

# PALS

## Youville House • Parkinson's Assisted Living Specialists



Youville House Assisted Living Residence, located in the heart of Cambridge, specializes in supporting residents living with Parkinson's disease. Youville's "PALS" program includes ongoing staff training, specialized movement programs, an in-house support group and access to educational programs for caregivers and residents.

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**Ongoing, specialized staff training**

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**Anticipation of common Parkinson's symptoms** such as increased anxiety, speech difficulties and slower response time

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**Dining accommodations** including modified utensils or food preparation, longer table time and privacy when needed

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**Medication reminders, personal care assistance and access to nurses**

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**Supplemental therapy resources** such as massage, personal training and specialized exercise classes

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**Access to personal transportation**

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**Special Programs** designed to engage residents with Parkinson's, including Dance with Parkinson's, Drumming Circles and more.

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**In-house Parkinson's Support Group**

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**Community Education Programs** focusing on Parkinson's-related topics such as sleep, movement therapies, positive thinking.

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**Palliative care resources** for comfort and holistic care planning

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Youville can usually accommodate immediate post-acute care support, including assessment, transportation and transition into a fully furnished studio apartment.

Email [yaniramotto@youvillehouse.org](mailto:yaniramotto@youvillehouse.org) or call Yanira Motto at 617.491.1234

[www.youvilleassistedliving.org](http://www.youvilleassistedliving.org)

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