

2014 PARKINSON'S DISEASE ONLINE RESOURCE GUIDE

San Francisco VA Medical Center



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Overview of PD

- Parkinson's FAQ
http://www.pdf.org/pdf/fs_frequently_asked_questions_10.pdf
- Parkinson's Fact Sheets
<http://www.pdf.org/en/factsheets#understanding>
- National Parkinson Foundation Fact Sheet
<http://www.parkinson.org/NationalParkinsonFoundation/files/50/50bdcc68-92e6-4929-819f-00c774f73772.pdf>
- Parkinson's Disease Handbook
<http://apdaparkinson.org/userfiles/files/PDHBRev09Repr10.pdf?key=35286103>
- Young Parkinson's Handbook – A Guide for Patients and Their Families
<http://apdaparkinson.org/userfiles/files/YOPD%20Handbook11-21-8.pdf?key=35286103>
- Parkinson Disease Handbook (APDA) booklet
<http://www.apdaparkinson.org/userfiles/files/PDHBRev09Repr10.pdf>
- What You and Your Family Should Know booklet
http://www3.parkinson.org/site/DocServer/What_You_and_Your_Family_Should.pdf?docID=186&J%20%20%20%20%09ServSessionldr004=mkmgkwoa45.app338a
- How to Live Well with Parkinson's Disease booklet
http://www3.parkinson.org/site/DocServer/How_to_Live_Well_with_PD.pdf?docID=187
- PDF Introductory Packet (PDF) booklet
https://support.pdf.org/sslpage.aspx?pid=269&nccsm=21&__nccspID=879
- Every Victory Counts manual/program Essential Information and Inspiration for a Lifetime of Wellness with PD (Davis Phinney Foundation)
<http://www.davisphinneyfoundation.org>

Medications

- Medications (NPF) booklet
<http://www3.parkinson.org/site/DocServer/Medications.pdf?docID=185&JServSessionIdr004=k6v9x7qfr2.app337a>
- Understanding Medications
http://www.pdf.org/pdf/fs_understanding_medications_12.pdf
- Medication Log
http://www.pdf.org/pdf/pubs_fs_medication_log.pdf
- Medications & Treatments
http://www.pdf.org/en/meds_treatments
- Medications Approved for the Treatment of Parkinson's Disease in the USA
http://action.apdaparkinson.org/images/Downloads/drugchart_5-10.pdf?key=35286103
- Medications To Be Avoided Or Used With Caution In Parkinson's Disease
<http://action.apdaparkinson.org/images/Downloads/Medications%20to%20be%20Avoided%207-11.pdf?key=35286103>
- Medical Management of Parkinson's Disease
[http://action.apdaparkinson.org/images/Downloads/13Sup_2012\(1\).pdf?key=35286103](http://action.apdaparkinson.org/images/Downloads/13Sup_2012(1).pdf?key=35286103)

Exercise

- Fitness Counts (NPF) booklet
http://www3.parkinson.org/site/DocServer/Fitness_Counts.pdf?docID=188
- Be Active: An Exercise Program for People with Parkinson's Disease
http://action.apdaparkinson.org/images/Downloads/BeActive_Feb2008.pdf?key=35286103
- The Importance of Physical Therapy and Exercise for People with Parkinson's Disease (PDF) factsheet
http://www.pdf.org/en/fall07_importance_of_pt
- Exercise and Physical Activity Your Everyday Guide booklet (National Institute on Aging)
www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide or call (800) 222-2225
- Yoga for Movement Disorders: Rebuilding Strength, Balance and Flexibility for Parkinson's Disease and Dystonia book by Renee Le Verrier
<http://www.amazon.com/Yoga-Movement-Disorders-Rebuilding-Flexibility/dp/0985386908>
- Physical Therapy in PD
http://www.pdf.org/pdf/fs_parkinson_exercise_physicaltherapy_10.pdf
- Falls Prevention
http://www.pdf.org/pdf/fs_falls_prevention_10.pdf
- Adapting Your Home For Parkinson's Disease
<http://www.webmd.com/parkinsons-disease/guide/parkinsons-home-safety>
- Be Independent – A Guide for People with Parkinson's Disease
<http://action.apdaparkinson.org/images/Downloads/Be%20Independent.pdf?key=35286103>

