



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO



Few can do what we do

On With Life began as the dream of a dedicated and passionate group of survivors and their families, faced with the challenge of rebuilding lives shattered by brain injury. They envisioned a program that would provide rehabilitation services to persons living with brain injury.

Since opening in 1991, On With Life has served more than 5,000 individuals and their families through our continuum of specialty services. Our extensive rehabilitation services, combined with specialized expertise in neuro rehabilitation, make On With Life a world-class rehabilitation program.

On With Life is now the only freestanding inpatient rehabilitation program in the world accredited by CARF as a comprehensive inpatient rehabilitation program for children and adults for both brain injury and stroke specialty. This accreditation decision represents the highest level of accreditation that can be awarded to a rehabilitation organization and shows On With Life's substantial efforts in the areas of patient-centered care, superior outcomes and interdisciplinary care.

85

**CERTIFIED
BRAIN INJURY
SPECIALISTS** on staff

99

On With Life has served
all **99 COUNTIES IN
IOWA**, 25 other states
and 15 other countries

97%

**SATISFACTION
RATE**

INNOVATION CENTERS



Brain Injury



Stroke



Concussion



Parkinson's



Complex Neuro

PROGRAMS

- + Post-Acute Inpatient Neuro Rehabilitation
- + Outpatient Neuro Rehabilitation
- + Long-Term Skilled Care
- + Residential Neuro Rehabilitation
- + Supported Community Living
- + Neuropsychological Services
- + Independent Living



Parkinson's Disease

"The staff is one in a million. They make you feel like you are not fighting the disease on your own, but they are fighting it with you. I can't imagine where I'd be without On With Life and these friends I've made. While we have so much in common with the disease, it's so much more than that. No matter how bad the diagnosis, it's been a blessing to know the staff and friends I've made through On With Life."

+ **Karen Tylka**

Diagnosed with Parkinson's disease in 2014



**Our Experts:
MEET TAMMY**

Tammy Miller, director of outpatient services, serves on the American Parkinson's Disease Association-Iowa Chapter Board of Directors.

Parkinson's Disease: The journey is better traveled together.

Regardless of what stage of Parkinson's disease you or your loved one are in, On With Life offers a variety of programs that are tailored to meet your specific needs. Our specialized programs and team of neuro-rehabilitation experts focus on slowing the progression of Parkinson's disease, preventing falls and helping you get the most out of each day.

Parkinson's disease can impact many aspects of life, but the goal of our Parkinson's disease program is to provide a comprehensive outpatient program that addresses the specific needs of those impacted by Parkinson's disease at all levels of progression. Our approach addresses mobility, balance, daily living skills, wellness, functional vision rehabilitation, aging with Parkinson's, home wellness programs, caregiver education, assistance with return or continuation of work, cognitive evaluation and rehabilitation, support and education regarding Parkinson's.

The Parkinson's program is supported by a transdisciplinary team of clinicians that may include a physical therapist, speech-language pathologist, occupational therapist, psychologist, neuropsychologist and care manager in addition to a primary care physician, neurologist and other medical specialists involved in their care. Together, we will incorporate your goals and passion into your rehabilitation.

419

**INDIVIDUALS
SERVED** in our
outpatient program in
2018



Get to Know

Gail McGaughy
MPT, C/NDT, CLT, CBIS



Gail's Family

TITLE:

Physical Therapist, Outpatient
Neuro Rehabilitation

EXPERIENCE:

22 years in Neuro Rehab,
Inpatient and Outpatient Rehab
with additional training in LSVT
BIG, Neuro Development and
Lymphedema. Board member of
the Iowa Chapter of American
Parkinson's Disease Association

EDUCATION:

St. Ambrose University, Master of
Physical Therapy, 1998; Southern
Illinois University Carbondale,
Bachelor of Exercise Physiology,
1994

FAMILY:

Married to Shayne for 22 years; 2
boys: Max, 19; Alek, 16; and Cyrus,
our Border Collie

THREE INTERESTING FACTS:

- + I was born in England and immigrated to the US when I was 4. I became a US citizen at the age of 28
- + I am an absolute sucker for all things potato: French fries, chips, tater tots, loaded baked potato, sweet potato
- + I knew I wanted to work in Neuro Rehab at the age of 12 when visiting an Easter Seals camp and meeting a 17-year-old TBI survivor.



