National Resources

American Parkinson Disease Association
http://www.apdaparkinson.org/

National Parkinson Foundation
http://www.parkinson.org/

Michael J. Fox Foundation
https://www.michaeljfox.org/
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Parkinson's was originally described in 1817 by James Parkinson in his Essay on the Shaking Palsy. What researchers have come to understand is that Parkinson's Disease is a neurological disorder in which there is a gradual loss of brain cells that make and store dopamine. Dopamine is a chemical in the brain, known as a neurotransmitter, which sends messages that control movement. As PD progresses, more dopamine neurons in the brain are lost.

The primary symptoms of PD are movement related, and include: resting tremor, rigidity and slowness of movement. However, many patients also experience non-movement related symptoms such as cognitive impairment, mood changes, constipation and blood pressure problems.

The causes of PD remain unknown, although researchers believe the disease may be brought on by a combination of environmental and genetic factors. Available treatments help to reduce some of the symptoms but there is currently no treatment that can slow or stop the disease from progressing over time. Much research is ongoing to identify strategies for improving treatment of PD in the future.

Source: Partners in Parkinson's- Parkinson's Disease Guide
Parkinson’s patients experience a wide range of symptoms and it varies for each person. There is no diagnostic test that determines whether a person has developed PD, rather a thorough examination of one’s medical history and a physical examination helps to detect symptoms synonymous with PD.

**Movement/Motor-Related Symptoms**

- Bradykinesia slowing down and loss of spontaneous and voluntary movement
- Rigidity unusual stiffness in a limb or other body part
- Resting Tremor an uncontrollable movement that affects a limb when it is at rest and usually stops for the duration of a voluntary movement
- Postural Instability problems with standing or walking, or impaired balance and coordination, which can lead to falls
- Dystonia involuntary movement with a muscle contraction, such as a cramp
- Reduced facial expression “mask-like” face due to bradykinesia
- Speech and swallowing problems

**Other Treatment-Related Symptoms**

- Dyskinesia involuntary twisting/turning, jerky movements that can result from long-term use of medications that treat PD
- Impulse Control inability to resist an impulse that is harmful to self or others that can result from use of medications that treat PD
Non-Motor Related Symptoms

- Cognitive Impairment: decline in ability to multi-task and/or concentrate; potential decline in intellectual functioning and onset of psychosis
- Mood changes: can include depression, apathy or anxiety
- Sleep disorders: REM sleep behavior disorder, for example, where individuals act out their dreams
- Hyposmia: loss of sense of smell
- Fatigue
- Constipation
- Bladder problems: a sudden need to urinate or incontinence
- Orthostatic Hypotension: low blood pressure upon standing
- Central pain: other than pain caused by posture problems or dystonia
Because many Parkinson’s symptoms are due to the lack of dopamine—the brain chemical that plays an important role in behavior, coordination and mobility—patients are commonly prescribed dopamine medications. Dopamine drug side effects include: nausea, drowsiness, low blood pressure, hallucinations and dyskinesia—writhing movements.

Choosing the right medication is directly related to the patient’s ability to handle its side effects.Balancing the ideal medication program and schedule can be easy for some and very challenging for others. Medication is most effective when taken on a regular schedule and combined with exercise, good nutrition and rest.
This list was compiled using information from The Parkinson’s Disease Foundation’s *Parkinson’s Disease Q & A, (Sixth Edition, 2012)* and its website http://www.pdf.org/meds_treatments. For more information about medicines, contact your physician.

<table>
<thead>
<tr>
<th>Class</th>
<th>Medication (common name)</th>
<th>Function</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Levodopa</strong></td>
<td>Carbidopa/Levodopa (Sinemet®)</td>
<td>Converts into dopamine to manage major symptoms</td>
<td>Low blood pressure, nausea and vomiting, dyskinesia, dry mouth, dizziness</td>
</tr>
<tr>
<td></td>
<td>Carbidopa/Levodopa controlled release (Sinemet CR®)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Carbidopa/Levodopa orally disintegrating tablet (Parcopa®)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Carbidopa/Levodopa/Entacapone (Stalevo®)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dopamine Agonists</strong></td>
<td>Apomorphine (Apokyn®)</td>
<td>Stimulates brain as if given dopamine; compliments levodopa &amp; helps deter symptoms between levodopa doses.</td>
<td>Does not cause dyskinesias, but can lead to nausea, hallucinations, sleepiness &amp; lightheadedness</td>
</tr>
<tr>
<td></td>
<td>Bromocriptine (Parlodel®)</td>
<td></td>
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<tr>
<td></td>
<td>Pramipexole (Mirapex®)</td>
<td></td>
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<tr>
<td></td>
<td>Pramipexole dihydrochloride extended-release (Mirapex ER®)</td>
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<tr>
<td></td>
<td>Ropinirole (Requip®)</td>
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<tr>
<td></td>
<td>Ropinirole extended-release tablets (Requip® XL)</td>
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<tr>
<td></td>
<td>Rotigotine transdermal system (Neupro®)</td>
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</tr>
<tr>
<td><strong>COMT Inhibitors</strong></td>
<td>Entacapone (Comtan®)</td>
<td>Helps extend effect of levodopa</td>
<td>Abdominal pain, back pain, constipation, nausea, diarrhea, blood in urine, liver failure</td>
</tr>
<tr>
<td></td>
<td>Tolcapone (Tasmar®)</td>
<td></td>
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</tbody>
</table>
## COMMON PD MEDS

