

## Program Location:

University of Massachusetts  
Medical School  
Faculty Conference Room (S1-342)  
55 Lake Avenue North  
Worcester, MA 01605

The Faculty Conference Room is located on the first floor of the Medical School. Enter the building via the main Medical School entrance (under the blue metal awning). The door will be on your right upon entering the lobby.

Parking details will be provided when you register.

## Registration:

Please contact the APDA Information and Referral Center to register. Although there is no fee for the program, registration is required.

**800-651-8466 | 617-638-8466**  
**information@apdama.org**

## Sponsors:

### **University of Massachusetts Medical Center**

Department of Neurology and  
Movement Disorders

### **Reliant Medical Group**

Division of Neurology

### **American Parkinson Disease Association**

Massachusetts Chapter

*This program was developed by the  
Movement Disorder Center at Boston  
University Medical Center and the Center for  
Neurorehabilitation at Sargent College at  
Boston University.*

# Good Start Program in Parkinson's Disease

*An educational program for  
individuals recently  
diagnosed with Parkinson's  
Disease and their family  
members.*

**November 28 & December 5, 2017**

**6:00—8:00 PM**

University of Massachusetts  
Medical School  
55 Lake Avenue North  
Worcester, MA 01605



# A Good Start

The Good Start Program is a two part series presented by a team of Parkinson's Disease specialists from the University of Massachusetts Medical Center, Reliant Medical Group, and the American Parkinson Disease Association. Participants will receive up-to-date information on diagnosis and treatment. Community resources will be identified to assist in managing and coping with Parkinson's disease. Our target audience for this program include individuals diagnosed with Parkinson's within the past three years.

Opportunity will be provided to answer frequently asked questions and address common concerns. There is no cost for this program.



# Program Overview

## Session One:

**Tuesday, November 28th, 6—8 PM**

*A light supper will be served starting at 5:30 PM*

### Welcome and Program Overview

*Cathi A. Thomas, RN, MS  
APDA Information and Referral Center*

### What is Parkinson's Disease?

*Anindita Deb, MD and Kara Smith, MD  
Assistant Professors, Neurology &  
Neurosurgery  
University of Massachusetts Medical Center*

- ◆ Diagnosis
- ◆ Symptoms
- ◆ Treatment Strategies

### The Role of Rehabilitation/Exercise

*Terry Ellis, PhD, PT, NCS  
Center of Neurorehabilitation, Boston  
University  
Director: APDA National Rehabilitation  
Resource Center*



## Session Two:

**Tuesday, December 5th, 6—8 PM**

*A light supper will be served starting at 5:30 PM*

### Medication Management

*David Sommer, MD  
Movement Disorder Specialist, Reliant  
Medical Group*

- ◆ Drug Classification
- ◆ Individualizing Therapy

### Introduction to the Health Care Team

- ◆ Psycho-Social Support  
*Elizabeth Austin, PsyD  
Clinical Psychologist*
- ◆ Nursing  
*Naama Cohen, ACNP;  
University of Massachusetts  
Memorial Medical Center*
- ◆ Physical Therapy  
*Deb Ellis, MSPT, NCS; Clinical  
Specialist in Neurologic  
Physical Therapy*
- ◆ Speech & Language Therapy  
*Lisa Sommers, CCC-SLP; Clinic  
Director, Center for Language,  
Speech and Hearing, UMass  
Amherst*