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## Living Well with Parkinson's: The Right Tools at the Right Time

Understanding your options — so you can  
keep doing what you love

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# What Parkinson's Feels Like Day to Day

Understanding what's happening — and why the right tools can help.



## Tremor

Involuntary shaking, often in hands.



## Bradykinesia

Slowness in movement and tasks.



## Rigidity

Stiff muscles, discomfort, reduced flexibility.



## Freezing of Gait

Sudden inability to move forward.



## Postural Instability

Trouble with balance and coordination.



## Non-Motor Effects

Fatigue, mood changes, sleep issues.

**“Some days are better than others —  
but the right tools help make every day better.”**



# Falls Are the #1 Risk — And They're Preventable

**68% of people with Parkinson's fall each year**  
That's 2-3x more than other older adults

## Watch For At Home

- Loose rugs & clutter
- Poor or dim lighting
- Slippery bathroom floors
- Low, soft seating
- No grab bars nearby

## Proactive Steps

- Right walking tool, properly fitted
- Modify your home environment
- Wear non-slip footwear
- Support every sit-to-stand transition

A fall doesn't just hurt the body — it can shake your confidence for months.



# Compression Socks: A Simple Tool With Real Impact

A non-motor symptom you can actually do something about.

## WHAT'S HAPPENING

- Blood pools in your legs when you sit or lie down
- Standing up causes a sudden pressure drop
- Dizziness, lightheadedness — and fall risk

## HOW COMPRESSION HELPS

- Gently squeezes leg veins back to work
- Pushes blood back toward heart and brain
- Reduces dizziness on standing — and builds confidence

## COMPRESSION LEVELS

— 15–20 mmHg

• Mild / Over the counter

— 20–30 mmHg

• Moderate · Most common for PD

— 30–40 mmHg

• Medical-grade · By prescription

“I didn’t realize how much the dizziness was affecting my confidence until the compression socks helped.”





# The Hardest Part of Compression Socks? Putting Them On.

The right tools make this a one-person job — every morning.

## **Sock Aid (Vive Health)**

Slide sock over frame, drop, step in — no bending needed

## **Compression Stocking Donner**

Frame holds sock open — step in and pull up with ease

## **Doffing Hook**

Long-handled — removes socks without reaching down

“This little tool gave me back my mornings.”

# Everyday Tasks Deserve Everyday Tools



## Eating

Weighted utensils — steadies tremor  
Adaptive cups with two handles  
Plate guards keep food in place  
Rocker knives for easy cutting



## Dressing

Sock aids — no bending needed  
Button hooks & zipper pulls  
Long-handled shoehorns  
Velcro closures, elastic waistbands



## Grooming

Electric razor — safer, easier  
Electric toothbrush  
Long-handled bath sponge

“I never thought about a weighted fork until I used one. Now I look forward to mealtime again.”



Vive Health weighted utensil set — featured tool

# The Bathroom Is the #1 Fall Zone — and the Most Fixable

## Shower & Bathing

- Shower chair — sit safely while bathing
- Transfer bench — slide in, no step-over needed
- Handheld showerhead — control water while seated
- Non-slip mats — tub floor and bathroom floor

## Toileting & Transitions

- Raised toilet seat — easier sit-to-stand
- 3-in-1 commode — bedside, seat, or shower chair
- Kmina Toilet Rails — adjustable, suction-cup base, installs in minutes, bilateral arm support +
- Drive Medical toilet frame — sturdy wraparound support

## Powered Assistance

- Kmina Toilet Lift / Dignity Lift — gently assists from seated to near-standing; preserves independence and dignity

## Why it matters for Parkinson's:

Wet surfaces + balance challenges + slow transitions = highest fall risk room in the home.

**“Installing the Kmina rails was the single biggest change we made — and it took 5 minutes.”**



# Getting Up Safely — At Every Stage

The right tool at the right stage keeps you ahead of falls — and keeps caregivers' backs safe too.

## EARLY STAGE

### Proper Chair Height + Armrests

Set yourself up for an easy rise

## MODERATE

### Vive Health Stand Assist

Supports safer sit-to-stand transfers

## MODERATE-ADVANCED

### Bed Rail / Half Rail

Roll, sit up, and step out with confidence

## ADVANCED

### Power Lift Chair

Gentle lift from seated to near-standing

## FULL CARE

### Adjustable Hospital-Style Bed

Full height and position control for safe transfers



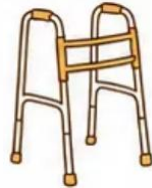
# The Right Walking Tool Changes Everything

Not all walking tools are created equal — find what works for you.



## Cane

- Best for early, mild instability
- Use with caution — can add imbalance



## Standard Walker

- Greater stability, indoor use
- Stop-go pattern may worsen freezing



## Rollator

- Continuous rolling — better for PD gait
- Lightweight, adjustable, padded seat



## U-Step Walker ★

-  **Reverse braking — prevents runaway**
-  **Laser line cues steps, breaks freezing**
-  **Sound/rhythm cueing for freezing of gait**
-  **Clinically proven for Parkinson's gait**



“When I first tried the U-Step with the laser, I walked across the room for the first time in months without freezing.”