As the pharmaceutical industry continues to evolve, PD patients have many options in which to purchase meds. Below is list of PSC supporters who are in the pharmaceutical industry.

<table>
<thead>
<tr>
<th>Class</th>
<th>Medication (common name)</th>
<th>Function</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAO-B (Monoamine oxidase) Inhibitors</td>
<td>Rasagiline (Azilect®) Selegiline or deprenyl (Eldepryl®) Selegilinie HCI orally disintegrating tablet (Zelapar®)</td>
<td>Blocks enzyme in the brain that breaks down levodopa.</td>
<td>Dizziness, nausea, pain, head-ache, insomnia, rhinitis, dyskinesia, back pain, stomatitis, dyspepsia</td>
</tr>
<tr>
<td>Anticholinergics</td>
<td>Benztropine mesylate (Cogentin®) Procyclidine (not in US) Trihexyphenidyl (Artane®)</td>
<td>Helps with tremors and dystonia</td>
<td>Blurred vision, dry mouth, constipation and urinary retention</td>
</tr>
</tbody>
</table>

### Your Community Pharmacies

Specializes in compounding and provides delivery/concierge services

**St. Matthews**
3922 Willis Avenue • Louisville, KY 40207
502-690-4462

### Senior Pharmacy Solutions

Lynn Harrelson
www.seniorpharmacysolutions.com
GETTING BACK TO YOU

Medtronic DBS Therapy for Parkinson’s

“Before DBS Therapy, I couldn’t tie my shoes, button my shirts, or tie my own tie. After the therapy, I could do all of those things myself.”

Jerry
Receiving DBS Therapy

For more information, visit MedtronicDBS.com or call 877-438-3574

Medtronic DBS Therapy for Parkinson’s is not for everyone. Not everyone will receive the same results. Patients should always discuss the potential risks and benefits of the therapy with a physician. A prescription is required.

DBS Therapy requires brain surgery. Risks of brain surgery may include serious complications such as coma, bleeding inside the brain, stroke, seizures, and infection. DBS Therapy may cause worsening of some symptoms. See Important Safety Information www.medtronicdbs.com/parkinsons-important-safety-information/index.htm or call Medtronic at 800-328-0810.

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CARE MANAGEMENT

PHARMACEUTICAL COMPANIES

Abbvie (Duopa)
www.abbvie.com

Acadia Pharmaceuticals (Nuplazid)
www.nuplazid.com

Lundbeck (Northera)
www.northera.com

Medtronic, Inc. (Restorative Therapies Group)
www.medtronicdbs.com

UCB (Neupro)
www.neupro.com

US World Meds (Apokyn)
www.usworldmeds.com
Need help paying for meds?

Check with the manufacturer of your prescription medication to determine if there is a patient assistance program. You can find information regarding patient prescription programs here:

- **Needy Meds**
  
  www.needymeds.org
  
  800-503-6897

- **Partnership for Prescription Assistance**
  
  www.pparx.org
  
  888-477-2669

- **Patient Access Network Foundation (PANF)**
  
  www.panfoundation.org/parkinsons-disease
  
  866-316-7263

- **RX Assistance**
  
  www.rxassist.org
  
  800-808-1213

- **Select Care Benefits Network**
  
  www.scbn.org
  
  888-331-1002
Because PD affects different parts of the body, patients may find themselves visiting multiple medical professions to treat specific aspects of the disease. The following is a list of area hospitals and professionals associated with these facilities who care for PD patients.