- Aquatic Exercises for Parkinson's Disease – A Guide for Patients and Their Families
http://action.apdaparkinson.org/images/Downloads/Aquatic%20Book_8-08.pdf?key=35286103
- Tai Chi improves balance and motor control in Parkinson's Disease by Peter Wayne of Harvard Health
<http://www.health.harvard.edu/blog/tai-chi-improves-balance-and-motor-control-in-parkinsons-disease-201305036150>
- Tai Chi helps Parkinson's Patients with Balance and Fall Prevention by Nicole J. Garbarini of National Institute of Neurological Disorders and Stroke
http://www.ninds.nih.gov/news_and_events/news_articles/Li_TaiChi_and_PD.htm
- Parkinson's Disease & Forced Exercise by C.D. Shelton
<http://www.amazon.com/Parkinsons-Disease-Forced-Exercise-ebook/dp/B007D48F26>
- Exercise and Parkinson's Disease
<http://pdcenter.neurology.ucsf.edu/patients-guide/exercise-and-physical-therapy>
- Posture and Parkinson's
<http://www.parkinson.org/NationalParkinsonFoundation/files/e8/e86a87a9-f290-44fb-9b83-958aca1e6937.pdf>
- Posture and Sitting
<http://www.parkinson.org/NationalParkinsonFoundation/files/6a/6a392f1b-9a34-4da9-8550-bf0061b752e5.pdf>
- Parkinson Wellness Recovery
<http://www.pwr4life.org/>
- Too Little Exercise and Too Much Sitting: A Recipe for Change
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_KEY=8024
- Top 10 Tips for Exercising with Parkinson's Disease
<http://www.davisphinneyfoundation.org/living-pd/10tools/>

Speech Therapy

- Speech Therapy in PD
http://www.pdf.org/pdf/fs_speaking_loud_10.pdf
- Speaking Effectively: A Strategic Guide for Speaking and Swallowing
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8121
- Speech Problems
http://www.pdf.org/en/speech_problems_pd
- Lee Silverman Voice Treatment (LSVT)
<http://www.lsvtglobal.com/>
- PD Choir and LVST Graduate Classes (open to public in Sunnyvale)
<http://www.thepi.org/speech-therapy/>
- PT, OT & Speech Therapy
<http://www.parkinsonsassociation.org/about-parkinsons/pt-ot-speech-therapy>
- How does speech therapy help Parkinson's patients?
<http://www.parkinson.org/Video-Library/How-does-speech-therapy-help-Parkinson-s-patients->
- Speech and Swallowing Therapy
<http://pdcenter.neurology.ucsf.edu/patients-guide/speech-and-swallowing-therapy>
- Therapy and language therapy and Parkinson's
http://www.parkinsons.org.uk/sites/default/files/publications/download/english/fs07_speechandlanguagetherapy.pdf
- What is Dysphagia?
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8083

Mood & Anxiety

- Depression & Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8130
- Depression
http://www.pdf.org/en/depression_pd
- Parkinson's, Depression, and the Wintertime Blues
http://www.pdf.org/en/pd_wintertime_blues
- Depression and Parkinson's Disease
<http://www.nimh.nih.gov/health/publications/depression-and-parkinsons-disease/index.shtml>
- Anxiety and Depression with Parkinson's Disease
<https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?emotions-depression>
- Depression and Parkinson's
<http://www.parkinsons.org.uk/content/depression-and-parkinsons>
- Depression Requires Recognition & Treatment
<http://www.youngparkinsons.org/what-you-should-know-about-early-onset-parkinsons-disease/articles/depression-requires-recognition-treatment>
- Depression Drives Quality of Life in Parkinson's
<http://www.parkinson.org/NationalParkinsonFoundation/files/54/545319c0-d6f2-4c41-8e86-e5c4a830ca6c.pdf>
- Anxiety and Parkinson's
https://www.parkinsons.org.uk/sites/default/files/publications/download/english/fs96_anxiety.pdf
- Parkinson's disease, depression, and anxiety
http://www.parkinsonswa.org.au/sites/4ed4977a50ee8549b700296d/assets/517766c150ee8558cc000017/Parkinson_s_disease__depression_and_anxiety_factsheet.pdf

