

## Personalized Home Health Care

Parkinson's disease is a chronic brain disorder that causes motor and non-motor symptoms, which include unintended or uncontrollable movements such as shaking, stiffness, and difficulty with balance and coordination. In the U.S., more than one million people are living with the disease, and over 90,000 new cases are diagnosed each year.

Parkinson's is the 12<sup>th</sup> leading cause of death in Nebraska, with nearly 17,000 Nebraskans living with the disease.\* While there is no cure for Parkinson's, with therapy, treatment and medications, the symptoms can be managed.

### Home Health Helps with:

- > Timely sign and symptom recognition and intervention
- > Implementation of a treatment plan developed by health care professionals
- > Reduced fall risk
- > Decreased risk of hospitalization

### Gerald's Home Health Story

Gerald began to notice small changes early last year—his right hand started to tremble slightly, making it hard to write his weekly letters to his granddaughters, and it was more difficult getting dressed.

When he started experiencing other symptoms—he fell on his daily walk and begun slurring his words—his doctor diagnosed him with Parkinson's disease.

The therapies Gerald received through his home health team helped increase his mobility and strength, making it easier for him to get up from his chair and maintain his balance while walking. His speech and fine motor skills have also improved, enabling him to once again complete tasks like buttoning his shirt and opening bottles.

Through home health, Gerald regained his independence in daily living.



\*Source: CDC - National Center for Health Statistics

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