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
   \textit{(Know where to go!)}
2. Community Engagement
   \textit{(Stay social!)}
3. Home and Home Environment
   \textit{(Stay safe!)}
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.

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.

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.

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.

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.

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.

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?
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!
Questions for 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?
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?
Why stay social?

I've got hundreds of Facebook friends I've never met.

When I was young we called them imaginary friends.
Community Engagement:

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

Vocational Rehabilitation
Job Accommodation Network
Senior-specific programs
Volunteering:

VolunteerMatch

HandsOn
GREATER PORTLAND

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
Getting there: Transportation
Home and Home Environment

In-home Occupational or Physical Therapy Evaluations – Call your Doctor for a referral!
Home and Home Environment, contd.
Advocacy and Care Placement

OSRAA
Oregon Senior Referral Agency Association

AGING (ife CARE™
The experts in aging well.

Member of
AADMM
American Association of Daily Money Managers
What Else have YOU found helpful??

I CAN’T FIND IT ANYWHERE! IT’S JUST GONE!

WHENEVER I SEND MY KIDS TO FIND SOMETHING