

# Care Optimally Parkinson Education

A Training Program for Caregivers of Those  
Diagnosed with Parkinson's Disease



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.



# Program Provides Training & Resources for Caregivers

Care Optimally Parkinson Education (C.O.P.E.) is a free education and support-group program for caregivers of those with Parkinson's disease. C.O.P.E. — developed by a clinical social worker — provides an overview of the disease and offers valuable information about resources to assist you. Individual counseling sessions are also available on a short-term basis.

## Knowledge is Key

Receiving a diagnosis of Parkinson's disease can be overwhelming for both the patient and their family. "What does this mean?" and "What should I expect?" are common questions from caregivers. Knowledge is key — about the disease, treatments and resources — to understanding your new support role for a loved one. And making sure you're taking care of yourself along this journey is important, too.

## Program Topics

- Overview of Parkinson's and stages of the disease
- Care planning at each stage
- Managing medicines and available treatments
- Securing your care team
- Mood and cognitive changes



- Getting the most out of your doctor appointments
- Identifying community resources
- Patient advocacy
- Guilt, stress and negative thinking
- Intimacy and caregiving
- And more

## Convenient Locations

C.O.P.E. sessions are offered at several Central Florida locations. **Call the Parkinson Outreach Center at 407-303-5295** for exact locations, dates and times.