Center for Parkinson's Disease

A team-based approach to care









Stony Brook Southampton Hospital

A Letter from Our Medical Director



As a neurologist treating many patients with Parkinson's disease, I can attest that with proper medical care and active engagement, symptoms can be effectively managed, allowing patients to lead long, fulfilling lives.

The Center for Parkinson's Disease at Stony Brook Southampton Hospital helps you take charge of your well-being. Our interprofessional rehabilitation team provides baseline evaluations and specialized services addressing voice, swallowing, balance, movement and other Parkinson's-related challenges.

We also offer free, community-based wellness programs, including fitness classes, support groups, nutritional lectures and educational events—creating a connected and supportive environment on Long Island's East End.

Your family, friends, healthcare professionals and the Center form a trusted team dedicated to your care.

— Olga McAbee, MD, FAAN, Director of Neurology
Stony Brook Southampton Hospital

"We understand that each individual experiences Parkinson's disease differently, and symptoms may change over time. We believe that a team-based, patient-centered approach to care improves outcomes and ensures that patients and care partners receive the support they need, when they need it."

— Sarah Cohen, PT, DPT, Department Administrator



Care You Trust, Right Here on the East End

By integrating expertise across clinical disciplines and collaborating with Stony Brook Medicine's Parkinson's and Movement Disorders Center, our team ensures effective communication, streamlined referrals, and a network that supports both patients and care partners over the long term.

Connect and learn more:

Center for Parkinson's Disease
(631) 726-8600 or
sarah.cohen@stonybrookmedicine.edu

Why Choose Our Team?

Stony Brook Southampton Hospital prioritizes coordinated, patient-centered care that addresses mobility, communication, swallowing, nutrition and emotional well-being. With dedicated staff who streamline referrals and provide care navigation, we ensure seamless support for patients and care partners.

Key Benefits:

- **Coordinated Care:** Cross-disciplinary collaboration ensures your care plan meets evolving needs.
- **Patient-Centered Approach:** Care is tailored to your goals, preferences and lifestyle.
- **Continuity and Community:** Regular follow-ups and access to support networks keep patients and families engaged and empowered.
- **Insurance Coverage:** Most therapies are covered by Medicare, Medicaid and many private insurers. Our staff assists with insurance verification and scheduling.
- **Stony Brook Medicine's Parkinson's and Movement Disorders Center:** We work hand-in-hand across the Stony Brook Medicine system to ensure direct referrals and to optimize patient care.

"The team at Stony Brook Southampton Hospital helped me improve balance, coordination, and movement. The care was consistently warm and knowledgeable. Through PT, massage therapy, and community programs, I feel a part of a family and confident I can continue my journey with support whenever needed."

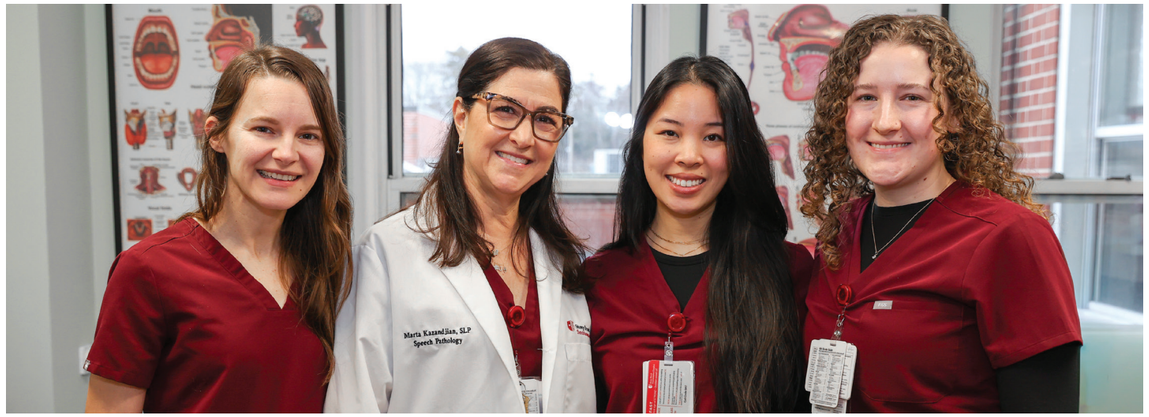
— Patient Testimonial

Care Coordination

We are here for you.
Whether answering questions about your care or helping you connect with the right services, we serve as a consistent, trusted point of contact for you and your family — ensuring you have the support, guidance, and resources you need, exactly when you need them.



