



Ordering FREE Resources from the Parkinson's Foundation

The [Parkinson's Foundation](#) offers bulk resource ordering at *no cost* to VA PADRECCs and Consortium Centers.

Below are examples of the Foundation's top resources and instructions for placing an order.

To view the full list of resources that can be ordered, visit [Parkinson.org/PDLibrary](#).

How to Place an Order

Order by phone at **1-800-4PD-INFO**. The Helpline is open Monday through Friday from 9 a.m. to 7 p.m. ET.

Order by email at Helpline@Parkinson.org with subject line "VA Resources Request" and include:

- Name of PADRECC or Consortium Center
- Point of contact
- Address where materials should be sent
- Desired resources (quantities are listed next to each resource category)

Resources Available to Order - This is a *sample* of the available resources. To find more visit [Parkinson.org/Resources](#).

*If you're interested in resources in languages other than English, call or email the Helpline.

Books (minimum of 10, maximum of 100, increments of 10)

- [Parkinson's Disease](#): Frequently Asked Questions
- [Caring and Coping](#): A Care Partner's Guide to Parkinson's Disease
- [Medications](#): A Treatment Guide to Parkinson's Disease
- [Fitness Counts](#): A Body Guide to Parkinson's Disease
- [Mood](#): A Mind Guide to Parkinson's Disease
- [Cognition](#): A Mind Guide to Parkinson's Disease
- [Sleep](#): A Mind Guide to Parkinson's Disease
- [Speech and Swallowing](#): A Body Guide to Parkinson's Disease

Fact Sheets (minimum of 25, maximum of 100, increments of 25)

- [10 Early Signs of Parkinson's Disease](#)
- [Constipation and Other Gastrointestinal Problems in PD](#)
- [Dental Health in Parkinson's](#)
- [Falls Prevention](#)
- [Motor Fluctuations and Parkinson's "Off Times"](#)
- [Nutrition and Parkinson's](#)
- [Pain in Parkinson's](#)
- [Educational Resources](#)

Kits (minimum of 10, maximum of 100, increments of 10)

- [Aware in Care Hospital Safety Kit](#): Tools and information to help a person with Parkinson's during a hospital visit (limit one kit per patient/family).
- [Newly Diagnosed Kit](#): Designed to help people newly diagnosed live well with Parkinson's disease. The kit includes a Parkinson's fact sheet, the five steps to living better with Parkinson's, and key questions to ask one's doctor.

Click [here](#) for free *digital* resources for VA Health Professionals.

To view the full list of resources that can be ordered at no cost to you, visit [Parkinson.org/PDLibrary](#).

For more information visit [Parkinson.org](#) and [Parkinson.org/Subscribe](#).