Approximately 60,000 Americans are diagnosed with Parkinson's Disease each year. On With Life Physical Therapist Gail McGaughy shares the signs of Parkinson's and ways On With Life's specially developed Parkinson's program can help with the side effects common with Parkinson's disease.

Q + A

WHAT IS PARKINSON'S DISEASE?

Parkinson's Disease (PD) is a progressively degenerative disease of the central nervous system that affects movement, often including, but not limited to tremors. Nerve cell damage in the brain causes dopamine levels to drop, leading to the symptoms of Parkinson's. Parkinson's often starts with a tremor in one hand; other symptoms are slow/small movement, shuffling gait, stiffness, and loss of balance. Medications can help control the symptoms of Parkinson's, but research strongly supports exercise with PD.

WHAT KIND OF EXERCISE IS MOST APPROPRIATE AND WHAT IS PROVIDED AT ON WITH LIFE?

Aerobic, strengthening, stretching and balance are all recommended. On With Life has developed a unique Parkinson's program, Living LARGE with PD, that includes services through the progression of Parkinson's: traditional therapy, LSVT BIG and LOUD, comprehensive yearly assessments and wellness classes, including boxing, aquatics and cognitive fitness. Our entire

team of outpatient therapists in Ankeny and Coralville are LSVT certified and are passionate about developing a program that serves persons with Parkinson's and their care partners, and that includes monthly LSVT check-ins and bi-weekly support groups.



WHAT SERVICES ARE AVAILABLE TO A PERSON SERVED WITH PD RECOVERING FROM THE EFFECTS OF COVID-19?

A person with PD recovering from COVID will likely see an exacerbation of symptoms, loss of mobility, increased rigidity, extreme fatigue and overall decline in functional mobility. On With Life uniquely focuses on large amplitude movement, cardiovascular and respiratory activity, pacing and planning for graded return to activity, balance and strength retraining while thoroughly understanding the Parkinson's disease process to assist in regaining and maintaining quality of life. +

Ten things you should know about Parkinson's disease

EXERCISE is your other daily dose of medicine. Join On With Life's wellness program that can include boxing, yoga and more.

There is a high likelihood of anxiety and depression. Seek out **COUNSELING** services. On With Life offers counseling services for persons with Parkinson's and their care partners.

There can be changes in brain function and delayed reaction, affecting **DRIVING**. On With Life's driver rehabilitation program can help determine whether its safe to drive or exercises to help.

There may be changes to your **BOWEL AND BLADDER**. On With Life's Pelvic Floor program can help.

VISION CHANGES may occur. On With Life's team can do vision screenings, eye exercises, visual-perception retraining and adaptive vision techniques. We also have partnerships with local neuro-optometrists for additional resources.

The journey is better traveled together. Join On With Life's Parkinson's virtual **SUPPORT GROUP** on the fourth Thursday of each month at 5:00 p.m.

Changes in memory, attention, problem-solving, and motor integration are common and can affect persons with Parkinson's. Join our weekly **COGNITIVE FITNESS CLASS** that features fun activities designed to stimulate the brain.

There are many **RESOURCES** available to help you, including the Iowa Chapter of the American Parkinson's Disease Association.

On With Life's **TEAM OF EXPERTS** are committed to walking this journey with you. Many of our staff members are LSVT Certified with additional training in Parkinson's disease.

Join our On With Life Facebook page, our Parkinson's Facebook group and sign up to receive *Headway* magazine to **STAY IN THE KNOW** of all of On With Life's Parkinson's offerings.

For additional information on any of the resources mentioned, call On With Life's Outpatient Clinic (Coralville: 319-259-6224 or Ankeny: 515-289-9696).

SAVE THE DATE

Save the date for On With Life's 2nd Annual Parkinson's Conference! The conference will be held in October 2022, in Iowa City/Coralville. Join our mailing list and watch our Facebook page for more information!