Our Team



Speech-Language Pathology

Speech Language Pathologists work with you from diagnosis throughout your journey to support and address your changing needs. Our team of dedicated professionals hold specialized certifications in swallowing, voice and integrative medicine and provide the following services:

- One-on-one assessments utilizing state-of-the-art diagnostic tools to identify and address communication and swallowing deficits.
- Tailored treatment programs targeting speech clarity, voice, cognition and safe swallowing.
- Evidence-based Parkinson's treatment programs including **LSVT LOUD**, an evidence-based one-on-one therapy improving voice amplitude and quality; and **Speak Out!®** a standardized program improving communication, cognition and voice.
- *Speak with Intent* therapeutic group classes led by our clinicians provide ongoing practice and functional skill reinforcement for our speech therapy 'graduates' in a fun and social setting.

"Early assessment allows personalized intervention from day one, optimizing voice and swallowing throughout the Parkinson's journey."

— Marta Kazandjian, MA, CCC-SLP, BCS-S, F-ASHA, NBC-HWC



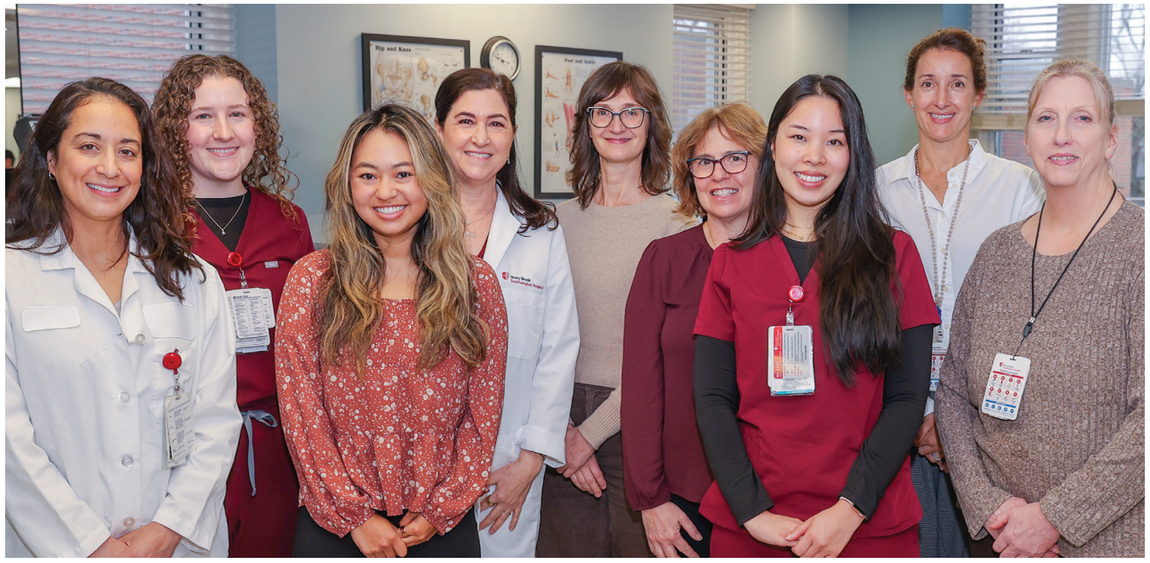


Physical Therapy

Physical therapists and Physical Therapy Assistants (PTAs) are key members of the care team, working one-on-one with patients to improve balance, reduce fall risk and support safe, confident mobility. Through targeted, evidence-based interventions, PTs help individuals maintain independence and enhance overall quality of life. Our highly skilled therapists bring advanced training in Parkinson's care and assessment, creating personalized treatment plans tailored to each person's unique needs, abilities and goals.