**University of Louisville/Jewish Hospital (Kentucky One Health)**
Frazier Rehab Institute and Neuroscience Center
220 Abraham Flexner Way, Suite 606 (40202)
www.uoflphysicians.com/parkinsons-disease-and-movement-disorders
Kathrin LaFaver, MD (Neurologist) Phone: 502-582-7654
Victoria Holiday, MD (Neurologist) Phone: 502-582-7654
Laura Dixon, DNP, APRN (Nurse Practitioner) Phone: 502-582-7654
Joseph Neimat, MD, MS Phone: 502-899-3623

**Norton Hospital (and Norton-Brownsboro) / Neuroscience Institute—Cressman Parkinson’s Center**
4950 Norton Healthcare Blvd (40241)
www.nortonhealthcare.com/parkinsonsdisease
Angela Hardwick, MD (Neurologist) Phone: 502-394-6460
Mohammad Alsorogi, MD (Neurologist) Phone: 502-394-6460
Justin Phillips, MD (Neurologist) Phone: 502-394-6460
Elizabeth Ulanowski, PT, DPT, NCS Phone: 502-446-8520
David Sun, MD (Neurosurgeon) Phone: 502-394-6460

**Norton Hospital**
210 E. Gray Street, Suite 1105 (40202)
Phone: 502-583-1697

**University of Kentucky**
800 Rose Street, Lexington, KY 40536
Neurology, Phone: 859-323-5661 ukneurology.com
Craig van Horne, MD (Neurosurgeon) Phone: 859-323-1334
Greg Gerhardt, MD (Neurology Professor)
606-323-4531
John Slevin, MD—Movement Disorder Clinic
859-323-5661
COMPREHENSIVE CARE FOR MOVEMENT DISORDERS

Norton Neuroscience Institute and the Cressman Parkinson’s Center offer the region’s most comprehensive team of fellowship-trained neurologists, neurosurgeons and neuropsychologists. They strive to provide excellent care and improve the quality of life for people living with Parkinson’s disease and other movement disorders.

SPECIALISTS IN MOVEMENT DISORDERS
Mohammad S. Alsorogi, M.D., M.S., neurology; Bradley S. Folley, Ph.D., neuropsychology; Angela M. Hardwick, M.D., neurology; Justin T. Phillips, M.D., neurology; David A. Sun, M.D., Ph.D., neurosurgery

To schedule an appointment, call (502) 629-1234.
MEDICAL & SERVICE PROFESSIONALS
CARE & THERAPY SERVICES
These companies and professionals provide an array of services that help families create personalized, innovative care plans. The following abbreviations describe their services:

- CAR cardiopulmonary spec
- DLA daily living assistance
- FP financial planning
- HC homemaking
- MC memory care-assisted living
- NW nutrition/wellness
- OT occupational therapy
- SAF safe stride
- PC personal care
- PT physical therapy
- SN skilled nursing
- SO social work
- ST speech therapy
- TP transportation
- RC respite care

Caregivers / Home Care

Age Transitions
2300 Meadow, Ste 208 (40218)
www.agemeadow.com
502-992-0749
NW

BrightStar Care
400 Blankenbaker Pkwy, Ste 301 (40243)
www.brightstar.com
502-893-4700
DLA, TP, SN

CareSource
10200 Forest Green Boulevard Suite 400
Louisville, Kentucky 40223  502.213.4700

Caregivers Health Network
10140 Linn Station Rd (40223)
www.caregivershealthnetwork.com
502-423-4336 or 502-773-2223
DLA, NW, RC, SN, TP

Clarity Pointe Louisville
13700 English Villa Dr,
Louisville, KY 40245
502 354-4029
MC

FirstLight Home Care
1400 Browns Ln (40207)
www.homehealthlouisville.com
DLA, HC, RC

Home Instead Senior Care
4610 Taylorsville Rd,
Louisville, KY 40220
502-515-9515
www.homehealthlouisville.com
MC

Kindred at Home
680 South 4th St (40202)
www.gentiva.com
502-596-7733
CAR, OT, PT, SAF, SN, ST

Right at Home
221 Executive Park (40207)
www.louisville.rightathome.net
502-897-0580
DLA, HC, NW, RC

Senior Care Experts
145 Thierman Ln (40207)
www.srcareexperts.org
502-896-2316
HC, FP, NW, RC, TP

Silver Tree Home Care
10608 Watterson Center Ct., Ste. 102 (40299)
www.homecarelouisville.net
(502) 240-6464
Ask about LSVT!

