

SUPPORT PROGRAMS

MOVEMENT DISORDERS

RUSH Copley's Movement Disorders Program provides support services at no cost to people with a movement disorder, such as Parkinson's disease, essential tremor, dystonia and ataxia to help them manage their condition and maximize their movement, coordination and quality of life. For more information or to register for any of the programs, call (630) 499-6681.

SUPPORT

The Movement Disorders support group provides support and education for people living with Parkinson's disease or other movement disorders. Learn about resources and programs that can enhance your quality of life. Share experiences with others and be part of a community of people who understand what you are going through.

Movement Disorders Support Group

Meets the first Tuesday of the month except January and July • 10:30 to 11:30 a.m.

*Waterford Place • 1310 Waterford Drive, Aurora
In person or virtual*

Caregiver or Care Partner Support Group

Meets the third Tuesday of the month except July and December • 10:30 to 11:30 a.m.

*Waterford Place • 1310 Waterford Drive, Aurora
In person or virtual*

Speakers and Special Events

Attend occasional gatherings to socialize with other participants and their care partners or to hear a professional speak on topics of interest to people living with Parkinson's disease or other movement disorders. To receive invitations to these events, send your email address to Cheryl_E_Nelson_Rerko@rush.edu or call (630) 499-6681.

EXERCISE

For people living with a movement disorder, exercise and physical activity can help improve symptoms and mental well-being.



Taught by certified PWR!Moves instructors, these classes can help counteract the movement challenges experienced by people with movement disorders. All exercise classes are held at RUSH Copley Healthplex, 1900 Ogden Avenue, Aurora.

Each in-person class is limited to 15 participants. If a class is full, you will be put on a wait list to join the class in person but you may participate virtually until then.

Prerequisites: Prior to joining a class, participants must complete a fitness evaluation to determine proper class placement. This evaluation includes balance, agility, mobility, strength and reaction time. A physician release is also required.

Exercise Level I — for those who require more assistance

*Tuesdays and Thursdays • 1 to 1:45 p.m.
RUSH Copley Healthplex Studio One
In person or virtual*

Exercise Level II — for people who are more independent and need less assistance

Tuesdays and Thursdays • 2 to 2:45 p.m.

RUSH Copley Healthplex Studio One

In person or virtual

Exercise Level III — for those at a higher fitness level who move with no assistance and are ready for a more challenging class

Tuesdays • 3 to 3:45 p.m.

RUSH Copley Healthplex Studio One

In person only

Cycling

Mondays • 1 to 1:45 p.m.

RUSH Copley Healthplex Spin Room

In person only

Join this class for the cardiac and symptom relief benefits, stay for the music and fun.

Prerequisite: Must be able to balance independently on a stationary bike.

Mind/Body Training

Fridays • 12 to 12:45 p.m.

RUSH Copley Healthplex Studio Two

In person or virtual

Mind/Body Training is one of the most beneficial complementary therapies for Parkinson's disease, helping to increase flexibility, improve posture and balance, loosen tight, painful muscles and enhance quality of life.

MUSIC

Music Therapy

Wednesdays • 1 to 2 p.m.

Waterford Place • 1310 Waterford Drive, Aurora

In person or virtual

Music therapy uses music interventions to increase speech intelligibility, pitch and loudness, improve respiratory strength, and provide social support and relaxation. No musical experience or talent is necessary to participate.

LOUD CROWD

LOUD Crowd® — Developed by the Parkinson's Voice Project

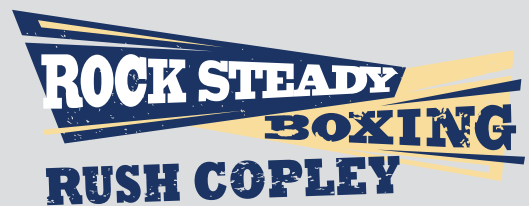
Fridays • 1 to 2 p.m.

RUSH Copley Healthplex Studio One

In person only

This program focuses on preserving the voices of individuals with Parkinson's disease and Parkinson's plus syndromes. Led by a certified speech language pathologist, you will do exercises and interact with other participants for support, encouragement and accountability.

This program is for those who have completed the SPEAK OUT! or LSVT LOUD programs. Please contact your doctor for an order for an evaluation and treatment if it has been longer than six months since you participated in these programs.



Rock Steady Boxing

Thursdays • 3 to 3:45 p.m.

RUSH Copley Healthplex Boxing Studio

Affiliated with Rock Steady Boxing (a not-for-profit that was created to help people with Parkinson's improve quality of life), this non-contact boxing program allows participants to fight back, feel comfortable and gain confidence in their abilities. Safe and engaging, this progressive fitness program will challenge, motivate and inspire you.

Prerequisites: Must be in Exercise Level III to participate.



Rush Copley Medical Center

For more information or to join these groups, contact Cheryl at Cheryl_E_Nelson_Rerko@rush.edu or (630) 499-6681.