



Weaving your “Safety Net”

*Resources and tips to stay well supported through life
with Parkinson's.*

Heather Balducci, LCSW

Social Worker,

Parkinson's Resources of Oregon



- 1. Resource Clearinghouses**
- 2. Community Engagement**
- 3. Home and Home Environment**

1. Resource Clearinghouses

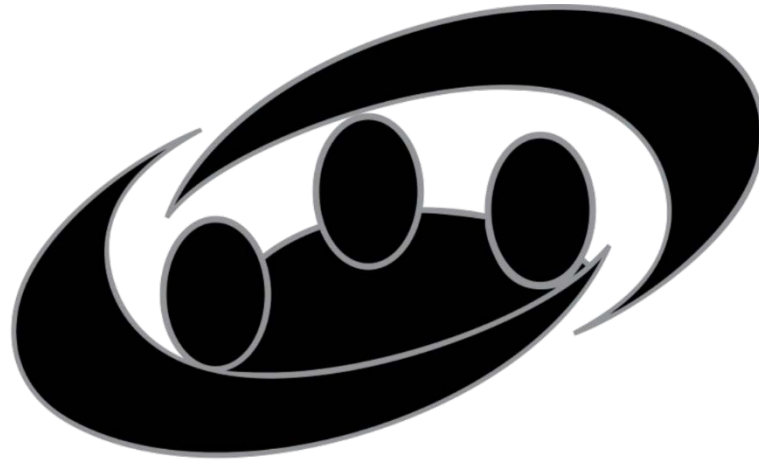
(Know where to go!)

2. Community Engagement

(Stay social!)

3. Home and Home Environment

(Stay safe!)



PARKINSON'S
RESOURCES

PRO Helpline

503-594-0901

Monday-Friday, 9-5pm

- Connection to Social Work
- Program Registration
- Supportive listening
- Assistance 'troubleshooting'
- We probably can't help you with that new iPhone, though. 🙄

Questions for Parkinson's Resources



Where do I find a counselor who understands PD?

Where can I find good information on PD that I can give my adult children?

Where can I find a support group with others at a similar stage of PD?

My PD is progressing, how do I make sure I have adequate support?



PARKINSON'S
RESOURCES
o f O R E G O N



ADRC

Aging and Disability
Resource Connection
— of OREGON —

**1-855-ORE-ADRC
(673-2372)**

www.adrcoforegon.org

Questions for Aging and Disability Resource Center



What programs
are available to
help me pay for
in-home care?

Where is my local
community center,
and what do they
offer?

How do I find
unbiased help in
selecting a
Medicare plan?

How do I connect
with my local
Veterans benefits
specialist?



www.retirementconnection.com

Keep a guidebook handy!



Retirement
Connection

Questions for Retirement Connection



Retirement
Connection

How can I compare
retirement
communities?

What are some local
caregiver agencies?

How do I find
community resources
for another disease
I'm managing?

How can I get a list
of rehabilitation
facilities?



www.211info.org

Or, dial “211”



Questions for 211 info



How can I get
help paying my
utility bill?

