



Parkinson's Care at Home



What is Parkinson's Care?

Parkinson's disease is a progressive neurological condition which affects movement. A reduction in the number and functioning of brain nerve cells causes a deficiency in specific chemicals and this affects the brain's ability to transmit information.

What are signs and stage of Parkinson's?

There are no specific tests to diagnose Parkinson's disease that currently exist. If you are conscious that you are potentially suffering from the disease, you should see a specially trained Nervous System Conditions Doctor (Neurologist). The Neurologist can then diagnose Parkinson's Disease based on your signs, symptoms, physical examination and medical history.

The most common symptoms of Parkinson's are:

- Tremor (shaking)
- Slowness of movement
- Rigidity (stiffness)
- Bladder and bowel problems
- Eye problems
- Falls and dizziness
- Freezing
- Pain
- Restless legs syndrome
- Skin, scalp and sweating problems
- Problems with sleep
- Speech and communication problems
- Problems with swallowing

During the initial stages of Parkinson's, the symptoms are usually mild and treatment is not necessary. However, it's important to be in regular contact with your specialist so your condition can be monitored closely. A specific care plan should be agreed with your healthcare team and your family or carers.

Parkinson's?

The main Parkinson's symptoms directly impact physical movement. The most common Parkinson's sign is tremors or general shaking that usually begins in the arms or hands. As time passes, it can become harder to perform everyday tasks as physical movements become slower. This is known as Bradykinesia, often resulting in a distinctive and small stepped shuffling walk.

Muscle stiffness and tension can also occur in the muscles which makes it more difficult for sufferers to move around, walk and make facial expressions. Severe cases can also result in painful muscle cramps known as dystonia.

Other physical Parkinson's symptoms includes loss of automatic movements such as blinking and smiling. If your loved one is struggling to express their emotions, do not take this personally as this may be out of their control.

Changes in speech can also make it harder for Parkinson's sufferers to communicate efficiently as words may become slurred.

Individuals with Parkinson's disease may also face posture and balance problems as it becomes harder to control general movement. This means there's a greater risk of injury through falling.

Another symptom of Parkinson's disease is swallowing, chewing and eating problems that appear in various different forms. The body can easily become malnourished as natural appetite decreases and it is harder to prepare food for oneself. Having a helping hand around to safely provide nutritious daily meals can improve the overall health for those with Parkinson's whilst dramatically decreasing the risk of danger.

Parkinson's sufferers may also face sleeping problems such as insomnia, in return this can cause excessive sleepiness throughout the day time and general fatigue, making it harder to perform everyday tasks.

Can you live a normal life with

What is the best care for

Parkinson's?

If you are struggling to maintain personal hygiene and complete important household tasks then it would be highly recommended to consider live-in or visiting care services. One to one support and specialist care tailored around individual needs can greatly enrich a Parkinson's sufferers quality of life and improve overall happiness.

Depression is common for those with Parkinson's as the uncertainty can lead to decreases in mental health. It's important to remember that you are not alone in these circumstances. There are many areas of support and treatment that can help you overcome this and become stronger, be sure to discuss this with your GP.

Trinity recommend that those who are suffering from Parkinson's disease continually discuss the severity with a general practitioner. The GP can then decide upon potential solutions to your problems. If you are facing thinking difficulties or confusion then you should reach out for help instantly. A lack of awareness of what's happening in your close surroundings can substantially increase the chances of injury and danger.

How does live-in care help?

- Full-time care in the comfort of home
- 'Outstanding' rated care, so you know you're in safe hands
- One-to-one support with your daily routine
- Support with personal care such as washing, dressing and any continence care (if required)
- Someone to prepare your favourite nutritious meals
- Confidence that medication is taken at the right times of day
- Someone to accompany you to medical appointments or social outings
- Companionship, friendship and reassurance
- Someone to enjoy your hobbies, activities and crafts with
- Someone to take care of the housekeeping

and ensure your home is clean and comfortable

- Safety – live-in care results in fewer falls and less dangerous injuries and hospital admissions than a care home
- Better value for money than a care home
- Our private carers help you stay at home with your partner and loved ones
- Support, peace of mind, and advice for you and your loved ones
- A new lease of life

Talk to us today

At Trinity Homecare, our ultimate goal is to enrich your lifestyle in the comfort and familiarity of your own home. This allows you to live the independent lifestyle that you love without the daunting thought of moving into a care home. We are here to support you with various different forms of live-in care.

Call us now on **0207 183 4884** in confidence for a free no obligation quotation.

Support from Trinity Homecare

At Trinity Homecare, we have been providing our high-quality live-in care service trusted by families across England for over 25 years.

Our multi award-winning care is focused on enabling independence and enriching lives, so that people can stay safely and happily in the comfort of their own home and avoid a disruptive move into a care home.

Families benefit from reassurance and peace of mind that their loved one is receiving the very best care provided by a dedicated team of carers.

Here are a few reasons as to why our clients choose Trinity Homecare:

Live-in care rated 'Outstanding'



Our established service is regulated by the Care Quality Commission (CQC) in England and has achieved the highest 'Outstanding' rating for the quality of care we provide. Only 4% of home care companies in England have achieved this rating.

This means that you can be assured that you are receiving the very highest standards of care at home.

A responsive and flexible service



We appreciate that circumstances may mean you need to put care in place quickly. Our expert care team can set up live-in care in as little as 24 hours, sometimes sooner.

We will work with you and your family to ensure you have the right care team in place exactly when you need it.

A trusted homecare service



We know how important trust is when choosing a live in care provider.

Many of our families, who trust us to provide high quality care to their loved ones, have happily shared their experiences of our service on the rate and review websites like homecare.co.uk, giving us a 5 star rating.

Continuity of care



We have a dedicated team of carers some of whom have been working for Trinity for many years. This means they are committed to us, as we are to them which means they stay with us longer.

For families this means that you get continuity and consistency of carers supporting your loved one, minimising disruption to daily life.

Visibility of the care you receive



Our digital platform TrinityConnect enables us to proactively monitor and manage the care we provide. Families can see the care plan, care notes and all records relating to the care provided. These are regularly reviewed and updated by carers and care managers via an app, enabling effective monitoring and control. These insights provide families with a much needed and reassuring window into the care their loved one receives.

Local care teams close to you



Whilst we operate throughout England, our live-in care service is delivered locally to you. Our care management team support carers and families on a regional basis, ensuring the highest levels of monitoring and support, whilst ensuring a personalised approach to care delivery.

A fully managed service



With our fully managed service, you can enjoy peace of mind and a hassle-free care experience. Our dedicated team of carers is supported by experienced Care Managers around the clock, ensuring that you receive the highest quality of care. This means you won't have to worry about managing the carer and arrangements yourself.

Our fully managed service takes this burden away, allowing you to spend quality time with your loved one.



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