

CNS Parkinson Training & Learning Camp

in the Portuguese Sunshine



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.

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

CNS Parkinson

Training & Learning Camp

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

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

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

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

Two tours, Lisbon and other selected location - an opportunity to practice gait 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

Please contact us if you have further questions:

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