Nutrition

- 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>
- Nutrition and PD
http://www.pdf.org/pdf/fs_nutrition_11.pdf
- Nutrition and Parkinson's Disease
<http://www.theipi.org/clientuploads/Clinic/Resources/Nutrition.pdf>
- Nutrition and Parkinson's disease: What Matters Most?
http://www.pdf.org/en/winter06_07_Nutrition_and_Parkinson
- Nutrition
http://www.pdf.org/en/diet_nutrition
- Diet and Parkinson's Disease
<https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?nutrition>
- Parkinson's Disease: Nutrition Matters
http://www3.parkinson.org/site/DocServer/Nutrition_Matters.pdf?docID=192
- Good Nutrition and Parkinson's Disease
http://action.apdaparkinson.org/images/Downloads/GoodNutri_09.pdf?key=35286103

Gastrointestinal and Urinary Dysfunction

- Prune Whip (remedy for constipation)
http://www.parkinsons.va.gov/resources/Prune_Whip.asp
- A New Treatment for Parkinson's Disease-Related Constipation
<http://parkinson.org/Patients/Patients---On-The-Blog/June-2012/A-New-Treatment-for-Parkinsons-Disease-Related-Co>
- Constipation in Parkinson's Disease
<http://www.parkinson.org/NationalParkinsonFoundation/files/6d/6d4fc3f9-2a6b-40dc-a986-04d3f750ce5e.pdf>
- Constipation & Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_KEY=8082
- Parkinson's Treatment Tips for Constipation
<http://movementdisorders.ufhealth.org/2011/09/12/parkinsons-treatment-tips-for-constipation/>
- Gastrointestinal Problems
http://www.pdf.org/en/gastrointestinal_problems_pd
- Gastrointestinal and Urinary Dysfunction in PD
http://www.pdf.org/en/spring07_gastrointestinal_and_urinary_dysfunction_in_pd
- Urinary Problems in Parkinson's Disease
<http://www.parkinson.org/NationalParkinsonFoundation/files/6c/6c980d82-f158-481c-97a9-0649ea6ba020.pdf>
- How Parkinson's Disease Affects the Bladder
<http://nafc.org/uploads/pdf/sampleChapters/parkinsons.pdf>
- Bladder and Bowel Problems in Parkinson's
<http://www.parkinsons.org.uk/content/qa-bladder-and-bowel-problems-parkinsons>
- Incontinence & Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_KEY=8079

Sleep Disorders

- Parkinson's Disease and Sleep
<http://sleepfoundation.org/sleep-topics/parkinsons-disease-and-sleep>
- Sleep Disturbances
http://www.pdf.org/en/sleep_disturbance
- Sleep and Parkinson's Disease
<http://pdcenter.neurology.ucsf.edu/patients-guide/sleep-and-parkinsons-disease>
- Parkinson's and the Night
<http://www.youngparkinsons.org/what-you-should-know-about-early-onset-parkinsons-disease/articles/parkinsons-and-the-night>
- Sleep Problems
<http://www.parkinsons.org.uk/content/sleep-problems>
- Living with Parkinson's Disease: Sleep Problems
http://my.clevelandclinic.org/disorders/parkinsons_disease/hic_living_with_parkinsons_disease_sleep_problems.aspx
- REM Sleep Behavior Disorder
<http://www.webmd.com/sleep-disorders/guide/rem-sleep-behavior-disorder>

Hospitalization

- Going to the Hospital with Parkinson's: How to Be Prepared
http://www.pdf.org/fall12_going_hospital
- Hospitalization and PD
<http://parkinsons.stanford.edu/hospitalization.html>
- Hospital Kit Checklist & Emergency Plan for Parkinson's Disease
http://www.parkinsons.va.gov/Consortium/cfiles/PADRECC_Checkist_HospKit_July_2013.pdf
- Information for your Nurse and Doctor for Hospitalization
<http://www.toolkit.parkinson.org/sites/toolkit.parkinson.org/files/resources/Infomation%20for%20Your%20Nurse%20and%20Doctor%20for%20Hospitalization.pdf>
- 5 Frequently Asked Questions about Hospitalization for Parkinson's Patients
<http://www.toolkit.parkinson.org/sites/toolkit.parkinson.org/files/resources/Five%20Frequently%20Asked%20Questions%20about%20Hospitalization.pdf>
- When Should PD Patients Go To The Emergency Room?
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8075
- Hospitalization of a Patient With Parkinson's
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8064