# Getting Out Shouldn't Be a Battle

The right tool for the right distance —  
so you can be there for what matters.



## Transport Wheelchairs

- Lightweight, foldable — fits any car trunk
- Companion-pushed for longer outings



## Save Energy for What Matters

- Walk at home — ride when you need to
- Appointments, events, grocery runs made easy



## Not Giving Up — Moving Forward

- A transport chair is a tool, not a surrender

**“The wheelchlaire means I can go  
to my grandson’s soccer game —  
and actually enjoy jt.”**



# When Independence Needs a Motor

More distance. More freedom. More life.



## Power Scooters

- 3-wheel and 4-wheel options for every lifestyle
- Perfect for errands, grocery runs, outdoor community life



## Power Wheelchairs

- Joystick or adaptive controls — tremor-friendly options available
- Indoor and outdoor models for full-day independence



## Medicare May Cover It

- Power mobility covered with proper documentation
- Empower Mobility guides you through every step

“

I got my life back when I got my scooter.  
I do my own grocery shopping again.



**Power mobility = gaining freedom**

# Lift Chairs: Comfort That Helps You Stand

The right lift chair gives you independence, supports safe movement, and reduces strain on caregivers.



## Gently Lifts Toward Standing

Smooth lift action tilts you forward to help you stand up safely.



## Supports Safe Sit-to-Stand Transfers

Reduces the risk of slips and falls when getting up.



## Multiple Recline Positions

Find your perfect angle for relaxing, watching TV, or napping.



## Heat & Massage Options (If Available)

Soothing comfort that helps ease tension and promote relaxation.



## Reduces Caregiver Lifting Strain

Makes daily care safer and more comfortable for everyone.



## Helps Conserve Energy

Get up with less effort and stay independent longer.



## Choose the Right Fit

Consider seat height, width, and weight capacity—try before you buy.

This chair gives me the lift I need  
—and the freedom I value.



# Hospital-Style Beds: Support Without the Hospital Feel

When transfers, positioning, and rest need more support.



- **Fully electric**  
adjustable positioning



- **Head & foot elevation**  
for comfort and relief



- **Height adjustment**  
for safer transfers



- **Home-friendly design**  
that blends in beautifully



- **Pairs with bed rails and**  
pressure-relief surfaces

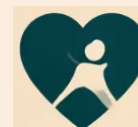


## Support that makes a difference

- Helps caregivers assist  
without as much lifting
- Encourages better positioning  
for rest, breathing, and comfort
- Supports healing, recovery,  
and day-to-day wellbeing
- Helps you stay safely  
at home longer



The right tools. The right support.  
Peace of mind — for both of you.



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**Quality beds.**  
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# Your Home Is Your Most Important Safety Tool

Small changes. Big difference.

## MODIFY YOUR HOME

- ✓ Remove loose rugs and floor clutter
- ✓ Add grab bars at toilet, tub, and bed
- ✓ Brighten every room — add night lights
- ✓ Smooth flooring over thick carpet
- ✓ Chair and bed heights matter
- ✓ Install ramps over door thresholds

## FOOTWEAR MATTERS

- ✓ Non-slip rubber soles — always
- ✓ Closed-toe, well-fitting shoes
- ✓ Velcro closures for tremor ease
- ✓ Firm ankle support
- ✓ Avoid open-back slippers
- ✓ No socks on smooth floors without grip

**“We removed three rugs and added two nightlights — we haven’t had a nighttime fall since.”**



# You Can't Pour from an Empty Cup

Caregiver Matters Too

## What caregivers carry:

Physical strain · emotional exhaustion · isolation

## How the right tools help:

Less lifting · less hovering · more connection

## Support exists for you too:

Respite care · support groups · occupational therapy

“When we got the right tools, I stopped dreading mornings. We actually talk at breakfast again.”



# The Right Tool Today May Not Be the Right Tool Tomorrow

## Signs It's Time for a Change

- A near-miss or actual fall
- Tasks feel exhausting or risky now
- Your walking tool feels unstable
- Getting up takes much more effort
- Your caregiver is straining more
- Your medications have changed
- You're avoiding things you loved



"I wish someone had told me to come back in 6 months. We would have caught the change sooner."

**Proactive reassessment keeps you ahead of falls — and ahead of lost independence.**

# You Are Still YOU — and You Deserve the Right Tools



YOU — Feel confident, safe, and independent



FAMILY — Peace of mind knowing you have the right support



COMMUNITY — Sees a strong, vibrant person living fully



- Expert guidance — we understand your condition
- Try before you buy — test drive your tools
- Fitted to your body and your life
- Local, accessible, ongoing support

**“It’s not about what you can’t do anymore —  
it’s about everything you still can.”**

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