

HOW IS NEXT STEP CLINIC DIFFERENT?

Patients and families living with Parkinsonism may face times where more help is needed. This may be during a period of symptom worsening, a need for more resources, a time when families feel particularly stressed or the need to talk and plan more about the future.

Our goal is to maximize quality of life, which is also known as a palliative care approach. To this end, you and your family caregiver will see a team of providers representing different disciplines all with special knowledge in dealing with advancing Parkinson syndromes.



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NEXT STEP CLINIC

OHSU PARKINSON CENTER

Our goal: improve your overall quality of life.

NEXT STEP CLINIC

FREQUENTLY ASKED QUESTIONS

HOW DO I GET REFERRED?

Your neurologist at the OHSU Parkinson Center can refer you to the clinic if you have Parkinson's disease or parkinsonism, such as multiple system atrophy (MSA), progressive supranuclear palsy (PSP), corticobasal ganglionic degeneration (CBD), or lewy body dementia (LBD).

DOES MEDICARE COVER MY VISIT?

The appointment is scheduled and billed as three visits (neurologist, physical therapist, speech therapist). Medicare will cover these visits as it would any other similar medical appointment. However, you can not be receiving home health therapy at the time of your visit in the team clinic.

WHO WILL I SEE IN THE CLINIC?

You will see a neurology provider, a social worker, a nurse, a physical therapist and a speech therapist. You will stay in one room and the staff will rotate through your room. They will discuss your needs as a team and then present you verbally and in writing with a plan of care based on your priorities at the end of your visit.

HOW LONG DOES THE VISIT LAST?

Your visit will take up to 2.5 hours. At the end of the visit you will receive a plan with recommendations. The recommendations will be based on what you tell us is most important to you and your family. You may be seen more than once depending on your needs.

WHO SHOULD COME TO THE APPOINTMENT?

The primary family caregiver and other family members who are involved in care should accompany you to the visit. Families are an important part of care and their needs will also be addressed.

WHAT DO I BRING TO THE APPOINTMENT?

You and your family caregiver will be asked to fill out important information to help us understand better what your goals are and how you are doing. Additionally, you should review and make sure your medication list is up to date. Since it is a rather long appointment, bring water and pills if you need to take them during that time.

OHSU PARKINSON CENTER

NEXT STEP CLINIC

WHY WOULD MY OHSU SPECIALISTS REFER ME TO NEXT STEP CLINIC?

The NEXT STEP CLINIC is based on a palliative care philosophy designed to help patients and families achieve quality of life with a focus on physical, emotional, and spiritual needs. The care provided includes patient and family meeting with a team of professionals to develop a plan of care based on what is most important to you.

OHSU Parkinson Center specialists refer their patients to the Next Step Clinic when they might be experiencing one or more of the following:

- changes in Parkinson's disease symptoms that are best helped by a team of professionals,
- family members feeling more stressed and need support and ideas about available resources,
- a diagnosis of a Parkinson plus syndrome (MSA, PSP, CBD, LBD), or
- a need for advanced care planning and planning for the future.

WHAT CAN NEXT STEP CLINIC DO FOR ME?

Our team can help you with:

- Physical symptoms
- Psychological symptoms including depression, anxiety and grief
- Cognitive issues including confusion, memory loss and behavioral changes
- Planning for the future and assistance with transitions
- Discussions regarding hospice and end-of-life care
- Counseling for spiritual, social and psychological concerns
- Referrals for community resources and support programs
- Coordinating care with other services
- Support for caregivers
- Communication issues between caregivers and patients