

The STEP Program *at Youville House*



Partnering with you
every STEP of the way.

YouvilleHouse  YouvillePlace
Assisted Living Residences

The Four Pillars of the STEP Program

Support

Training

Education

Physical Movement



Understanding Parkinson's Disease

Parkinson's disease is a progressive neurological illness affecting the nerve cells in the brain that produce dopamine. Symptoms vary and can be difficult to recognize in the early stages. People with Parkinson's commonly have trouble with muscle movement, walking, coordination, balance, speech, sleep and facial expression. Symptoms can be treated and alleviated through medication, group support, specialized physical therapy and a variety of physical exercises.

The STEP Program at Youville House

The STEP program is a holistic approach to Parkinson's care that incorporates "four pillars": support, training of staff, education and physical movement. This program was developed at Youville House to promote the emotional and physical well-being of people in our community living with Parkinson's disease.

Parkinson's Support Group

For those living with the challenges of Parkinson's disease, regular group support can have an enormous impact on morale and emotional wellness. Participants benefit from the opportunity to establish a network, share information and process their experiences with peers who understand what it's like to have Parkinson's disease.



Medication on Time



Our wellness team understands how important medication is for symptom management. We go out of our way to ensure residents receive Parkinson's medication on time, all the time.

Moving Day Boston

Youville is an annual sponsor for Moving Day, a nationwide celebration of movement organized by the Parkinson's Foundation. In Boston, participants gather at Artesani Park to walk, support one another, engage in movement programs and raise funds for Parkinson's research and advocacy.



Crescendo Chorus

Crescendo Chorus targets oral, motor, respiratory and vocal strength - through group singing! Members utilize LSVT Big and Loud protocol and diaphragmatic breathing while enjoying the benefits of neurological music therapy. No previous singing experience is required.

Struthers Site Champions

All staff receive two hours of dedicated Parkinson's training from Youville leadership who have been certified as Struthers Site Champions through the Struthers Parkinson's Care Network. Site Champions provide ongoing training and mentorship for select employees who are chosen to become Staff Ambassadors. Staff Ambassadors receive a minimum of four hours of annual Parkinson's training, bringing new, critical skills to their roles as care providers and team members at Youville.



Parkinson's Foundation Team Training



Parkinson's Foundation

The Team Training program features a combination of online courses, interactive virtual sessions and offers an intensive curriculum. The Team Training faculty consists of an interdisciplinary team specialized in treating Parkinson's as leaders in their respective disciplines.

Youville maintains a core group of Parkinson's experts on staff who have completed the Parkinson's Foundation Team Training program. This program was designed to increase knowledge about Parkinson's disease and build capacity for comprehensive, interprofessional care.

Let Youville be your Parkinson's Support Resource. Call Yanira Burgos at 857.600.6501 to learn about PD services available in your community.

Parkinson's Conference

Youville House hosts an annual Parkinson's Conference featuring expert speakers in the fields of neurology, Parkinson's care and Parkinson's research. The conference is intended for anyone living with Parkinson's disease, as well as care partners, family and friends. Attendance is always free and open to the public.



Parkinson's Classroom



Organized by Youville's Parkinson's Program Liaison, Parkinson's Classrooms are scheduled throughout the year to connect leaders and providers of Parkinson's support services to the Parkinson's community. A Parkinson's Classroom may feature a innovative, therapeutic approach to art; a lecture about Deep Brain Stimulation from a visiting neurologist; or an introduction to Dance, Tai Chi or Boxing.

Struthers Membership Benefits

As members of the Struthers Parkinson's Network, Youville has access to a wide array of educational resources, including:

- Annual multi-day trainings for new Site Champions
- Twice yearly on-site visits from the Struthers Development team to collaborate on Parkinson's initiatives, review best practices and gain valuable feedback on programs at Youville
- Access to a wide array of accomplished speakers and experts through the Struthers network for events throughout the year

Be sure to join us in November for our annual Parkinson's Conference!

Fox Rehabilitation Physical & Occupational Therapy for PD

In partnership with Fox Rehabilitation, Youville offers an array of in-house physical and occupational therapy services for residents living with Parkinson's disease. Therapists work with residents on an individualized basis, using a multi-disciplinary approach to address coordination, physical strength, fall risks, cognitive wellness, voicing and effective medication use. Fox offers the services of a specialized speech therapist certified in the LSVT "Big and Loud" Program, a high effort speech treatment that has been shown to improve vocal loudness in Parkinson's patients.



Ageless Grace

Parkinson's disease has a particularly devastating effect on the neural pathways of the brain. Ageless Grace is a series of physical exercises designed to stimulate neurogenesis, the creation of new neural pathways. Most Ageless Grace sessions are 10 minutes long and performed seated in a chair. Seating ensures that people of all abilities can perform the movements, while also engaging the core muscles that support the spine and limbs. More importantly, the movements are unfamiliar, which is key for stimulating neurogenesis. As the brain works to figure out how to perform movements that normally assume a standing posture, new neural pathways form. Ageless Grace classes are taught by a certified instructor on the Youville leadership team.



Dance with Parkinson's

"Dance with Parkinson's" helps liberate movement and reconnect mind and body in the joyful setting of a dance class. Each session includes a live musician and specially trained instructor with extensive knowledge of how Parkinson's disease affects movement. Classes are tailored for participants based on mobility limitations and people of all abilities are welcome. Participants report improvements in range of motion, balance and mind-body coordination.



Drumming with SoulWorks Rhythm



For centuries, drumming circles have been catalysts for lively celebration, community building and self-transcendence. More recently, drumming has been associated with physiological benefits like lower blood pressure, stress relief and improved coordination. Participants in this program learn the basics of drumming and musically collaborate in a supportive group setting. SoulWorks Rhythm instructors provide an array of drums and guide the group through traditional drumming techniques.

Meet Our Parkinson's Experts



Yanira Burgos

Director of Community Relations

Yanira is the Parkinson's Program Liaison at Youville and sits on the Parkinson's Foundation Moving Day Committee. She has served as emcee for Moving Day for two years. As a certified Struthers Site Champion, Yanira oversees Parkinson's training for staff. She also organizes an annual Parkinson's Conference and numerous Parkinson's Classrooms at Youville.



Kathleen Kelleher, MDiv, BCC

Director of Mission and Spiritual Care

Kathleen facilitates the monthly Parkinson's Support Group at Youville House and is certified through the Parkinson's Foundation Team Training program. A board-certified chaplain, she is available to provide emotional or spiritual support for all residents and families.



Lydia Kirunda, LPN

Director of Wellness

Lydia serves as Director of Wellness for Youville House. As a certified Struthers Site Champion, she is instrumental in providing ongoing Parkinson's training to Youville staff and is a reliable resource for residents and families.

Youville House Assisted Living Residences

1573 Cambridge Street | Cambridge, MA 01238 | 617.491.1234

www.youvilleassistedliving.org