Lee Silverman Voice Treatment - LOUD (LSVT LOUD) is one of the most widely practiced treatments for speech disorders associated with Parkinson’s disease. It will focus on increasing vocal loudness and has an intensive approach of one month. Speech therapy and specifically LSVT LOUD may improve voice and speech function in PD.
LEGAL & FINANCIAL

Kentucky Elderlaw, PLLC
920 Dupont Rd, Ste 200 (40207)
www.kyelderlaw.com
502-581-1111

Elder Law of Louisville
4500 Bowling Blvd, Ste 150 (40207)
www.elderlawoflouisville.com
502-410-5080

Schad & Schad Trial Lawyers
223 E Spring St (47150)
www.schadlaw.com
812-945-4555

Elder Advisers
4965 U.S. 42, Ste 1000 (40222)
800-763-7930

Alexander Investment Services
12701 Townepark Way # 303, Louisville, KY 40243
502-459-4414

MENTAL HEALTH
LOUISVILLE, KY

Seven Counties
101 West Muhammad Ali Blvd (40203)
www.sevencounties.org
502-589-8600
24-Hour Hope Now Hotline: 502-589-4313 or 1-800-221-0446
Make A First Appointment Call: 502-589-1100 or 1-800-264-8799

Edelson & Associates
www.edelsonandassociates.info
7511 New La Grange Rd (40222)
502-423-1151

Graven & Associates, PLLC.
421 Benjamin Ln, Ste. 202 (40222)
www.louisvillepsychologist.com
502-690-8024
CREATING A PERSONAL SUPPORT TEAM

No matter where you are in your treatment, it is important to have a Support Team. The following is a recommended list of a variety of individuals who can assist:

**Movement Disorder Specialist**
A neurologist who is trained specifically to treat movement disorders, such as Parkinson’s disease. Movement disorder specialists must complete their residency training in neurology and then complete additional training (a fellowship) in movement disorders.

**Physician/Neurologist**
Responsible for directing your care. They are seen as the lead in your treatment program and should be consulted if you have any questions or concerns.

**Nurse/Caregiver**
Helps with specific or daily personal care and needs.

**Physical Therapist**
Uses specially designed exercises and equipment to help patients regain or improve their physical abilities.

**Occupational Therapist**
Helps regain independence of daily activities.

**Speech Therapist**
Works to improve speaking, swallowing, reading and writing.

**Dietitian**
**Social Worker /Case Manager**
**Pharmacist**
**Chaplain/Spiritual Leader**
**Psychologist/Neuropsychologist**
**Legal and Financial Planners**

**Other Tips:**
Find a Support Group
Access Community Health Networks
Join a Clinical Trial
Attend Education Conferences
Adult day centers are community-based programs for adults who need supervision throughout the day. Centers provide structured activities to meet the physical, mental, social and/or emotional needs of the participant. Eligibility is based on assessment results with a sliding scale fee. Attendance is structured to meet the participant’s needs. Contact KIPDA (502) 266-5571 to complete an over-the-phone intake for yourself or a loved one to attend any of the centers listed below.

<table>
<thead>
<tr>
<th>Alternative Adult Day Center</th>
<th>HCM Adult Day Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>147 Wilma Ave (40229)</td>
<td>2000 Douglas Blvd (40205)</td>
</tr>
<tr>
<td><a href="http://www.alternativehc.org">www.alternativehc.org</a></td>
<td><a href="http://www.hcmss.org">www.hcmss.org</a></td>
</tr>
<tr>
<td>502-955-1750</td>
<td>502-459-4887</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tri County Comm. Action Agency Caring Adult Day Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>1015 Dispatchers Way (40031)</td>
</tr>
<tr>
<td><a href="http://www.tricountycaaky.org">www.tricountycaaky.org</a></td>
</tr>
<tr>
<td>502-222-1349</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ElderClub @ Oak &amp; Acorn Adult Day Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>631 S. 28th St (40211)</td>
</tr>
<tr>
<td>502-778-7418</td>
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</table>

<table>
<thead>
<tr>
<th>Fern Creek/Highview United Ministries Adult Day Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>9300 Beulah Church Rd (40291)</td>
</tr>
<tr>
<td>502-762-9612</td>
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</table>

<table>
<thead>
<tr>
<th>Multi-Purpose CAA</th>
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<tbody>
<tr>
<td>207 Washington St (40065)</td>
</tr>
<tr>
<td><a href="http://www.mpcaa.org">www.mpcaa.org</a></td>
</tr>
<tr>
<td>502-633-2218</td>
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<table>
<thead>
<tr>
<th>Southwest YMCA Adult Day Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>2801 Ford-Haven Rd (40214)</td>
</tr>
<tr>
<td>[<a href="http://www.ymcalouisville.org">www.ymcalouisville.org</a> › Southwest Family YMCA](<a href="http://www.ymcalouisville.org">http://www.ymcalouisville.org</a> › Southwest Family YMCA)</td>
</tr>
<tr>
<td>502-933-9622, ext. 234</td>
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<table>
<thead>
<tr>
<th>South Louisville Community Ministries Adult Day Center</th>
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</thead>
<tbody>
<tr>
<td>4100 Southern Pkwy (40214)</td>
</tr>
<tr>
<td><a href="http://www.slcm.org">www.slcm.org</a></td>
</tr>
<tr>
<td>502-365-6445</td>
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</tbody>
</table>
**ADULT PROTECTIVE SERVICES**

*KY Cabinet for Health and Family Services*

Family and Adult Consultative Services Branch (40621)  
chfs.ky.gov  502-564-7043  
Adult Protective and General Adult Services are directed toward preserving vulnerable individuals’ independence and/or protecting them from abuse, neglect and/or exploitation. Field staff who provide these services are located in each county at the Department for Community Based Services office.

