

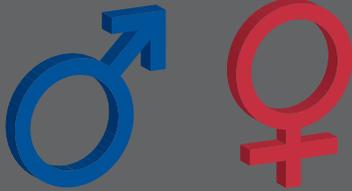
A Plan for Parkinson's in Ontario:

Parkinson's is a complex disease that impacts every area of a person's life. Simple solutions can create significant changes for Ontarians by improving health outcomes and reducing unnecessary health care spending.



Parkinson's by the Numbers

Who gets Parkinson's



Male 54%

Female 46%

40,000*

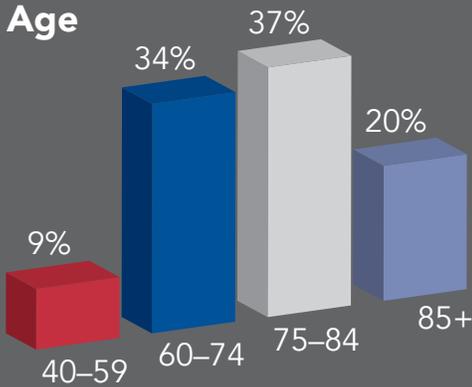
Ontarians today have Parkinson's

*Estimated (Source: PHAC)

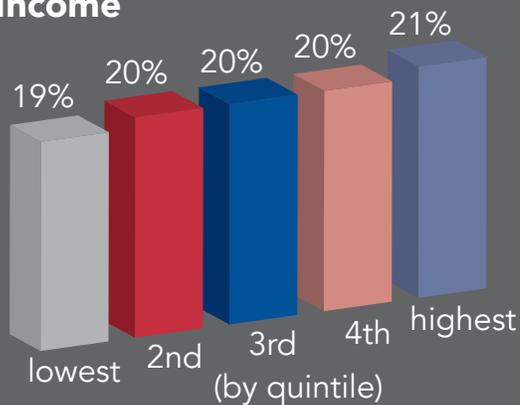
30%
of Ontarians with Parkinson's have dementia

Parkinson's Prevalence in Ontario

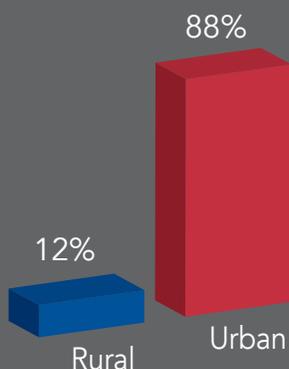
Age



Income



Community of Residence



Local Health Integration Networks (LHINs)*	2004/2005	2013/2014	% Increase
Erie St. Clair	1,850	2,050	11%
South West	2,150	2,715	26%
Waterloo Wellington	1,350	1,600	19%
Hamilton Niagara Haldimand Brant	3,120	3,720	19%
Central West	911	1,370	50%
Mississauga Halton	1,632	2,225	36%
Toronto Central	2,400	2,975	24%
Central	2,970	4,350	46%
Central East	2,810	4,030	43%
South East	1,055	1,340	27%
Champlain	2,430	3,240	33%
North Simcoe Muskoka	890	1,210	36%
North East	1,080	1,370	27%
North West	460	540	17%

Parkinson's with Dementia Prevalence in Ontario

Local Health Integration Networks (LHINs)*	2004/2005	2013/2014	% Increase
Erie St. Clair	340	500	47%
South West	455	645	42%
Waterloo Wellington	320	460	44%
Hamilton Niagara Haldimand Brant	780	1,005	29%
Central West	190	335	76%
Mississauga Halton	370	655	77%
Toronto Central	760	1,060	39%
Central	765	1,300	70%
Central East	660	1,180	79%
South East	230	385	67%
Champlain	675	860	27%
North Simcoe Muskoka	205	325	59%
North East	220	370	68%
North West	105	160	52%

*For more information on LHIN boundaries, please visit www.lhins.on.ca

Parkinson Canada's Ontario Advocacy Committee



**Sprague Plato, Chair
Ottawa, ON**

"As a person living with Parkinson's I want to lead change for today and tomorrow. There is so much work we need to do to create a better Ontario for people with Parkinson's and their families. I've taken on a leadership role in advocating for this change because it cannot happen without the voices of people with the disease."**"**



**John Parkhurst
Midland, ON**

"My wife has received very good care over most of the 27 years that she has had Parkinson's. What is sad and motivates me is that this is not the norm for many others. We should be helping everyone with Parkinson's and their families to have the best care and quality of life. We can do that now as we work for an end to Parkinson's in the future."**"**



**Jean Keary
Newmarket, ON**

"As a member of the Ontario Advocacy Committee I have had the opportunity to promote awareness and knowledge of Parkinson's disease, which in turn allows me to better understand my late husband's journey with this life-altering disease."**"**



**Jared Zaifman
London, ON**

"Parkinson's has a significant impact not only on the life of the individual suffering, but often times their family. As well, not everyone can afford proper care. This leads to negative impacts as caregivers begin to suffer through stress or finances. Their lives deteriorate, which creates very costly impacts to our communities. Investments in care and treatments benefit the patient, their family, and the community."**"**



