



Suggested Education Essentials for Veterans with Parkinson's Disease

I. Overview of PD

- A. **Parkinson Disease Handbook** (APDA) *booklet*
<https://www.apdaparkinson.org/handbook-download/>
- B. **10 Early Signs of Parkinson Disease** (*Parkinson's Foundation*)
<https://www.parkinson.org/pd-library/fact-sheets/10-early-signs>
- C. **Facts About Parkinson's Disease:** (*Parkinson's Foundation*)
<https://www.parkinson.org/pd-library/fact-sheets/Facts-About-Parkinsons-Disease>
- D. **Caring and Coping** (*Parkinson's Foundation*)
<https://www.parkinson.org/pd-library/books/caring-and-coping>
- E. **Every Victory Counts** *manual/program* Essential Information and Inspiration for a Lifetime of Wellness with PD (Davis Phinney Foundation)
<http://www.davisphinneyfoundation.org/>
- F. **Parkinson's 360^o** (Michael J. Fox Foundation) *booklet*
<https://www.michaeljfox.org/understanding-parkinsons/parkinsons-360.html>

II. Exercise & Rehabilitation Therapy

- A. **Be Active & Beyond: A Guide to Exercise and Wellness for People with PD** (APDA) *booklet*
<https://www.apdaparkinson.org/download-exercise-guide/>
- B. **Fitness Counts** *booklet* (*Parkinson's Foundation*)
https://www.parkinson.org/sites/default/files/Fitness_Counts.pdf
- C. **Exercise and Physical Activity** (National Institute on Aging)
<https://www.nia.nih.gov/health/exercise-physical-activity>
- D. **LSVT BIG** *physical/occupational therapy* and **LSVT Loud** *speech therapy* – Lee Silverman Voice Treatment Rehabilitation Therapy for People with PD
<http://www.lsvtglobal.com/>
- E. **Parkinson Voice Project** <http://www.parkinsonvoiceproject.org/> 855-707-7325
- F. **Rock Steady Boxing** *non-contact boxing classes for people with PD*
<https://rocksteadyboxing.org/>
- G. **Dance for PD** *dance classes for people with Parkinson's disease*
<https://danceforparkinsons.org/>
- H. **Parkinson Wellness Recovery (PWR!)** exercise and wellness program for people with PD
<http://www.pwr4life.org/>
- I. **Parkinson's Exercise Essentials Video** (*Davis Phinney Foundation*)
<https://www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/>

III. Medications

- A. **Medications** *booklet* (Parkinson's Foundation)
<https://www.parkinson.org/pd-library/books/medications>
- B. **Medications on Time, Every Time**-*tip sheet* (Parkinson's Foundation)
<https://www.parkinson.org/sites/default/files/attachments/Medications%20on%20Time%2C%20Every%20Time.pdf>
- C. **Medications Approved for the Treatment of PD in the USA** *fact sheet* (APDA)
<https://d2icp22po6iej.cloudfront.net/wp-content/uploads/2020/01/Medications-Approved-Supplement-D3V1.pdf>
- D. **Medications to Avoid** *fact sheet* (APDA)
<https://d2icp22po6iej.cloudfront.net/wp-content/uploads/2019/12/Medications-to-Avoid-Supplement-December-2019.pdf>

IV. Nutrition

- A. **Nutrition and PD**- *factsheet* (Parkinson's Foundation)
<https://www.parkinson.org/sites/default/files/attachments/Nutrition.pdf>
- B. **Cook Well, Stay Well with Parkinson's Disease** *book*, and **Eat Well, Stay Well with Parkinson's Disease** *book*, and **Parkinson's Disease and Constipation** *audio cassette or CD/guide* by Kathrynne Holden RD, MS
<http://www.nutritionucanlivewith.com/>
- C. **A Practical Guide on Parkinson's Disease And Diet** *booklet* (Michael J. Fox Foundation)
https://www.michaeljfox.org/files/011816_MJFF_PARKINSONS_AND_DIET.pdf
- D. **Brian Grant Foundation-Nutrition** (website)
<https://briangrant.org/nutrition/>

V. Organizations

- A. **Parkinson's Foundation** www.parkinson.org 1-800-473-4636
- B. **American Parkinson Disease Association (APDA)** www.apdaparkinson.org (800) 223-2732
- C. **Davis Phinney Foundation** www.davisphinneyfoundation.org (866) 358-0285
- D. **Michael J. Fox Foundation** www.michaeljfox.org (800) 708-7644

VI. Regional Organizations

- A. **Parkinson's Association** www.parkinsonsassociation.org (877) 737-7576 (California Area)
- B. **Brian Grant Foundation** <https://www.briangrant.org/> 503-274-9382 (Oregon Area)
- C. **Parkinson Foundation of the National Capital Area** <https://parkinsonfoundation.org/> 301-844-6510 or 703-734-1017 (Washington DC Metro Area)
- D. **Parkinson Association of the Carolinas** <http://www.parkinsonassociation.org/> 866-903-7275 (North & South Carolina)
- E. **Northwest Parkinson's Foundation** <https://nwpf.org/> 877-980-7500 (Pacific Northwest)
- F. **Houston Area Parkinson Society** <https://www.hapsonline.org/> 713-625-7114 (Houston Area)
- G. **The Parkinson Council** <http://theparkinsoncouncil.org/> 610-668-4292 (Philadelphia Area)

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