**AREA AGING AGENCIES**

*Kentuckiana Planning and Development Agency (KIPDA)*

11520 Commonwealth Drive (40299)  
www.kipda.org  502-266-5571  
Provides regional planning, review and technical services in the areas of public administration, social services and transportation as well as community ridesharing programs. KIPDA also coordinates services for persons 60 years of age and over. KIPDA also coordinates services and/or people with disabilities, caregivers, and seniors.

*Louisville Metro Department of Community Services*

701 Ormsby Ave., Suite 201 (40203)  
Meals on Wheels (Metro Dept. Community Services Program)  
810 Barret Ave (40204)  
www.louisvilleky.gov/government/community-services  502-574-4377  
Provide information on community resources to aging and disabled citizens and the community at large. Educate community on needs of aging and disabled citizens; serve as resource for giving information and referrals to individual citizens; provide consultation to community groups on aging and disability issues.
Community & Social Services

ElderServe
300 East Market St, Ste 190 (40202)
www.elderserveinc.org
(502) 587-8673

Community & Social Services

Jewish Family and Career Services
2821 Klempner Way (40205)
www.jfcslouisville.org
(502) 452-6341

Metro United Way
www.metrounitedway.org
Dial 211 or 1-877-566-4968 to connect to various services

Housing

There are many housing options in Louisville. Following is a listing of companies. This is not an endorsement of any company.

Assisted Living Locators of Louisville
11006 Shady Hollow Dr (40241)
www.161.assistedlivinglocators.com
(502) 208-4072

Belmont Village Senior Living
4600 Bowling Blvd (40207)
http://www.belmontvillage.com
(502) 721-7500

Clarity Pointe Louisville
13700 English Villa Dr. (40245)
www.claritypointe.com
(502) 354-4029

ElderServe
300 East Market St, Ste 190 (40202)
www.elderserveinc.org
(502) 587-8673

Episcopal Church Home
7504 Westport Rd (40222)
episcopalchurchhome.org
(502) 736-7800

Forest Hills Commons
9107 Taylorsville Rd (40299)
www.ascseniorcare.com
(502) 499-5533

Franciscan Healthcare Center
3625 Fern Valley Rd (40219)
www.trilogyhs.com
(502) 964-3381

Friendship Health & Rehab
7400 Friendship Dr. (40056)
www.friendshipky.com
(502) 241-8821

Genesis Healthcare / specializing in Short Stay care & Long-term care.

Regis Woods,
4604 Lowe Rd, 40220;
phone: (502) 451-1401

Klondike Center,
3802 Klondike Lane; 40218;
phone: (502) 452-1579

Regency Center,
1550 Raydale Dr, 40219;
phone: (502) 968-6600
Green Valley Care Center
/private nursing home accepts
Medicare and Medicaid
3118 Green Valley Rd, New Albany (47150)
www.greenvalleycarecenter.com
(812) 945-2341

Helping Hands
Companion Care Services
2301 Hurstbourne Village Dr #100, (40299)
(502) 426-9783

Hosparus
3532 Ephraim McDowell Dr (40205)
www.hosparus.org
(502) 456-6200

Magnolia Springs East
8225 Whipps Mill Rd (40222)
www.magnolia-springs.net
(502) 855-7500

Nazareth Home
2000 Newburg Rd (40205)
www.nazhome.org
(502) 459-9681

Parkway Rehab
& Nursing Center
1155 Eastern Pkwy (40217)
www.parkwayrehabandnursing.com
(502) 636-5241

Trilogy Health Services
303 N Hurstbourne Pkwy #200 (40222)
www.trilogyhs.com
(502) 412-5847

Seneca Place
3526 Dutchmans Ln (40205)
www.senecaplace.com
(502) 452-6331

ADVOCACY

Medicare Access Network of Kentucky
www.medicarexaccessky.org

Partners In Parkinson’s
www.parkinsonpartners.org
Louisville Metro Parks

(AIR) Adaptive and Inclusive Recreation
1300 Heafer Rd (40223)
louisvilleky.gov/government/parks/adaptive-and-inclusive-recreation-air-formerly-adapted-leisure-activities
502-456-8148
Mon-Thur: 9:00AM-9PM—Fri: 1-6PM—Sat: 10AM-2PM

