

Steve Ludzik Centre for Parkinson's Rehab



Interprofessional Rehabilitation

This program is funded through the generous support of Steve Ludzik.

Comfort. Care. Hope.



Parkinson's Centre Team

Eligible participants must:

- Be medically stable residents of Niagara.
- Be 18 years of age or older with a diagnosis of Parkinson's disease.
- Require Interprofessional therapy.
- Be able to attend the Rehab Centre and manage own toileting or have a caregiver to assist.
- Demonstrate an ability to set goals and be motivated and willing to participate in therapy.
- Be able to tolerate 3 hours of interaction and be able to work in a group.

Referral Process:

- A physician's referral is required for our programs.
- Complete a referral form, found on our website.
- Referrals are screened by a Senior Therapist.
- Clients will be screened by a Rehab professional to determine appropriateness for the program.

MISSION

Hotel Dieu Shaver Health and Rehabilitation Centre is a community of holistic and compassionate care for all those who seek our service and those who serve. As a Roman Catholic facility, grounded in God's love, we provide the resources and care to enable people to reach their optimal level of health and wellbeing.

VISION

The Hotel Dieu Shaver Health and Rehabilitation Centre will be a Centre of Excellence in rehabilitation, complex continuing care and geriatric services and an employer of choice.



"If I didn't have Hotel Dieu Shaver's Centre for Parkinson's Rehab, I would still be at home feeling sorry for myself."

"I look forward to going to each class and the staff are so friendly."

"It's been terrific! Ever since I've done the exercises, it has helped my mobility."

The Steve Ludzik Centre for Parkinson's Rehabilitation was opened in June of 2013 and is funded through a private donation from former NHL player and coach, Steve Ludzik.

Ludzik had a vision of a rehabilitation program that was available in Niagara for those living with Parkinson's Disease; thereby negating the need to travel outside of the Region. By partnering with Hotel Dieu Shaver Health and Rehabilitation Centre's health care professionals, such a program was created.

Parkinson's Disease is a neurodegenerative disease that affects approximately 100,000 people in Canada with just over 5500 people being newly diagnosed each year (Parkinson's Society British Columbia, 2014). Studies show that the prevalence of Parkinson's Disease increases with age. Although not solely a disease of aging; the majority of people with Parkinson's Disease are seniors.

Program Components

- Individual assessment and treatment
- Goal Setting
- Group Education
- Group Treatment
- Caregiver Support
- Individual Home Exercise Programs

Therapy Team to Include:

- Physiotherapist
- Occupational Therapist
- Speech Language Pathologist
- Social Worker
- Rehabilitation Assistant
- Registered Dietician
- Advanced Practice Nurse
- Consulting Physiatrist

Program Format

- Twice weekly for six weeks
- Three hours per session
- Six clients per group



The Steve Ludzik Centre for Parkinson's Rehab is designed to:

- Provide time-limited rehab treatment by an interprofessional team.
- Incorporate both individual and group formats.
- Assist patients and their families in taking an active role to achieve their optimal level of function.

Standard outcome measures are utilized and captured during the course of the program. Patient specific outcome measures show improvement at the end of the program. These outcomes are measured again six weeks post program to see if the gains are maintained.