

Research Opportunities

- If desired, you may have the opportunity to participate in research studies related to Parkinson's Disease and other movement disorders.

How to be considered for LSVT BIG® Hybrid Program:

- Participation in this program requires a recommendation from your neuro rehab Physical or Occupational therapist. If you are interested in learning more about this program, please reach out to your PT or OT for more information and next steps.

Rehabilitation Appointment Scheduling:

612-629-7797

**LSVT BIG® Outpatient Hybrid Program,
brought to you by the Minneapolis VA's
Parkinson's Disease and Movement
Disorders Program**

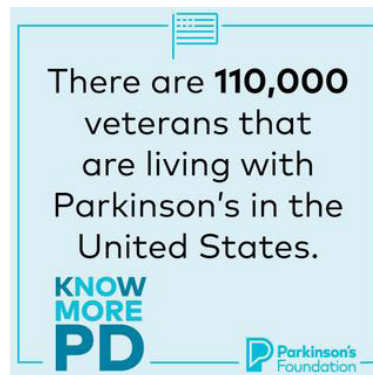
*Compassionate care for Veterans with
Parkinson's Disease and other movement
disorders*

Online Resources:

- **Parkinson's Foundation**
www.Parkinson.org
- **PD Research, Education and
Clinical Centers (PADRECC) Site**
www.parkinsons.va.gov
- **LSVT Global**
www.lsvtglobal.com

Parkinson's Foundation and VA Partnership

VA and Parkinson's Foundation have a formal partnership as of 2020. The goal of the partnership is to improve the health, well-being, and quality of life for Veterans living with PD.



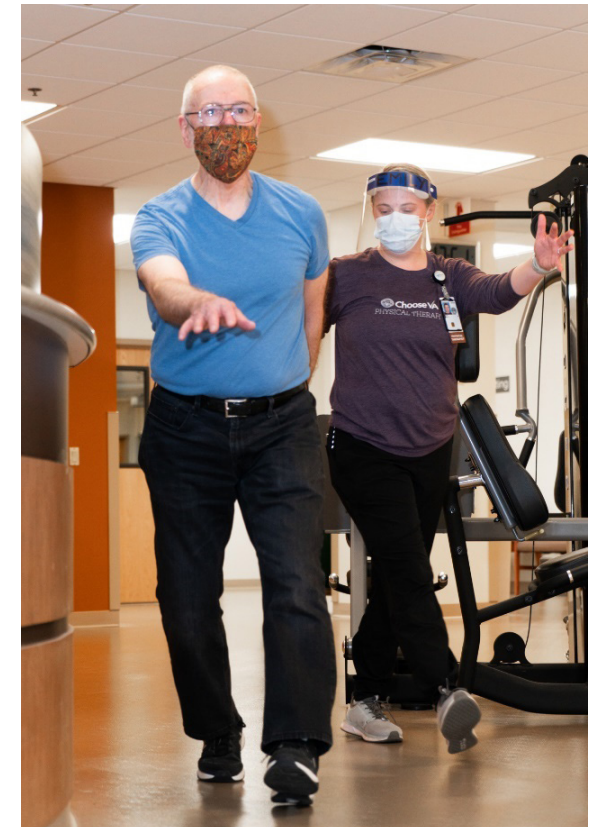
Minneapolis VA Health Care System
VAB 10-0407 (618) 04/2022



Minneapolis VA Health Care System

LSVT BIG® Outpatient Hybrid Program

*Bringing life to your years through
proven movement-based therapy*



Program Overview

- 6-week outpatient program for veterans with Parkinson's Disease (PD)
- Combination of face to face and telehealth appointments led by a Physical and Occupational Therapist
- Program focus is to improve overall efficiency with self-cares, mobility, and overall independence
- Emphasis of the program is on intensity and amplitude of movements with the goal of carryover into daily life

Program Schedule

- Week 1 (Evaluations):
 - 3 face to face appointments with PT and OT for pre-program evaluations
- Weeks 2-5 (Intensive Program):
 - 1 face to face appointment each week with PT or OT
 - 3 video (VVC) appointments each week
- Week 6 (Evaluations):
 - 2 face to face appointments with PT and OT for post-program evaluations
 - 2 video (VVC) appointments

Program Requirements

- Referral by your primary Physical or Occupational Therapist
- Ability to attend face-to-face appointments 1-2 times per week at the Minneapolis VA
- Access to a reliable telehealth connection for video appointments
- Commitment to attend all sessions throughout the 6 week program
- Motivation to participate in therapy appointments (60 minutes) as well as daily homework (15-30 minutes)



Program Testimonials

- **Full story:** <https://spark.adobe.com/page/ZEX6gUeMyJT4d>
 - *"Staying active gives me hope and I'm hopeful that all of this stuff will continue to help me to live longer, even with Parkinson's Disease."*
 - *"My care at the VA couldn't be any better. It is a wonderful place to be. The staff helps you out anyway that they can."*