SENIOR CENTERS

Flaget Senior Center
4425 Greenwood Ave (40211)
louisvilleky.gov/government/parks/flaget-senior-centeramped
502-574-2831
Mon-Thurs: 9:00 a.m. to 12:00 p.m.
Fri: CLOSED

Wilderness Road Senior Center
8111 Blue Lick Rd (40219)
louisvilleky.gov/government/parks/senior-services
502-964-5151
Mon-Fri: 8:00AM-5PM

COMMUNITY & SOCIAL SERVICES — OTHER

Daniel H Ruckriegel Sr Center
10631 Watterson Tr (40299)
502-267-9112
Mon-Fri: 8:00AM-3:00PM

Louisville Free Public Library
301 York St (40203)
www.lfpl.org
502-574-1611
TRANSPORTATION & MOBILITY

DISABLED PARKING PERMITS

Applications for handicapped parking permits and plates are available at the County Clerk’s Office in Kentucky or the License Bureau in Indiana.

HANDICAPPED PARKING PERMITS

KENTUCKY
Jefferson County Clerk
www.jeffersoncountyclerk.org
502-574-4700

- Motor Vehicle & Boats
- Disabled Parking
- Obtain form from Clerk’s office (available online)
- Form needs physician’s signature and must be notarized
- Small fee

INDIANA
www.in.gov/bmv/2347.htm
Cathy Cousins, Customer Service
ccousins@cityofnewalbany.com

DISABLED PARKING SPACES

Residents of Metro Louisville and the City of New Albany can apply to have an Accessible Parking Zone (disabled parking space) installed to allow for accessible on-street parking near their home. Fees apply.

Louisville Metro Public Works Department
https://louisvilleky.gov/public-works
502-574-3893

City of New Albany (IN)
www.cityofnewalbany.com
812-948-5336
TRANSPORTATION & MOBILITY
MOBILITY & ASSISTIVE AIDES

Local Businesses

Gould’s Discount Medical
3901 Dutchman’s Ln #100 (40207)
www.gouldsdcountmedical.com
502-491-2000—ask about other locations

Zounds Hearing of Louisville
168 N. Hurstbourne Pkwy (40222)
zoundshearing.com/louisville 502-883-1090
Monday, Wednesday and Friday 9:00 – 5:00
Seen by appointment only 502-883-1090

Web-based Businesses

Free Rider USA
www.freeriderusa.com

In-Step Mobility Products, Inc.
Walking Aids Designed Specifically for Neurological Conditions
www.ustep.com
1-800-558-7837

LiftWare
www.google.com/liftware
(weekdays 6am–5pm PACIFIC TIME)
415-894-5438

Luggie Scooters
www.luggiescooters.com
877-701-0572

Speak Up for Parkinson’s—mobile app
https://itunes.apple.com/us/app/speak-up-for-parkinsons/id784117908?mt=8

Guardian Medical Monitoring
www.guardianmedicalmonitoring.com
Phone: 800-782-9688
enTECH @ Spalding University
845 South Third St (40203)
www.entech.spalding.edu
502-992-2448

As part of the Auerback School of Occupational Therapy, enTECH’s outreach is focused in the local area, region and state. enTECH has numerous programs and services to assist individuals who require alternative ways of participating in educational, community living and activities of daily living.

Kentucky Assistive Technology Network
8412 Westport Rd (40242)
www.katsnet.org
502-429-4460

The KATS Network serves as the Assistive Technology Act Program for the State of Kentucky. Our mission is to make assistive technology (AT) information, devices and services easily obtainable for people of any age and/or disability, their families, employers and employment service providers, educators, healthcare and social service providers.

Kentucky Assistive Technology Loan Corporation
275 East Main St (40621)
katlc.ky.gov
877-675-0195 (TOLL FREE)

The Kentucky Assistive Technology Loan Corporation (KATLC) offers low interest loans for qualified applicants with disabilities who need assistive technology. Working with its lending partner, Fifth Third Bank, KATLC can provide loans for modified vehicles, hearing aids, adapted computers, mobility devices, augmentative communication devices or any other type of equipment or home modification that will improve the quality of life or increase the independence of Kentuckians with disabilities.

Need a Ramp?
Ramps can be rented, purchased, pre-made or constructed. Unfortunately, many insurance plans provide limited funding for the cost of ramp installation. **The following organizations assist, but note, there may be extensive waiting lists (up to a year).**

Center for Accessible Living 502-589-6620
Lifespan Resources (New Albany IN) 812-948-6428
New Directions 502-589-2272
New Directions (New Albany IN) 502-719-7139
Jewish Family & Career Services
2821 Klempner Way (40205)
www.jfcslouisville.org 502-452-6341

JFCS has a Senior Consignor and a variety of services to meet the health, social, personal, transportation, housing and safety needs.

