



## Digital Resources for Veterans with Parkinson's Disease and their Care Partners

The Parkinson's Foundation offers an extensive collection of books, fact sheets, videos, webinars, podcasts, and ways to connect. Below are some of our top resources tailored to the various stages of Parkinson's Disease (PD).

Find everything you need to live better with PD at [Parkinson.org](https://www.parkinson.org) and [Parkinson.org/Veterans](https://www.parkinson.org/Veterans).

### For All Stages of Parkinson's

- [FAQ Guide for Veterans with PD and their Care Partners](#) online publication
- [Veteran's and Parkinson's](#) fact sheet
- [Exercise and Parkinson's](#) fact sheet
- [Frequently Asked Questions](#) and [Managing Parkinson's Mid-Stride](#) online books
- [Understanding Parkinson's and Mental Health in the Veteran Community](#) webinar
- [Hospital Safety Kits](#)
- All Foundation books available for free [PDF download](#) and on [Kindle](#)

### For People Newly Diagnosed with Parkinson's

If you have been recently diagnosed, you are not alone. The Parkinson's Foundation is here for you with tools, information, and community to live a better life with Parkinson's disease.

- [Advice and testimonials](#) from others newly diagnosed
- [Newly Diagnosed Kit](#) with actions to get started after a diagnosis
- [Living Your Best Life with Parkinson's](#) online book

### For Care Partners

- [Parkinson.org/Caregivers](https://www.parkinson.org/Caregivers) webpage
- [Caring and Coping](#) online book
- [Top 10 Essential Caregiver Resources](#) blog

### Specialty Topics (find more at [Parkinson.org/Library](https://www.parkinson.org/Library))

- [Mood: A Mind Guide to Parkinson's Disease](#) online book
- [Sleep and Parkinson's](#) online book
- [Speech and Swallowing](#) online book
- [A Balancing Act: Freezing and Fall Prevention in Parkinson's](#) blog

### Español

- [Parkinson.org/Español](https://www.parkinson.org/Español) sitio web
- [Podcast en Español](#) sobre temas relevantes de la enfermedad
- [Kit para hospitalización](#)
- [Preguntas frecuentes](#) libro

### Ways to Connect (English and Español)

- [Helpline](#) Connect at 1-800-4PD-INFO (473-4636) or [Helpline@parkinson.org](mailto:Helpline@parkinson.org)
- [PD Health @ Home](#) weekly virtual educational, health and wellness programs
- [PD Conversations](#) online community forum to connect with peers

For the latest in Parkinson's news visit [Parkinson.org](https://www.parkinson.org)

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