Suggested Education Essentials for Veterans with Parkinson’s Disease

I. Overview of PD
   A. Newly Diagnosed Kit (Parkinson’s Foundation)
   B. Frequently Asked Questions (Parkinson’s Foundation)
   C. Managing Parkinson’s Mid-Stride (Parkinson’s Foundation)
   D. Aware in Care Hospital Safety Kit (Parkinson’s Foundation)
   E. Parkinson Disease Handbook (APDA) booklet
   F. Every Victory Counts manual/program Essential Information and Inspiration for a Lifetime of Wellness with PD (Davis Phinney Foundation)
   G. Parkinson’s 360⁰ (Michael J. Fox Foundation) booklet

II. Veteran Specific
   A. For Veterans and Family National PADRECC website
   B. VA Agent Orange VA website
   C. VA Military Exposures VA website
   D. Camp Lejeune-Past Water Contamination VA website
   E. VA Caregiver Support Program VA Website
   F. Frequently Asked Questions: For Veterans with Parkinson’s Disease and Their Care Partners (Parkinson’s Foundation)

III. Exercise & Rehabilitation Therapy
   A. Fitness Counts booklet (Parkinson’s Foundation)
   B. Exercise and Parkinson’s fact sheet (Parkinson’s Foundation)
   C. Be Active & Beyond: A Guide to Exercise and Wellness for People with PD (APDA) booklet
   D. Exercise and Physical Activity (National Institute on Aging)
   E. LSVT BIG physical/occupational therapy and LSVT Loud speech therapy – Lee Silverman Voice Treatment Rehabilitation Therapy for People with PD
   F. Parkinson Voice Project 855-707-7325
   G. Rock Steady Boxing non-contact boxing classes for people with PD
   H. Dance for Parkinson’s disease
   I. Parkinson Wellness Recovery (PWR!) exercise and wellness program for people with PD
   J. Parkinson’s Exercise Essentials Video (Davis Phinney Foundation)

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IV. Medications
A. Medications booklet (Parkinson’s Foundation)
B. Parkinson’s and Medication: What’s New webinar (Parkinson’s Foundation)
C. Medications on Time, Every Time - tip sheet (Parkinson’s Foundation)
D. Medications Approved for the Treatment of PD in the USA fact sheet (APDA)

V. Nutrition
A. Nutrition and PD - (Parkinson’s Foundation)
B. A Practical Guide on Parkinson’s Disease And Diet booklet (Michael J. Fox Foundation)
C. Brian Grant Foundation-Nutrition (website)

VI. Care Partners
A. Caring and Coping (Parkinson’s Foundation)
B. Parkinson.org/Caregivers webpage (Parkinson’s Foundation)
C. Top 10 Essential Caregiver Resources blog (Parkinson’s Foundation)
A. Resources for Care Partners (APDA)

VII. Organizations
A. Parkinson’s Foundation 1-800-473-4636
B. American Parkinson Disease Association (APDA) (800) 223-2732
C. Davis Phinney Foundation (866) 358-0285
D. Michael J. Fox Foundation (800) 708-7644

VIII. Regional Organizations
A. Parkinson’s Association (877) 737-7576 (California Area)
B. Brian Grant Foundation 503-274-9382 (Oregon Area)
C. Parkinson Foundation of the National Capital Area 301-844-6510 or 703-734-1017 (Washington DC Metro Area)
D. Parkinson Association of the Carolinas 866-903-7275 (North & South Carolina)
E. Northwest Parkinson’s Foundation 877-980-7500 (Pacific Northwest)
F. Houston Area Parkinson Society 713-625-7114 (Houston Area)
G. The Parkinson Council 610-668-4292 (Philadelphia Area)

This form with active hyperlinks can be found at: www.parkinsons.va.gov

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