



Why a Program for Parkinson's Disease?

Utilizing educational resources from the leading national Parkinson's organizations, HumanGood brings you Parkinson's Connect.

According to the most recent statistics, Parkinson's is the second most common and fastest-growing neurodegenerative disease in the world. Estimates suggest 1 million people in the United States and 6 million people worldwide live with Parkinson's. And this number is expected to double by 2040 because our population is aging, and age is the biggest risk factor for the disease.

Parkinson's impacts more than just movement; symptoms include anxiety, depression, fatigue and more. **HumanGood offers Parkinson's Connect to help residents connect and thrive** with support from national foundation resources. Plus, therapies such as diet, exercise and social connection that benefit those with Parkinson's are equally advantageous for our residents!

parkinson's  connect

Empowered by HumanGood

Inclusion is one of our core values at HumanGood, and we are dedicated to supporting individuals living with Parkinson's disease by promoting their independence and addressing their specialized needs.

Our Life Plan Communities welcome those living with Parkinson's disease with open arms, providing opportunities to live with passion, purpose and a plan for the future through our equation for living your best life: connection + well-being + security.

The Terraces of Phoenix

a human good community

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY SUPPORT
SKILLED NURSING

7550 North 16th Street
Phoenix, AZ 85020

The Terraces of Phoenix is owned and managed by nonprofit affiliates of HumanGood, a nonprofit public benefit corporation serving older adults since 1949.

As an equal opportunity housing provider, The Terraces of Phoenix provides housing opportunities regardless of race, color, national origin, religion, sex, physical or mental disability, familial status or any other classification protected by law.



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What is Parkinson's Connect?

HumanGood's mission is to inspire the best life for residents, including those with Parkinson's disease. Through the Parkinson's Connect program, residents at The Terraces of Phoenix benefit from our work with national Parkinson's organizations, therapies to slow progression and connection to one another.



Build connections, thrive daily and live fully in a community through Parkinson's Connect and HumanGood.



The three core elements of Parkinson's Connect:



Guidance from the Experts

Our program leverages resources from leading national Parkinson's organizations to ensure that every resident receives the compassionate care they deserve, with their unique needs at the forefront. Through these relationships, we provide direct access to the best educational resources, helping our residents feel supported, empowered and connected on their journey.



Importance of Fitness and Diet

Exercise and diet play a vital role in maintaining health for individuals with Parkinson's disease by promoting neuroplasticity, improving mobility and managing symptoms such as stiffness and fatigue while also providing essential nutrients to support brain function and reduce inflammation. Select team members are trained in PWR!Moves, a targeted fitness program we offer on our campus.



Complementary Programs

Residents benefit from support groups, light therapy, music therapy and social activities that focus on emotional well-being. These, alongside additional therapies such as meditation and relaxation techniques, help alleviate non-movement symptoms such as anxiety and depression, fostering a holistic approach to Parkinson's management.

Utilizing resources offered by the Parkinson's Foundation, Davis Phinney Foundation and The Michael J. Fox Foundation, HumanGood brings you Parkinson's Connect.