease?

According to the Parkinson's Foundation, Parkinson's disease is a neurodegenerative disorder that affects predominantly dopamine-producing neurons in a specific area of the brain called substantia nigra. It is a progressive disorder that is known for impacting motor functions, but has non-motor symptoms as well.



How is Parkinson's disease treated?

Parkinson's disease has no one-size-fits-all solution. Treatment for individuals with Parkinson's is based on their symptoms. Currently, all therapies used for Parkinson's disease improve symptoms without slowing or halting the disease progression. Sometimes this includes medication or surgical therapy. Other times it may be as simple as lifestyle adjustments, like getting more rest and exercise.

10 Early Signs of Parkinson's Disease

1. Tremor
2. Small Handwriting
3. Loss of Smell
4. Trouble Sleeping
5. Trouble Moving or Walking
6. Constipation
7. A Soft or Low Voice
8. Masked Face – a serious, depressed or mad look on your face
9. Dizziness or Fainting
10. Stooping or Hunching Over

Source: Parkinson's Foundation - www.parkinson.org/understanding-parkinsons/10-early-warning-signs



Common Symptoms:

- Slowness of Movement
- Tremor
- Rigidity

Non-motor Symptoms Can Include:

- Cognitive Changes
- Mood Disorders
- Fatigue



The motor and non-motor symptoms of Parkinson's disease can affect everyday things, like cooking or cleaning, which can cause bigger health concerns if they are neglected. The right caregiver can work side-by-side with seniors on these day-to-day tasks. A support system that can track the progression of the symptoms of Parkinson's disease is vital.

Maintaining independence is an achievable goal with quality in-home care.

Emotional support is important as well. Having a friend to count on always feels good.

Seniors Helping Seniors® in-home care services can be a valuable component of one's support network when dealing with Parkinson's disease. Our team members are trained in providing compassionate in-home care.

We're here to show you **The Power of Love®**. Contact **Seniors Helping Seniors®** in-home services today.

www.SeniorCareChicagoMetro.com