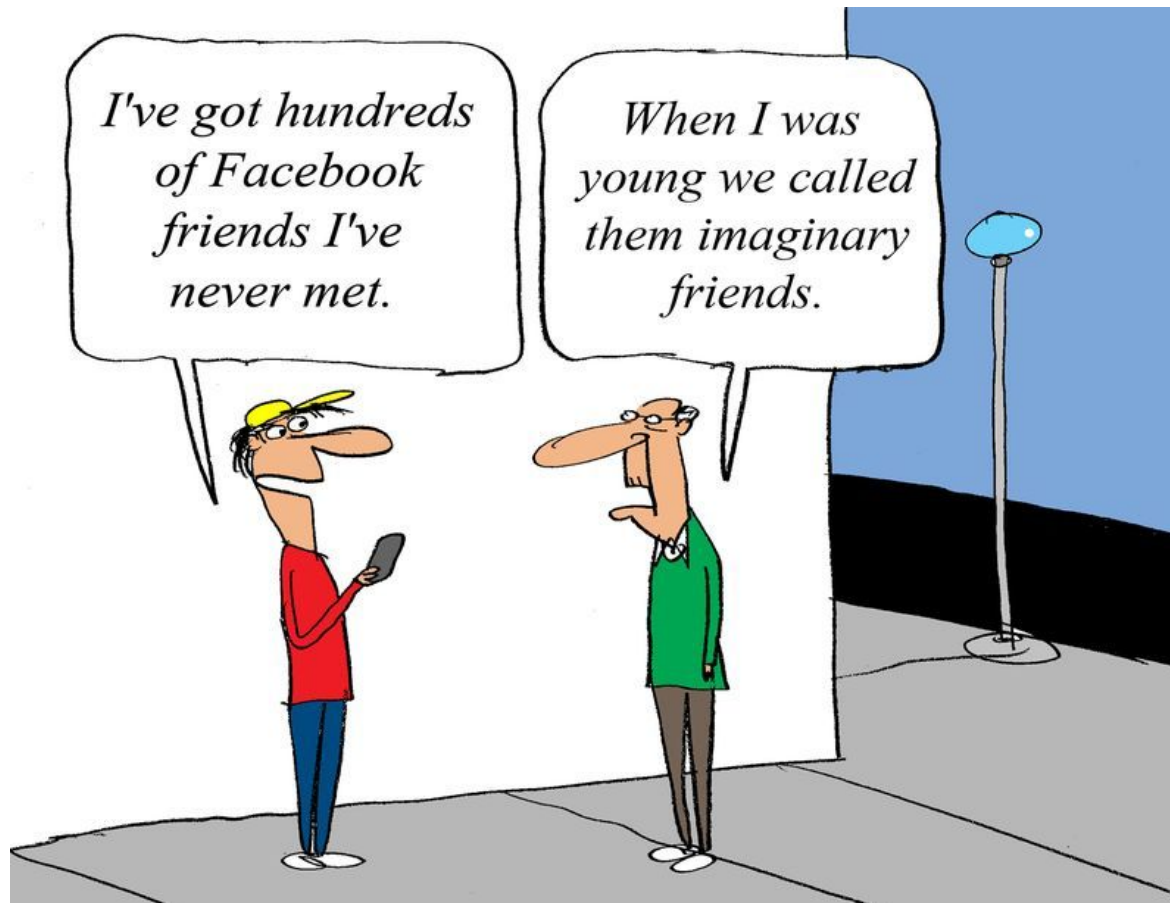
How can my
family member
with addiction get
help?

How do I get assistance in
inclement weather?



PARKINSON'S
RESOURCES
of OREGON

Why stay social?



Community Engagement:

1. Work or Volunteering
2. Social Centers
3. Socialization with care

Employment Resources:

Vocational Rehabilitation

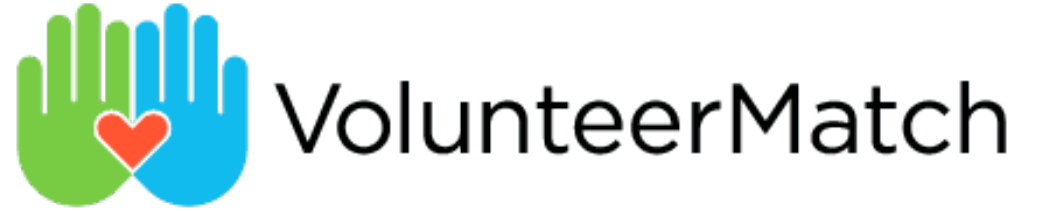
Job Accommodation Network

Senior-specific programs





Volunteering:



WHAT
are YOU
interested in ■

Social Activities / Social Centers:



1. Classes and Group Activities
2. Group Meal programs
3. Social Travel / Outings



What is your local community center?



Socialization with Care

- A great way to stay social and active as PD progresses
- Provides a break for family caregivers at a reduced cost



OAADS
Oregon Association of Adult Day Services
www.oaads.org



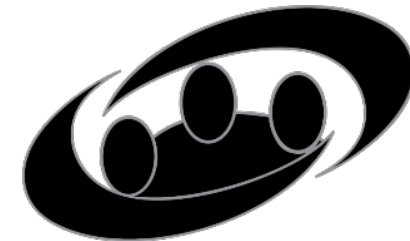
Getting there: Transportation



Home and Home Environment



*In-home Occupational or
Physical Therapy Evaluations –
Call your Doctor for a referral!*



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Home and Home Environment, contd.

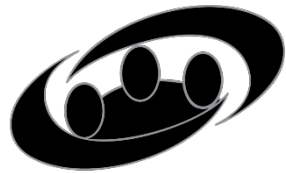


Advocacy and Care Placement



AGING (i)fe CARE™
ASSOCIATION

The experts in aging well.



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Member of

AADM
American Association of Daily Money Managers

What Else have YOU found helpful??

