

Speaker/Topic Possibilities



- + **AARP representative**
- + **Area Agency on Aging representative:** resources, services offered
- + **Assisted living, group homes, memory care:** what they do; who they serve; services, costs
- + **Audiologist:** the importance of hearing well for physical and psychological/social health
- + **Constipation:** symptom of PD; how to prevent; how to relieve
- + **DBS (Direct brain stimulation) manufacturer representative**
- + **Drug sales representative:** can sometimes bring a physician to speak
- + **Elder Law:** attorney speaking about legal issues related to aging
- + **Emergencies:** falls, going to the emergency room, creating an emergency kit
- + **Forgetfulness**
- + **Getting out of bed, getting up from the floor, reducing risk of falls:** physical/occupational therapist
- + **Home health:** temporary medical care in the home
- + **Hospice:** easing late stage symptoms and addressing end-of-life care
- + **Hospital:** MD, RN, dietitian, therapist, social worker, discharge planner, navigator
- + **Lack of motivation:** apathy as a symptom
- + **Long term planning:** financial options, lifestyle choices, care needs, legal situations
- + **Marijuana & derivative products**
- + **Medicaid / Medicare / Veterans' Benefits**
- + **Medicare expert:** during open enrollment
- + **Meditation instructor**
- + **Mood:** depression and anxiety as symptoms
- + **Movement Disorder Specialist and/or neurologist who sees many PD patients**
- + **Music / drumming / singing:** therapist/music teacher
- + **Neuro-psychiatrist:** clinical/medical
- + **News from the local hospital:** representative to discuss admissions changes, ER information, new MDs, new services, etc.
- + **Non-medical home care agencies:** help in the home with activities of daily living – dressing, bathing, shopping, light housework, companionship, eating, food preparation, etc.
- + **Nutrition & dietary:** food & medications interactions, food textures, weight loss
- + **Ophthalmologist:** how PD affects the eyes and vision

Remind guest speakers to answer the questions: **WHO, WHAT, WHERE, WHEN, WHY and HOW.** If they do not, leader should be sure this information is revealed.

When possible, consider including an experiential activity related to the meeting's topic. Always keep the safety of those attending in mind by cautioning everyone to only participate as they feel capable and confident.

TIPS

- + **Orthopedist:** arthritis, postural instability, back health, ambulation
- + **Pain specialist:** neuropathy, dystonia, internal pain, stress, postural
- + **Palliative care:** focused on comfort and quality of life
- + **PD-specific exercise therapies:** PWR, BIG & LOUD, dancing, Rocky Steady boxing, personal training
- + **Pelvic floor (bowel/bladder) management**
- + **Pharmacist:** services, assistance, Medicare & Medicaid, Part D
- + **Psychologist:** social/behavioral
- + **Registered dietitian**
- + **Rehabilitation hospital:** how they are different from acute hospital and skilled nursing
- + **Relating to adult children in the family**

- + **Relating to young children in the family**
- + **Retirement community:** various choices and how they're structured, costs, services
- + **Senior Center/Recreation Center representative**
- + **Skilled Nursing facility:** care offered, how they are different from a hospital, Medicare regulations
- + **Sleep specialist:** PD related, sleep apnea, REM Sleep Behavior Disorder
- + **Social Worker:** overview of services
- + **Tai Chi (modified)**
- + **Therapists:** Physical, Occupational, Speech, Music, Dance, Psychological
- + **Urologist:** incontinence and sexual function
- + **Veterans Affairs representative:** VA benefits, services, procedures, including long term care

- + **What to expect when you go to the hospital**

- + **Word finding difficulty**

- + **Yoga teacher (modified)**

- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____
- + _____

Group Discussion Topics (no speaker)

See our **Support Group Meeting Makers** for more ideas!

- + Birthdays / Birth City
- + Blessing / gratitude derived from living with the disease
- + Bucket List – what you’ve done and what you have yet to do
- + Watch/listen to a PMD Alliance video talk, then discuss (www.pmdalliance.org/video-archive)
- + Review a scientific article
- + Famous people you have met
- + Funny stories related to an experience with the disease
- + Devices that help make motor symptoms easier to cope with (spoons, plates, cups, pillows, etc.)
- + Professional accomplishments
- + Tips to stay safe at home (grab bars, railings, remove clutter, lighting, stairs, pets, flooring and rugs, etc.)
- + Symptoms – the most aggravating; ones that have disappeared
- + What you are most proud of
- + Your favorite travel experience
- + Looking back – before diagnosis, did you experience symptoms that you now know are part of the disease (i.e. depression, constipation, mood swings, loss of sense of smell, etc.)?
- + Last good book you read
- + Favorite food + _____
- + What you do for fun + _____
- + Hidden talent + _____
- + + _____
- + + _____