Other Information

- Driving with Parkinson's
<http://www.nhtsa.gov/people/injury/olddrive/Parkinsons%20Web/index.html>
- Driving and PD
<http://parkinsons.stanford.edu/driving.html>
- Driving and Parkinson's: Balancing Independence with Safety
http://www.pdf.org/fall12_driving
- Financial Assistance
http://www.pdf.org/en/financial_planning
- Legal Assistance
http://www.pdf.org/en/legal_assistance_pdf
- Employment Concerns
http://www.pdf.org/en/employ_concerns
Employment & Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8080
- The Challenge of Parkinson's Disease: Adapting to a Nursing Home
http://action.apdaparkinson.org/images/Downloads/10sup_1998.pdf?key=35286103
- Fatigue in Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8077
- Neuro-ophthalmology and Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8076
- Vision Changes
http://www.pdf.org/en/vision_parkinson

- Parkinson's Disease and Oral Health
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_KEY=8066
- Cognitive Changes in Parkinson's Disease
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_KEY=8084
- Cognitive Impairment
http://www.pdf.org/en/cognitive_impairment_pd
- Impulsive Behaviors
http://www.pdf.org/en/impulsive_behavior
- Pain
http://www.pdf.org/en/pain_pd
- Transportation Security Administration (TSA) – Approved ID Card for Traveler's w/ Parkinson's Disease
<http://www.apdaparkinson.org/publications-information/download-publications/>
- How does PD Affect Sexual Health?
<http://www.parkinson.org/Parkinson-s-Disease/Living-Well/Sexual-Health/How-does-PD-Affect-Sexual-Health->
- Sexual Health and Parkinson's
<https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?sexual-health>
- Parkinson's Disease and Sexual Problems
<http://www.webmd.com/parkinsons-disease/guide/parkinsons-sexual-problems>

Botox & Deep Brain Stimulation

Botox

- The Use of Botulinum Toxin in Parkinson's Disease
<http://www.youngparkinsons.org/what-you-should-know-about-early-onset-parkinsons-disease/articles/the-use-of-botulinum-toxin-in-parkinsons-disease>
- Parkinson's Disease – Botulinum Toxin Treatment (Botox)
<http://movementdisorderscenter.org/portfolio/botulinum-toxin-botox-treatment-for-parkinsons-disease/>
- Dystonia and Treatment of Botulinum Toxin
<http://www.thepi.org/botox/>

Deep Brain Stimulation

- Deep Brain Stimulation
<http://www.parkinson.org/Parkinson-s-Disease/Treatment/Surgical-Treatment-Options/Deep-Brain-Stimulation>
- Deep Brain Stimulation for Parkinson's Disease Information Page
http://www.ninds.nih.gov/disorders/deep_brain_stimulation/deep_brain_stimulation.htm
- Deep Brain Stimulation
<http://www.parkinsons.org.uk/content/deep-brain-stimulation>
- Deep brain Stimulation and Surgical Treatment
<https://www.michaeljfox.org/understanding-parkinsons/living-with-pd/topic.php?deep-brain-stimulation>
- Research Reports – Deep Brain Stimulation in Parkinson Disease: Important Information for Patients and Families
<http://www.parkinson.org/NationalParkinsonFoundation/files/0d/0dc56c7a-01b9-4533-80f5-9963901a2bb4.pdf>
- Parkinson's Disease Survey
<http://www.dbs4pd.org/survey.php>

Caregiver Support

- Parkinson's Disease & Caregiving
<https://caregiver.org/parkinsons-disease-caregiving>
- Caring for the Care Partner
http://www.pdf.org/pdf/fs_caring_care_partner_10.pdf
- Coping With Dementia: Advice for Caregivers
http://www.pdf.org/pdf/fs_coping_dementia.pdf
- Helping Your Children Cope with Your PD
http://www.pdf.org/pdf/fs_children_coping_pd_07.pdf
- Parkinson's disease: Caring & Coping by Susan Imke, Trudy Hutton, & Sheree Loftus
http://www3.parkinson.org/site/DocServer/Caring_and_Coping.pdf?docID=184
- The PD Partnership: Tips for People with PD and Their Care Partners
http://www.pdf.org/pdf/fs_pd_partnership_10.pdf
- Support for Care Partners, Family and Friends
http://www.pdf.org/en/caregiving_fam_issues
- The Parkinson's Training for Caregivers Project
www.parkinsonseducator.com
- Well Spouse Association
www.wellspouse.org
- Family Caregiver Alliance
<http://www.caregiver.org>
- National Organization for Empowering Caregivers
<http://www.nofec.org/>
- Keys to Caregiving
http://action.apdaparkinson.org/images/Downloads/4_rev2011.pdf?key=35286103
- The Family Unit and Parkinson's Disease
http://action.apdaparkinson.org/images/Downloads/08sup_1995.pdf?key=35286103

