



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. **Newly Diagnosed Kit** (Parkinson's Foundation)
https://secure3.convio.net/prkorg/site/Ecommerce/616797764?VIEW_PRODUCT=true&product_id=1801&store_id=4003&ga=2.137251127.602257625.1620655953-1683043761.1607964657
- C. **10 Early Signs of Parkinson Disease** (Parkinson's Foundation)
<https://www.parkinson.org/pd-library/fact-sheets/10-early-signs>
- D. **Frequently Asked Questions:** (Parkinson's Foundation)
<https://www.parkinson.org/pd-library/books/Parkinsons-Disease-Frequently-Asked-Questions>
- E. **Managing Parkinson's Mid-Stride:** (Parkinson's Foundation)
https://secure3.convio.net/prkorg/site/Ecommerce/1770010665?VIEW_PRODUCT=true&product_id=1621&store_id=4003
- F. **Every Victory Counts** *manual/program* Essential Information and Inspiration for a Lifetime of Wellness with PD (Davis Phinney Foundation)
<https://davisphinneyfoundation.org/resources/every-victory-counts-manual/>
- G. **Parkinson's 360°** (Michael J. Fox Foundation) *booklet*
<https://www.michaeljfox.org/understanding-parkinsons/parkinsons-360.html>
- H. **Aware in Care Hospital Safety Kit** (Parkinson's Foundation)
<https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Patient-Safety-Kit/Kit-Contents>

II. Veteran Specific

- A. **For Veterans and Family** *National PADRECC website*
<https://www.parkinsons.va.gov/patients.asp>
- B. **Agent Orange** *website*
<https://www.publichealth.va.gov/exposures/agentorange/index.asp>
- C. **VA Military Exposures** *website*
<https://www.publichealth.va.gov/exposures/agentorange/index.asp>
- D. **Camp Lejeune-Past Water Contamination** *website*
<https://www.publichealth.va.gov/exposures/camp-lejeune/index.asp>

III. 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 Parkinson's** fact sheet (*Parkinson's Foundation*)
<https://www.parkinson.org/pd-library/fact-sheets/Exercise-and-Parkinsons>
- D. **Exercise and Physical Activity** (National Institute on Aging)
<https://www.nia.nih.gov/health/exercise-physical-activity>
- E. **LSVT BIG** *physical/occupational therapy* and **LSVT Loud** *speech therapy* – Lee Silverman Voice Treatment Rehabilitation Therapy for People with PD
<http://www.lsvtglobal.com/>
- F. **Parkinson Voice Project** <http://www.parkinsonvoiceproject.org/> 855-707-7325
- G. **Rock Steady Boxing** *non-contact boxing classes for people with PD*
<https://rocksteadyboxing.org/>
- H. **Dance for PD** *dance classes for people with Parkinson's disease*
<https://danceforparkinsons.org/>
- I. **Parkinson Wellness Recovery (PWR!)** *exercise and wellness program for people with PD*
<http://www.pwr4life.org/>
- J. **Parkinson's Exercise Essentials Video** (*Davis Phinney Foundation*)
<https://www.davisphinneyfoundation.org/resources/parkinsons-exercise-essentials/>

IV. 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. **Parkinson's and Medication: What's New** *webinar (Parkinson's Foundation)*
<https://www.parkinson.org/pd-library/videos-webcasts/Expert-Briefings-Parkinsons-and-Medication-Whats-New>
- D. **Medications Approved for the Treatment of PD in the USA** *fact sheet (APDA)*
<https://www.apdaparkinson.org/wp-content/uploads/2020/10/Medications-Approved-Supplement-D3V1.pdf>
- E. **Medications to Avoid** *fact sheet (APDA)*
<https://www.apdaparkinson.org/wp-content/uploads/2021/04/APDA19360-Medications-to-Avoid-Supplement-D2V1-002.pdf>

V. Nutrition

- A. **Nutrition and PD-** (*Parkinson's Foundation*)
<https://www.parkinson.org/pd-library/fact-sheets/Nutrition>
- B. **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
- C. **Brian Grant Foundation-Nutrition** (website)
<https://briangrant.org/nutrition/>

VI. Care Partners

- A. **Caring and Coping** (*Parkinson's Foundation*)
<https://www.parkinson.org/pd-library/books/caring-and-coping>
- B. **Parkinson.org/Caregivers webpage** (*Parkinson's Foundation*)
<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>
- C. **Top 10 Essential Caregiver Resources** blog (*Parkinson's Foundation*)
<https://www.parkinson.org/Living-with-Parkinsons/For-Caregivers>
- D. **Resources for Care Partners** (*APDA*)
<https://www.apdaparkinson.org/resources-support/for-caregivers/>

VII. 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

VIII. 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