**Yvon Trepanier
London, ON**

"Advocating gives me a sense of control over the lack of control of Parkinson's."**"**



**Alice-Betty Rustin
Toronto, ON**

"Staying connected is important to me and beneficial to Parkinson Canada. We are all in this together."**"**



**Lloyd Cowin
Ottawa, ON**

"There is still much to learn and do in our efforts to cure Parkinson's disease. The work requires all of us with the disease to help the cause as we are able."**"**



**Ryan Tripp
Bracebridge, ON**

"Score daily with Parkinson's! Carpe Diem!"**"**

What is Parkinson's

In 1817, Dr. James Parkinson brought attention to what we know today as Parkinson's disease in his work, *An Essay on the Shaking Palsy*. In the short essay he describes symptoms like tremor, weakness, and stooped posture.

Over the course of 200 years, we have learned that Parkinson's also includes a number of other motor and non-motor symptoms like rigidity, impaired balance, fatigue, soft speech, sleep disturbances and cognitive changes. And yet, there is no known cause or cure.

This year, Parkinson Canada is teaming up with global partners to raise awareness about Parkinson's disease.

For individuals and their families living with Parkinson's every day, **200 YEARS** is too long to wait for a cure.

The Challenge

As the population continues to age, the number of Ontarians diagnosed with Parkinson's continues to dramatically increase. In several regions of Ontario, the prevalence of Parkinson's has increased by more than 40 per cent between 2004–2014.

To further add to the challenge is the drastic spike in the number of Ontarians with Parkinson's who also have a diagnosis of dementia. From 2004–2014 the majority of the province saw the prevalence of dementia in Parkinson's increase by more than 40 per cent, and in many regions the increase has been higher than 70 per cent.

Many Ontarians with Parkinson's report difficulties receiving appropriate care and treatment across the health care system related to a lack of knowledge and understanding about Parkinson's disease.

The Solution

In Ontario, there are many opportunities to better use the health and social system to improve quality of life and health outcomes, reduce caregiver stress, and lessen the strain on the health care system.

A commitment to strengthening Parkinson's-specific training to providers across health and social service settings is needed by investing in:

- **Targeted physiotherapy** and various forms of tailored exercise programs (e.g., dancing, boxing, and Tai Chi);
- Parkinson Canada's "**Get it On Time**" program, which trains hospital and long-term care home staff about the importance of maintaining the medication schedule for managing Parkinson's;
- A program to **stop the inappropriate use of antipsychotic medications** on people with Parkinson's in long-term care homes; and
- **Enhancing health care providers' understanding** of Parkinson's disease, including an ability to identify and manage cognitive changes and dementia, by promoting the use of the *Canadian Guidelines on Parkinson's Disease*.



Solution	Outcome
<p>Targeted physiotherapy and various forms of tailored exercise programs (e.g., dancing, boxing, and Tai Chi).</p>	<p>Research has shown that exercise can improve gait, balance, tremor, flexibility, grip strength and motor coordination. Improved mobility decreases the risk of falls and other complications of Parkinson's.</p>
<p>"Get It On Time" program is implemented in hospitals and long-term care homes.</p>	<p>This program is effective in shortening hospital stays, reducing the need for readmission after discharge from hospital, and reducing the burden on individuals, families, hospital and care facility staff.</p>
<p>Stop inappropriate use of antipsychotic medications for people with Parkinson's in long-term care homes.</p>	<p>Stopping this practice will reduce the cases of worsening mobility, falls, cognitive impairment, infections and mortality.</p>
<p>Enhancing health care providers' understanding of Parkinson's disease, including an ability to identify and manage cognitive changes and dementia, by promoting the use of the <i>Canadian Guidelines on Parkinson's Disease</i> (www.ParkinsonClinicalGuidelines.ca).</p>	<p>Better trained health care providers that are able to treat and manage Parkinson's more effectively, which will result in Ontarians remaining in their homes and communities longer and a reduction in individual and caregiver stress.</p>



About Parkinson Canada

Parkinson Canada is the voice of Canadians living with Parkinson's. We provide services, support and education to individuals and the health care professionals that treat them. We offer a toll-free information and referral line, support one-on-one, and in a group setting, customized information packages and access to local community experts. Operating since 1965, the organization advocates on issues that concern the Parkinson's community in Canada. We fund innovative research for better treatments and a cure.

Research holds the key to unlock the mysteries of Parkinson's disease. Scientific excellence and the courage to test new ideas are vital in the global search for better treatments and a cure for the disease.

Since 1981, the Parkinson Canada Research Program has invested more than \$26 million in funding for:

- High-quality, innovative Canadian research by established and promising investigators.
- Discovery-stage research where investigators test new theories and pursue promising new leads.
- Researchers at the beginning of their careers in order to foster the next generation of Parkinson's scientists.
- Novel research to build greater capacity, promote creativity and engage more researchers.
- More than 503 awards, fellowships, and grants that teach us more about diagnosing and treating Parkinson's disease.

Parkinson Canada urges the Ontario government to continue investing in brain research, such as the investments in the Ontario Brain Institute, to help find better treatments and a cure for Parkinson's disease.



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