

2019 Hope Conference

Turning the “Impossible” into the Possible.

May 24 & 25, 2019

You will need to choose two (2) breakout sessions plus one (1) alternative when registering.



Breakout Session Choices

Session #	Title	Description	Presenter
01	Fitness, Frailty, and PD	An in depth look at how fitness is related to Parkinson disease and frailty. This session will look at answering: What is common about fitness and frailty in Parkinson's? What is the frailty scale?	Dr. Naheed Rajabali , BSc (Hon), MSc, MD, FRCPC
02	OH POOP!	Constipation is a common occurrence in Parkinson disease. This session will cover the medication connection with your poop, why pooping is so important, what is a good poop, and so much more.	Charlene Heavener , RN
03	Recognizing and Managing Behavioural Changes in PD	Parkinson disease is complex and often include behavioural changes in addition to the physical symptoms. This session will help attendees understand the complex interplay of the disease and its treatment.	Dr. Jorge Perez-Parada , MD, FRCPC (Psychiatry)
04	Planning for Future Possibilities	Many of us put off planning for our future or do not address all the areas that require consideration. This session will introduce you to the areas needed to develop a comprehensive future.	Kathryn Brosseau , BSW, RSW
05	Your PD Brain on Exercise: Effects and How To's	An interactive discussion on exercise with a focus on the principles of: consistency, activation, FUNction, manipulation or motor patterns, and quality of life.	Cari Cooke , PT
06	The 5 “W”s of DBS	This session takes an in depth look at the surgical option of Deep Brain Stimulation (DBS) for Parkinson's. Asking: Who? What? When? Where? and Why?	Michelle Waldron , RN, BScN