

Rehabilitation and learning in the Portuguese sunshine

...a boost for people with Parkinson's



"The experience here has been tremendous."

– John Stamford, British neuroscientist with Parkinson's on his stay at the CNS

Medical Port and the Campus Neurológico Sénior (CNS) offer an **intensive** and **proactive**, yet **very affordable** programme of **rehabilitation** and **education** for British people living with Parkinson's disease, together with their carers.

Located in the gently sloping countryside just 30 minutes north of the capital Lisbon and near Portugal's beautiful *Azure Coast*, the Campus provides the **perfect setting** for empowerment and wellbeing.



The Campus

- Top quality single rooms, double rooms, and fully equipped apartments
- Indoor pool
- Outdoor and indoor gym
- 110 employees

The People

- Professor Joaquim Ferreira
- Specialist care team of 50 physicians, psychologists, physiotherapists, speech & language therapists, nurses
- 24/7 nursing support

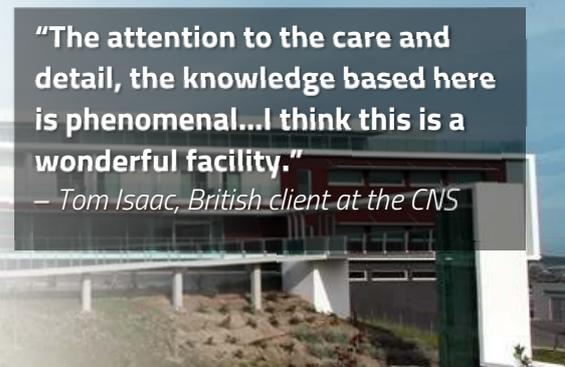


The CNS Team is led by Professor Joaquim Ferreira, an **eminent specialist** in Parkinson's and the European Director of the International Society for Parkinson's Disease. All staff on the campus, which is surrounded by the all-year-round beauty of its gardens, speak **fluent English**.

The therapists and clinicians conduct activities **that can be adapted to your specific requirements** and delivered at two levels of intensity, to **best fit with your capability**. The **seven-day training and learning camp** includes 5-6 hours activities per day for both individuals living with Parkinson's and their carers. Extended programmes for 2-4 weeks are also available. The programme allows for plenty of opportunity to socialise and enjoy time away from the Campus, and offers **24/7 support** on demand.

"The attention to the care and detail, the knowledge based here is phenomenal...I think this is a wonderful facility."

– Tom Isaac, British client at the CNS



Exercise programmes

- LSVT BIG and PWR
- Zeno walk way gait measurement
- Nordic Walking
- Multitask cognitive and motor
- Hydrotherapy and Ai Chi
- Ronnie Gardiner Rhythm Method
- Adapted Parkinson Boxing Aerobic
- Dance for PD and CNS Drum Dance

Social activities

- Tours in Lisbon and other places of interest
- Training activities outside the facility (beach, countryside, city)
- Gym training for care givers

Education programmes

- Medication issues
- Sleep disturbance
- Common misconceptions
- Exercise, speech, swallowing and diet tips
- Balance tips
- Non-motor issues



- ★ We are available by phone or email for you or your family to answer any questions
- ★ We establish contact between your GP and the CNS doctor
- ★ We make sure that any dietary requirements are communicated to CNS and ready on arrival

A highly personalized service ★★★★★

- ★ We advise you on the best flight options from UK airports to Lisbon and on what to pack in your suitcase
- ★ If you wish to extend your stay in Portugal (either before or after the camp) we help you find the right accommodation

- ★ We provide you with a fit-to-fly declaration
- ★ We offer you a free session with hairdresser/traditional barber before returning home
- ★ You receive a history in pictures of your stay
- ★ You have open access to your CNS therapist for one month after your stay

By participating in the camp you invest in your long-term wellbeing: exercise can prevent a decline in daily functions and the programme provides a bespoke, home-based plan for continued management of the condition.

This is a wonderful opportunity to gain greater skills and knowledge about Parkinson's, whatever the stage of progression, while enjoying a break in the sun, with fabulous fresh Mediterranean food and in picturesque Portuguese surroundings.

Residential programmes are available throughout the year. The cost of a one-week programme is £1,975 (£2,700 if accompanied by a carer)¹, excluding flights and UK airport transfers (transport to and from Lisbon airport is included).

To book your place, please visit www.medicalport.org/parkinsons quoting special code **CIQA**
For more information or queries, please call Ines on **020 3769 1398** or mail Ines at ines@medicalport.co.uk

¹: prices valid for bookings made until 31/1/2017