Planning for End of Life

- The Role of Hospice in Parkinson's Disease Care
http://www.pdf.org/pdf/fs_parkinson_role_of_hospice_09.pdf
- The Living Will and The Durable Power of Attorney for Health Care
http://action.apdaparkinson.org/images/Downloads/06sup_Rev2007.pdf?key=35286103
- The Importance of Having a Will
<http://www.apdaparkinson.org/userfiles/files/APDA%20-%20Importance%20of%20Will%204-10.pdf?key=35286103>
- National Physician Orders for Life-Sustaining Treatment (POLST) Paradigm
<http://www.polst.org/>
- Physician Orders for Life-Sustaining Treatment (POLST) California
<http://capolst.org/>
- Advance Health Care Directive: What is Important to You? By State of California
Department of Justice – Office of the Attorney General
http://oag.ca.gov/consumers/general/adv_hc_dir
- Advance Health Care Directive Form Instruction
<http://ag.ca.gov/consumers/pdf/AHCDS1.pdf>
- Managing Advanced Parkinson's Disease by Joan Gardner and Rose Wichmann of
National Parkinson Foundation
http://www3.parkinson.org/site/DocServer/Managing_Advanced_PD.pdf
- Approaching End of Life – Do Not Resuscitate (DNR)
<http://www.toolkit.parkinson.org/sites/toolkit.parkinson.org/files/resources/DNR%20and%20Hospice.pdf>

Parkinson Aids

- California Phones
<http://www.californiaphones.org/>
- Lift labs design - Tremor cancelling utensil
<https://www.liftlabsdesign.com/>
- Parkinson's Eating Aids
http://www.elderstore.com/parkinson-s-eating-aids_280.aspx
- Eating & Drinking Aids for Parkinson's Care
<http://www.easierliving.com/health-conditions/parkinsons-care/dining-aids/?page=1>
- Parkinson Items
http://www.maddak.com/advanced_search_result.php?keywords=Parkinson
- Aware in Care Kit
<http://www.awareincare.org/whats-in-the-kit/>
- Catrike – recumbent bicycle
<http://www.catrike.com/>

*** **Medical Alert ID Bracelets** can be obtained by consult to VAMC Prosthetics department.

Research

- National Institutes of Health
<http://clinicaltrials.gov/>
- Michael J. Fox Trial Finder
<https://foxtrialfinder.michaeljfox.org/>
- The Parkinson's Institute and Clinical Center
<http://www.thepi.org/current-clinical-trials/>
- National Parkinson Foundation
<http://www.parkinson.org/Parkinson-s-Disease/Treatment/Experimental-Therapy---Clinical-Trials>
- Parkinson's Disease Foundation
http://www.pdf.org/en/clinical_trials
- Parkinson Pipeline Project
<http://www.pdpipeline.org/>
- Parkinson Study Group
<http://www.parkinson-study-group.org/>

DVDs

- Parkinson's Exercise Essentials: Getting Started, Staying Motivated and Seeing Results
<http://www.davisphinneyfoundation.org/spotlight/introducing-davis-phinney-foundation-parkinsons-exercise-dvd/>
- A Meditation to Help with Parkinson's Disease
<http://www.amazon.com/Health-Journeys-Meditation-Parkinsons-Disease/dp/1881405907>
- Dance for PD at Home
<http://danceforparkinsons.org/at-home-dvd>
- Functional Aquatic Fitness Training for Parkinson's Disease
<http://sprintaquatics.com/prodinfo.asp?number=871>
- Easy Tai Chi-Qigong
<http://taichihealthproducts.org/>
- Diagnosis Parkinson's Disease: You are not Alone
http://www.pdf.org/en/not_alone_DVD
- Sit and Be Fit
<http://www.sitandbefit.org/>
- Parkinson's Disease: A Guide for Patients and Families
<http://patients.aan.com/go/videos>
- The Educated Caregivers
<http://www.lifeviewresources.com/the-educated-caregiver-series/the-educated-caregiver-three-volume-set.html>
- POLES for Balance & Mobility
<http://www.polesformobility.com/poles-for-mobility-dvd.htm>
- Managing Parkinson's: Straight Talk and Honest Hope
<http://www.waparkinsons.org/DVDInformation.asp>
- Tai Chi for Parkinson's Patients

