

Parkinson's Disease Legal Survival Guide

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Introduction:

Parkinson's disease (PD) is a neurological disorder that affects movement. It is caused by the loss of nerve cells in a part of the brain called the substantia nigra. These cells produce a chemical called dopamine, which helps control movement. When these cells die, the brain does not have enough dopamine, and this leads to the symptoms of PD.

The symptoms of PD can vary from person to person, but they often include tremors, slowness of movement, stiffness, and difficulty with balance and coordination. PD can also affect speech, swallowing, and thinking.

There is no cure for PD, but there are treatments that can help manage the symptoms. These treatments include medication, surgery, and physical therapy.



Living with Parkinson's Disease

Living with PD can be challenging, but it is important to remember that you are not alone. There are many resources available to help you cope with the disease and live a full life.

One of the most important things you can do is to stay informed about PD. There are many books, websites, and support groups available that can provide you with information about the disease and its treatments.

It is also important to stay active. Exercise can help to improve your symptoms and reduce your risk of complications. Talk to your doctor about what type of exercise is right for you.

You may also want to consider joining a support group. Support groups can provide you with emotional support and practical advice from other people who are living with PD.

Resources:

There are many resources available to people with Parkinson's disease (PD). Here are a few of the most helpful:

- **The Parkinson's Foundation** is a leading organization dedicated to improving the lives of people with PD and their families. They offer a variety of resources, including a helpline, educational materials, and support groups.
- **The Michael J. Fox Foundation** is another leading organization that funds research and provides support to people with PD. They offer a variety of resources, including a website with information about the disease, a helpline, and a variety of online support groups.



- **The National Parkinson Foundation** is a nonprofit organization that provides support and education to people with PD and their families. They offer a variety of resources, including a helpline, educational materials, and support groups.



- **The Parkinson's Disease Foundation International** is a nonprofit organization that provides support and education to people with PD and their families around the world. They offer a variety of resources, including a helpline, educational materials, and support groups.

Living with PD can be challenging, but there are many resources available to help you cope. By taking advantage of these resources, you can live a full and active life with PD.

Famous People Who Have Had Parkinson's Disease



There are famous people who have had Parkin's disease such as the following:

- Muhammad Ali, boxer
- Michael J. Fox, actor
- Alan Alda, actor
- Billy Connolly, comedian
- Neil Diamond, singer
- Pope John Paul II, former pope
- Janet Reno, former U.S. Attorney General
- Linda Ronstadt, singer
- Ozzy Osbourne, musician
- Glenn Tipton, musician
- Davis Phinney, cyclist
- Billy Graham, evangelist
- Dave Jennings, sportscaster
- Richard Lewis, comedian
- Leonard Maltin, film critic
- Knowlton Nash, journalist
- Ian Holm, actor

- Bob Hoskins, actor
- Rev. Jesse Jackson, civil rights leader

These individuals are just a few of the many famous people who have been diagnosed with Parkinson's disease. They have all spoken out about their experiences with the disease, and they have helped to raise awareness of Parkinson's disease and its impact on people's lives.

Care Planning:

A care plan should be established for the person who has been diagnosed with Parkinson's disease. The care plan will vary depending on the individual's needs. However, the interventions listed are common and can be helpful in managing the symptoms of Parkinson's disease.

It is important to note that this is just a sample care plan. The specific care plan for a person with Parkinson's disease will need to be tailored to the individual's needs. If you are caring for a person with Parkinson's disease, it is important to work with their doctor and other healthcare professionals to develop a care plan that is right for them.

Goals:

- To help the person with Parkinson's disease maintain their independence and quality of life.
- To provide support and education to the person and their caregiver(s).
- To prevent complications of Parkinson's disease.

Interventions:



- **Medication management:** Monitor the person's medication use and side effects. Help them to adjust their medication as needed.
- **Physical therapy:** Encourage the person to participate in regular physical therapy exercises. This will help to improve their range of motion, strength, and balance.
- **Speech therapy:** Speech therapy can help the person with Parkinson's disease to improve their communication skills. This can be helpful if they have difficulty speaking or swallowing.
- **Occupational therapy:** Occupational therapy can help the person with Parkinson's disease to adapt their home and work environment to their needs. This can help to reduce the risk of falls and injuries.
- **Social support:** Provide the person with Parkinson's disease and their caregiver(s) with emotional support and information about the disease. This can help them to cope with the challenges of Parkinson's disease.

Evaluation:

- Monitor the person's progress at regular intervals.
- Make adjustments to the care plan as needed.

Resources:

- The Parkinson's Foundation: <https://www.parkinson.org/>
- The National Parkinson Foundation: <https://www.parkinson.org/>
- The American Parkinson Disease Association: <https://www.apdaparkinson.org/>

Estate Planning:

If you have been diagnosed with Parkinson's disease, it is important to create an estate plan. An estate plan is a legal document that outlines your wishes for your property and assets after your death. It can also appoint someone to make financial and health care decisions on your behalf if you become incapacitated.



Creating an Estate Plan

There are a number of different estate planning documents that you will need to create, depending on your individual circumstances. Some of the most common estate planning documents include:

- **Revocable Living Trust:** A revocable living trust is a legal entity that can be used to hold your property and assets. Trusts can be used to avoid probate, provide for your loved ones, and protect your assets from recoupment by Medi-Cal.
- **Financial Durable Power of Attorney:** The financial power of attorney is a legal document that gives someone else the authority to make financial decisions on your behalf if you become incapacitated.
- **Health Care Directive To Physicians:** A health care directive to physicians is a legal document that states your wishes for your medical care if you become unable to make decisions for yourself.

Specific Considerations for People with Parkinson's Disease

When creating an estate plan, people with Parkinson's disease should consider a number of specific factors, including:

- **The cost of long-term care:** Long-term care can be very expensive, and people with Parkinson's disease are more likely to need long-term care than the general population. Your estate plan should include provisions for paying for long-term care.

Conclusion

Creating an estate plan is an important step for anyone, but it is especially important for people with Parkinson's disease. By creating an estate plan, you can ensure that your wishes are carried out after your death and that your loved ones are taken care of.

Take Action Now:



If you have been diagnosed with Parkinson's disease, it is important to speak with an estate planning attorney as soon as possible. An estate planning attorney can help you to understand your options and create an estate plan that meets your specific needs.

Here are some of the benefits of creating an estate plan if you have Parkinson's disease:

- You can ensure that your assets are distributed according to your wishes.
- You can appoint someone to make medical decisions for you if you become incapacitated.
- You can avoid probate court, which can be a lengthy and expensive process.
- You can provide peace of mind for your loved ones.

If you have any questions about estate planning, please do not to contact us.

Sincerely,
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