

CNS Parkinson's Training & Learning Camp Portugal

Making sure your health comes first



Intensive rehabilitation and educational programme for individuals with Parkinson's Disease and their families

Increasing research suggests that intensive training and exercise can provide both short and long-term benefits to individuals with Parkinson's Disease. However, given the variety of rehabilitation programs available, choosing may be difficult. Engaging in regular exercise may thus require finding the program that fits the patient's needs and preferences in order to sustain motivation across time and benefits in the long-term.

2016 dates: March 27-April 2, June 26-July 2, September 4-10

Duration: 7 days, 5 to 6 hours of activities per day

Includes a brief assessment at arrival, [exercise sessions](#), [educational workshops](#) and discussions, and social patient/family interaction

The exercise programme is provided in two levels of intensity for a better fit to each individual

Arranged in groups of [4 to 20 participants](#)

Held in [English](#)

Held in the Campus, the beach or other selected locations

Brief assessment of each participant:

Gait measurement on a ZENO Walkway

Timed up-and-go tests

Sit-to-stand tests

Unified Parkinson's disease rating scale (UPDRS) scores

MedicalPort

MEDICAL SOLUTIONS ABROAD

Exercise programs specific to Parkinson's Disease:

LSVT BIG and PWR program
Nordic walking
Multitask cognitive and motor programs
Hydrotherapy and Ai Chi
Ronnie Gardiner Method
Dance for PD
CNS Drum Dance
Adapted Parkinson Boxing Aerobic

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Educational sessions explore questions and strategies for better management of daily issues:

Medication issues	Sleep disturbance
Common misconceptions about PD	Exercise, speech, swallowing and diet tips
Balance and falls	Non-motor issues

Social activities supervised by health professionals for PD patients and caregivers:

Two tours, Lisbon and other selected location
Social and training activities on the beach (or similar selected locations)
Gym training, for family members and those with specific preferences

The program includes:

- > Stay in CNS apartments
- > Three daily meals and midday snack
- > Two tours (Lisbon and other selected location)
- > Transportation and facilitation of tours, supervised by health professionals
- > Around-the-clock nursing support
- > TV and wireless internet
- > Transportation from and to Lisbon or Lisbon's Airport

Exclusions:

- > Travelling arrangements to and from Lisbon or Lisbon's Airport