<http://www.amazon.com/Tai-Chi-Parkinsons-patients-medical/dp/B0057O75WA>

- Motivating Moves for People with PD DVD
http://www.pdf.org/en/winter03_04_Moves
- Parkinson's Disease and the Art of Moving DVD/book and Activities of Daily Living DVD by John Argue
<http://www.parkinsonsexercise.com> or call (510) 985-2645
- Delay the Disease, Exercise and Parkinson's Disease DVD/book by David Zid
<http://delaythedisease.com>

Organizations

- Parkinson's Patient Support Groups, Inc. of Northern & Central California
<http://www.ppsg.org/>
- California Parkinson's Group
<http://calparkinsons.org/>
- Parkinson's Resource Organization
<http://www.parkinsonsresource.org/>
- American Parkinson Disease Association
www.apdaparkinson.org
- Bachmann-Strauss Dystonia & Parkinson Foundation
www.dystonia-parkinsons.org
- Davis Phinney Foundation
www.davisphinneyfoundation.com
- Michael J. Fox Foundation for Parkinson's Research
www.michaeljfox.org
- Muhammad Ali Parkinson Center
www.maprc.com
- National Institute of Neurological Disorders and Stroke (NINDS)
www.ninds.nih.gov
- National Parkinson Foundation
www.parkinson.org
- Parkinson Alliance
www.parkinsonalliance.org
- Parkinson's Action Network (PAN)
www.parkinsonsaction.org
- Parkinson's Disease Foundation (PDF)
www.pdf.org

- Parkinson's Institute and Clinical Center
www.thepi.org
- Parkinson's Resource Organization
www.parkinsonsresource.org
- Parkinson's Unity Walk
www.unitywalk.org
- APDA National Young Onset Center
<http://www.youngparkinsons.org/>
- Parkinson Study Group
<http://www.parkinson-study-group.org/>
- Parkinson's Health
<http://www.parkinsonshealth.com/>
- Parkinson's Disease Research, Education and Clinical Centers (PADRECCs)
http://www.parkinsons.va.gov/New_Front_Page.asp
- Movers & Shaker Inc. A National Parkinson Disease Support & Advocacy Organization
<http://www.pdoutreach.org/>
- The Parkinson's Institute and Clinical Center
<http://www.thepi.org/>
- Deep Brain Stimulation for Parkinson's Disease – an affiliate of The Parkinson Alliance
<http://www.dbs4pd.org/>

Online Support Group, Seminar and Webcasts

Support Group

- Daily Strength's PD Support Group
<http://www.dailystrength.org/c/Parkinsons-Disease/support-group>
- DBSurgery Yahoo! Group
<https://groups.yahoo.com/neo/groups/DBSsurgery/info>
- NPF's Open Forum
<http://forum.parkinson.org/index.php?/forum/3-open-forum/>
- NPF's Young Onset Forum
<http://forum.parkinson.org/index.php?/forum/10-young-onset-forum/>
- Parkinson's UK Form
<http://www.parkinsons.org.uk/forum>
- Patients Like Me Forum
<https://www.patientslikeme.com/>

Online Seminars and Webcasts

- Library of Online Seminars – over 40 seminars
http://www.pdf.org/en/online_education_past/?CMP=EMP-GEN
- Future Online Seminars
http://www.pdf.org/en/online_education_upcoming
- PD Videos, Podcasts, and Online Seminars
<http://www.associatedneurologists.org/web-neuro-centers/parkinsons-disease-center/pd-videos-podcasts-and-online-seminars/>
- Third Thursdays Webinars on Parkinson's Research
<https://www.michaeljfox.org/page.html?hot-topics-webinar-series>
- Evidence-Based Medicine Update on Treatments for Parkinson's Disease
<http://www.movementdisorders.org/MDS/Resources/Webcasts.htm>