TARC 3
1000 W Broadway (40203)
ridetarc.org/tarc3-paratransit-forms
502-213-3217

TARC 3 Paratransit Service provides public transportation for people with disabilities who cannot use regular fixed-route bus service. TARC 3 Paratransit service is a shared-ride public transportation system, enabling routes and schedules to be structured to transport multiple passengers on the same vehicle to multiple destinations. Anyone who would like to check an address and is unable to utilize the interactive map or prefers not to use it is welcome to call the Paratransit Eligibility Office 502.213.3217 for assistance.

SOCIAL SECURITY MEDICARE - MEDICAID

U.S. Social Security Administration
601 West Broadway (40202) www.ssa.gov
(866) 716-9671

10503 Timberwood Cir, #50 (40223)

3700 Blackiston Blvd (47150)
(800) 772-1213

Passport Health Plan
Passport Health Plan (Passport) is a local nonprofit community-based health plan administering Kentucky Medicaid benefits. Member Services:
1-800-578-0603 | TDD 1-800-691-5566

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502.423.1348 FAX
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Changing Lives.

US WorldMeds
www.usworldmeds.com
PUTTING PATIENTS FIRST MEANS ALWAYS SEARCHING FOR WAYS TO TAKE ON ADVANCING PARKINSON’S DISEASE

Come learn about options available to those living with this disease, visit www.optionsforAPD.com
World-class rehab is just one step away.

KentuckyOne Health’s Frazier Rehab Institute has earned national recognition as one of the top rehab institutions in the region. Through a unique partnership between Frazier Rehab Institute and the University of Louisville Division of Movement Disorders, the Movement Disorders Program at Frazier Rehab and Neuroscience Center provides a comprehensive clinical approach to care for individuals with Parkinson’s disease and other movement disorders. This collaboration brings together world-class research with innovative therapeutic care and education.

For more information, visit KentuckyOneHealth.org/FrazierRehab.

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When it comes to choosing home health for your loved one, you want only the best … dedicated medical professionals with big hearts. Our skilled nurses and therapists enable patients to remain safe in familiar surroundings. Families trust us.

- Cardiac
- Pulmonary
- Diabetes
- Fall Prevention
- Orthopedic Rehabilitation
- Wound Care

www.kindredathome.com
<table>
<thead>
<tr>
<th>SUPPORT GROUP</th>
<th>LOCATION</th>
<th>FACILITATOR</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastern Parkway Group</td>
<td>Parkway Rehab &amp; Nursing Center 1155 Eastern Parkway Blvd, Louisville, KY 40217</td>
<td>Debbie Harper</td>
<td>First Monday, 10:00 a.m.</td>
</tr>
<tr>
<td>Evansville (PASATS) Group</td>
<td>Deaconess Hospital-Physician Center Room 350 ATTN: Anne Byrne/Oscar Ozete 520 Mary St, Room 350 Evansville, IN 47710</td>
<td>Anne Byrne/Oscar Ozete</td>
<td>First Tuesday, 5:30 p.m.</td>
</tr>
<tr>
<td>Atypical Group</td>
<td>Parkinson Support Center 315 Townepark Circle, Suite 100 Louisville, KY 40243</td>
<td>Dan Heins</td>
<td>First Tuesday, 6:30 p.m.</td>
</tr>
<tr>
<td>Floyd Memorial Group</td>
<td>Floyd Memorial Hospital-Paris Health Education Ctr. 1850 State St, New Albany, IN 47150</td>
<td>Donna Mattox / Linda Mand</td>
<td>First Tuesday, 6:30 p.m.</td>
</tr>
<tr>
<td>Nazareth Home Group</td>
<td>Nazareth Home Chapel 2000 Newburg Rd, Louisville, KY 40205</td>
<td>Amy Elzy</td>
<td>Second Tuesday 9:15 a.m.</td>
</tr>
<tr>
<td>South Louisville Group</td>
<td>St. Lawrence Church 1925 Lewiston Dr. Louisville, KY 40216</td>
<td>Helen Minor</td>
<td>Second Tuesday 9:30 a.m.</td>
</tr>
<tr>
<td>Fern Creek Group</td>
<td>Glen Ridge Health Campus 6415 Calm River Way, Louisville, KY 40299</td>
<td>Mary Killian</td>
<td>Second Tuesday 6:30 p.m.</td>
</tr>
<tr>
<td>Men’s Group</td>
<td>St. John Paul II Church 3042 Hikes Lane, Louisville, KY 40220</td>
<td>Dennis Whittington</td>
<td>Third Tuesday 10:00 a.m.</td>
</tr>
<tr>
<td>Frankfort Group</td>
<td>Thornhill Education Center 700 Leslie Ave. Frankfort, KY 40601</td>
<td>Lane Lewis</td>
<td>Third Tuesday 6:00 p.m.</td>
</tr>
<tr>
<td>Bardstown Group</td>
<td>Nelson County Public Library Community Rm 201 Cathedral Manor Bardstown, KY 40004</td>
<td>Jane Swarts</td>
<td>Third Wednesday 1:00 p.m.</td>
</tr>
<tr>
<td>Magnolia Springs East Group</td>
<td>Magnolia Springs East 13600 LaGrange Rd, Louisville, KY 40222</td>
<td>Cristi Lanham</td>
<td>Third Wednesday 6:30 p.m.</td>
</tr>
<tr>
<td>Young Onset Group</td>
<td>Gilda’s Club, Emily Room, 633 Baxter Avenue, Louisville KY</td>
<td>Scott Barber</td>
<td>First Thursday 6:30 p.m.</td>
</tr>
<tr>
<td>JFCS Care Partners Group</td>
<td>Jewish Family &amp; Career Services 2821 Klemmpner Way, Louisville, KY 40205</td>
<td>Connie Austin</td>
<td>Second Thursday 1:00 p.m.</td>
</tr>
<tr>
<td>Elizabethtown Group</td>
<td>HealthSouth Lakeview Rehab Hospital 134 Heartland Dr. Elizabethtown, KY 42701</td>
<td>Amanda Ball</td>
<td>Third Thursday 4:00 p.m.</td>
</tr>
<tr>
<td>St. Augustine</td>
<td>1310 West Broadway Louisville, KY 40203</td>
<td>Vernessa Autry</td>
<td>Third Saturday 11:00 a.m.</td>
</tr>
</tbody>
</table>