"Physical therapy restores functional mobility and safety, helping patients perform daily activities with confidence. In Wellness classes such as Yoga for Parkinson's, we further support strength, flexibility and mind-body connection."

— Deb Jensen, PTA, ERYT500



Occupational Therapy

Occupational therapists play a pivotal role in helping individuals with Parkinson's disease maintain independence in daily life – at home, at work and in leisure activities. Through one-on-one care, OTs build practical skills, introduce adaptive strategies, and enhance safety within the home environment. As needs and priorities change, our team will adjust treatments, offering techniques to conserve energy, simplify routines and support continued engagement in what matters most.

Clinical Nutrition

Registered dietitians provide personalized guidance to optimize nutrition, manage symptoms, and prevent complications such as constipation, weight changes and medication side effects.

At Stony Brook Southampton Hospital, our Director of Clinical Nutrition partners one-on-one with patients to develop personalized nutrition plans that address unique needs and goals, optimizing symptom management and supporting overall health and quality of life.

"Our goal is to support patients along the Parkinson's journey, helping them overcome roadblocks and find new paths to success."

— Shanice Allen, OTR/L

Strength for the Journey, Support for the Whole Family.

A range of educational programs and support services are available for individuals and families living with Parkinson's disease—each designed to inform, connect and empower at every stage of the journey.



Social Work

Social workers are an essential part of your Parkinson's care team. We support both patients and care partners by helping you navigate the emotional, social and practical challenges that may arise after a diagnosis. Our role ensures that care extends beyond medical treatment to address quality of life and overall well-being.

Advance Care Planning Workshops

Living with Parkinson's brings unique challenges, but preparing for the future can ease uncertainty. By integrating education and one-on-one physician consultations, the Advance Care Planning Workshops help participants make informed decisions about future care, including medical, legal and financial considerations.

"A Parkinson's diagnosis can feel overwhelming, but you do not have to go through it alone—support is available for patients and loved ones every step of the way."

— Isabella Echeverria, LMSW



Support Groups

In partnership with the American Parkinson Disease Association, a monthly in-person support group at Stony Brook Southampton Hospital is available for individuals living with Parkinson's and their care partners.

A separate monthly virtual support group provides a dedicated space for care partners to connect, share experiences, and find support.

Care Partner Symposium

These biannual touch points bring care partners together for education, wellness, and meaningful connection, offering practical tools and resources to support the caregiving journey.

"By recognizing that caregivers also need support, the sensitive experts at the Center for Parkinson's Disease help us take better care of our loved ones, and of ourselves."

— Caregiver Testimonial

Community Programs

Our robust offering of free, virtual and in-person community–based programs ensure seamless continuity of care, encouraging exercise participation, social engagement and healthy living over the long term. The Center for Parkinson's Disease offers the following community-based programs with the support and expertise of community and national partners:

- Rock Steady Boxing
- Be Fit Strength Training Class
- Exercise and Falls Prevention Workshop
- Yoga for Parkinson's
- Qi Gong for Balance
- Dance for Parkinson's
- Sing Loud for PD
- Eat Well with PD
- Speak with Intent Therapeutic Group Class
- Canta tu Voz

"The Rock Steady Boxing program made available to the Parkinson's community by the Center for Parkinson's Disease provides not just a wonderful form of therapy, but also a sense of community, kinship and family, and most importantly, hope for the future."

— Participant Testimonial







Our Partners

Stony Brook School *of* Health Professions

PARRISH ART MUSEUM

apda AMERICAN PARKINSON DISEASE ASSOCIATION
Strength in optimism. Hope in progress.

EAST END FOOD

LTV STUDIOS

Stony Brook Southampton Hospital
240 Meeting House Lane
Southampton, NY
(631) 726-8600
stonybrook.info/sbsh-parkinsons

Stony Brook Medicine

SBM-2603 1486