Bilingual Information

Spanish

- Parkinson's Fact Sheets in Spanish
<http://www.pdf.org/en/factsheets#understanding>
- NPF Publications in Spanish
<http://www.parkinson.org/Improving-Care/Education/Education--For-Patients/NPF-Literature>

Chinese

- Parkinson's Disease
https://caregiver.org/sites/caregiver.org/files/pdfs/fs_cs_parkinsons.pdf
- An Introduction to Parkinson's Disease – Chinese
http://action.apdaparkinson.org/p/salsa/web/common/public/signup?signup_page_K EY=8126

Multiple Languages

- Parkinson's Disease
<http://www.nlm.nih.gov/medlineplus/languages/parkinsonsdisease.html>

Bay Area PD Resources

provided by American Parkinson Disease Association Information & Referral Center at Stanford

- Parkinson's Disease Support Group in Northern California
http://parkinsons.stanford.edu/support_groups.html
- PD Exercise Classes in San Francisco Bay Area
<http://parkinsons.stanford.edu/exercise.html>
- PD Fall Prevention Programs in Northern California
<http://parkinsons.stanford.edu/fallprevention.html>
- PD Caregiver-Only Support Groups – Bay Area
http://parkinsons.stanford.edu/cgr_support_groups.html
- Parkinson's Patients Support Group, Inc. (PPSG) based in Sunnyvale
<http://www.ppsg.org/>
- The Parkinson's Institute (Sunnyvale) Monthly Educational Programs and Events
<http://www.thepi.org/events/classes/>
- Locate an LSVT Certified Clinician in the Bay Area
<http://www.lsvtglobal.com/clinicians>
- St. Mary's Medical Center Neurological Rehab – LSVT BIG & LOUD
http://www.stmarysmedicalcenter.org/Medical_Services/OT-NEURO
- UCSF Medical Center – LSVT BIG (Parkinson's Rehab)
<http://ptrehab.ucsf.edu/patient-care/outpatient-physical-therapy/referring-providers>

Parkinson's Disease Research, Education and Clinical Centers (PADRECC)

- Parkinson's Telephone Education/Support Conference
<http://www.parkinsons.va.gov/Consortium/cfiles/2014PADRECCTelephoneSupportGroup.pdf>
- 2014 Movement Disorders Series
http://www.parkinsons.va.gov/Consortium/Presentations/Audio_Conference/MDS.aspx
- A Special Edition for Persons with Parkinson's Disease and their Families
<http://www.parkinsons.va.gov/Consortium/cfiles/PADRECCBulletinForPatients.pdf>
- Exercise & Physical Activity
http://www.parkinsons.va.gov/resources/PtEdTri_Exercise.pdf
- Fall Prevention
http://www.parkinsons.va.gov/resources/PtEdTri_Falls.pdf
- Medications
http://www.parkinsons.va.gov/resources/PtEdTri_Meds.pdf
- Motor Symptoms
http://www.parkinsons.va.gov/resources/PtEdTri_Motor.pdf
- Non-Motor Symptoms
http://www.parkinsons.va.gov/resources/PtEdTri_NonMotor.pdf
- Agent Orange and Parkinson's Disease
http://www.parkinsons.va.gov/resources/PtEdTri_AO.pdf
- VA's Caregiver Support website
www.caregiver.va.gov

My Parkinson's Story

Available on Youtube's Veterans Health Administration Channel:

http://www.youtube.com/playlist?list=PL3AQ_JVoBEyxd5tkfQG-S3p_SDYBFtJ6c

A series of 16 short videos prepared by the VA PADRECCs addressing various aspects of Parkinson's Disease.

1. Deep Brain Stimulation and Parkinson's Disease
2. Early Parkinson's Disease
3. The Impact of Depression in Parkinson's Disease
4. Thinking and Memory Problems with Parkinson's Disease
5. Impact of Falls and Parkinson's Disease
6. Sleep Problems and Parkinson's Disease
7. Parkinson's Disease Research
8. Advanced Parkinson's
9. Driving
10. Exercise
11. Hospitalization
12. Impulsive Behavior
13. Medications
14. The Caregiver
15. My Parkinson's Story: Genetics
16. My Parkinson's Story: Environmental Exposure

Future videos coming soon include topics on Pain, Visual Changes, Dyskinesia, and Atypical PD.