For Support Group information, please contact the Parkinson Support Center 502.254.3388 or outreach@parkinsoncenter.org
<table>
<thead>
<tr>
<th>EXERCISE CLASS</th>
<th>LOCATION</th>
<th>FACILITATOR</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move It or Lose It</td>
<td>Motion Studio (Indiana) 3211 Grantline Road New Albany, IN 47150</td>
<td>Amy Robinson</td>
<td>Mondays, 9:30 a.m.</td>
</tr>
<tr>
<td>Fight Back with Fitness</td>
<td>Parkinson Support Center 315 Townepark Circle, Suite 100 Louisville, KY 40243</td>
<td>Eric Richardson</td>
<td>Mondays, 6:30 p.m.</td>
</tr>
<tr>
<td>Let’s Dance</td>
<td>Bellarmine University Nolen Allen Hall, Room 110 2120 Newburg Road Louisville, KY 40205</td>
<td>Dr. Nancy Urbscheit</td>
<td>Tuesdays, 11:00 a.m.</td>
</tr>
<tr>
<td>Fight Back with Fitness</td>
<td>By Any Means Gym 1860 Mellwood Ave Studio 277 Louisville, KY 40206</td>
<td>Eric Richardson</td>
<td>Tuesdays, 12:00 p.m.</td>
</tr>
<tr>
<td>Yoga</td>
<td>Light Works Yoga Studio 205 Townepark Circle Louisville, KY 40243</td>
<td>Angie Megibben</td>
<td>Tuesdays, 4:45 p.m.</td>
</tr>
<tr>
<td>Aqua Class</td>
<td>Home of the Innocents 1100 E. Market Street Louisville, KY 40206</td>
<td>Benjamin Snyder</td>
<td>Wednesdays, 10:00 a.m.</td>
</tr>
<tr>
<td>Aqua Class</td>
<td>Home of the Innocents 1100 E. Market Street Louisville, KY 40206</td>
<td>Benjamin Snyder</td>
<td>Thursdays, 10:30 a.m.</td>
</tr>
<tr>
<td>Let’s Dance</td>
<td>Bellarmine University Nolen Allen Hall, Room 110 2120 Newburg Road Louisville, KY 40205</td>
<td>Dr. Nancy Urbscheit</td>
<td>Thursdays, 11:00 a.m.</td>
</tr>
<tr>
<td>EVEN Bigger</td>
<td>Southern Indiana Rehab Hospital 3104 Blackiston Boulevard New Albany, IN 47150</td>
<td>SIRH</td>
<td>Thursdays, 12:00 p.m.</td>
</tr>
<tr>
<td>Fight Back with Fitness</td>
<td>Parkinson Support Center 315 Townepark Circle, Suite 100 Louisville, KY 40243</td>
<td>Eric Richardson</td>
<td>Thursdays, 6:00 p.m.</td>
</tr>
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