# Table of Content

Overview of PD ................................................................. 2  
Medications .................................................................... 3  
Exercise .......................................................................... 4  
Speech Therapy ............................................................ 6  
Mood & Anxiety .............................................................. 7  
Nutrition .......................................................................... 8  
Gastrointestinal and Urinary Dysfunction ....................... 9  
Sleep Disorders ............................................................. 10  
Hospitalization .............................................................. 11  
Other Information ......................................................... 12  
Botox & Deep Brain Stimulation ...................................... 14  
Caregiver Support .......................................................... 15  
Planning for End of Life .................................................. 16  
Parkinson Aids ............................................................... 17  
Research .......................................................................... 18  
DVDs ............................................................................... 19  
Organizations ............................................................... 21  
Online Support Group, Seminar and Webcasts ............... 23  
Bilingual Information ..................................................... 24  
Bay Area PD Resources .................................................. 25  
Parkinson’s Disease Research, Education and Clinical Centers (PADRECC) ... 26  
My Parkinson’s Story ....................................................... 27  

SF PADRECC Parkinson’s Disease Resource Guide
Overview of PD

- Parkinson’s FAQ
- 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
- Young Parkinson’s Handbook – A Guide for Patients and Their Families
- Parkinson Disease Handbook (APDA) booklet
- 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%09ServSessionIdr004=mkmgkwoa45.app338a
- How to Live Well with Parkinson’s Disease booklet
- PDF Introductory Packet (PDF) booklet
- 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
- Medication Log
- Medications & Treatments
- Medications Approved for the Treatment of Parkinson’s Disease in the USA
- 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
Exercise

- Fitness Counts (NPF) booklet

- Be Active: An Exercise Program for People with Parkinson’s Disease

- The Importance of Physical Therapy and Exercise for People with Parkinson’s Disease (PDF) factsheet

- 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

- Falls Prevention

- 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
• 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

• 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

• Top 10 Tips for Exercising with Parkinson’s Disease
  http://www.davisphinneyfoundation.org/living-pd/10tools/
Speech Therapy

- Speech Therapy in PD
- Speaking Effectively: A Strategic Guide for Speaking and Swallowing
- Speech Problems
- 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-Parkinsons-patients-
- Speech and Swallowing Therapy
  http://pdcenter.neurology.ucsf.edu/patients-guide/speech-and-swallowing-therapy
- Therapy and language therapy and Parkinson’s
- What is Dysphagia?
Mood & Anxiety

- Depression & Parkinson’s Disease
- Depression
- Parkinson’s, Depression, and the Wintertime Blues
- Depression and Parkinson’s Disease
- Anxiety and Depression with Parkinson’s Disease
- Depression and Parkinson’s
  http://www.parkinsons.org.uk/content/depression-and-parkinsons
- 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
- 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
- Nutrition and Parkinson’s Disease
- Nutrition and Parkinson’s disease: What Matters Most?
- Nutrition
- Diet and Parkinson’s Disease
- Parkinson’s Disease: Nutrition Matters
- Good Nutrition and Parkinson’s Disease
Gastrointestinal and Urinary Dysfunction

- Prune Whip (remedy for constipation)
  [http://www.parkinsons.va.gov/resources/Prune_Whip.asp](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-Con](http://parkinson.org/Patients/Patients---On-The-Blog/June-2012/A-New-Treatment-for-Parkinsons-Disease-Related-Con)

- Constipation in Parkinson’s Disease
  [http://www.parkinson.org/NationalParkinsonFoundation/files/6d/6d4fc3f9-2a6b-40dc-a986-04d3f750ce5e.pdf](http://www.parkinson.org/NationalParkinsonFoundation/files/6d/6d4fc3f9-2a6b-40dc-a986-04d3f750ce5e.pdf)

- Constipation & Parkinson’s Disease

- Parkinson’s Treatment Tips for Constipation

- Gastrointestinal Problems

- Gastrointestinal and Urinary Dysfunction in PD

- Urinary Problems in Parkinson’s Disease

- How Parkinson’s Disease Affects the Bladder

- Bladder and Bowel Problems in Parkinson’s
  [http://www.parkinsons.org.uk/content/qa-bladder-and-bowel-problems-parkinsons](http://www.parkinsons.org.uk/content/qa-bladder-and-bowel-problems-parkinsons)

- Incontinence & Parkinson’s Disease
Sleep Disorders

- Parkinson’s Disease and Sleep
  http://sleepfoundation.org/sleep-topics/parkinsons-disease-and-sleep
- Sleep Disturbances
- Sleep and Parkinson’s Disease
  http://pdcenter.neurology.ucsf.edu/patients-guide/sleep-and-parkinsons-disease
- Parkinson’s 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
  [Link]

- Hospitalization and PD
  [Link]

- Hospital Kit Checklist & Emergency Plan for Parkinson's Disease
  [Link]

- Information for your Nurse and Doctor for Hospitalization
  [Link]

- 5 Frequently Asked Questions about Hospitalization for Parkinson's Patients
  [Link]

- When Should PD Patients Go To The Emergency Room?
  [Link]

- Hospitalization of a Patient With Parkinson's
  [Link]
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
- Legal Assistance
- Employment Concerns
  Employment & Parkinson’s Disease
- The Challenge of Parkinson’s Disease: Adapting to a Nursing Home
- Fatigue in Parkinson’s Disease
- Neuro-ophthalmology and Parkinson’s Disease
- Vision Changes
• Parkinson’s Disease and Oral Health

• Cognitive Changes in Parkinson’s Disease

• Cognitive Impairment

• Impulsive Behaviors

• Pain

• 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

• Parkinson’s Disease and Sexual Problems
Botox & Deep Brain Stimulation

Botox

• The Use of Botulinum Toxin in Parkinson’s 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

• Deep Brain Stimulation
  http://www.parkinsons.org.uk/content/deep-brain-stimulation

• Deep brain Stimulation and Surgical Treatment

• 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

- Coping With Dementia: Advice for Caregivers

- Helping Your Children Cope with Your PD

- Parkinson's disease: Caring & Coping by Susan Imke, Trudy Hutton, & Sheree Loftus

- The PD Partnership: Tips for People with PD and Their Care Partners

- Support for Care Partners, Family and Friends

- 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

- The Family Unit and Parkinson's Disease
Planning for End of Life

- The Role of Hospice in Parkinson’s Disease Care

- The Living Will and The Durable Power of Attorney for Health Care

- The Importance of Having a Will

- National Physician Orders for Life-Sustaining Treatment (POLST) Paradigm
  http://www.polst.org/

- Physician Orders for Life-Sustaining Treatment (POLST) California
  http://capolst.org/

  http://oag.ca.gov/consumers/general/adv_hc_dir

- Advance Health Care Directive Form Instruction

- 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)
Parkinson Aids

- California Phones
  http://www.californiaphones.org/
- Lift labs design - Tremor cancelling utensil
  https://www.liftlabsdesign.com/
- Parkinson’s Eating Aids
- Eating & Drinking Aids for Parkinson’s Care
  http://www.easierliving.com/health-conditions/parkinsons-care/dining-aids/?page=1
- Parkinson Items
- 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

- Parkinson Pipeline Project
  http://www.pdpipeline.org/

- Parkinson Study Group
  http://www.parkinson-study-group.org/
• Parkinson’s Exercise Essentials: Getting Started, Staying Motivated and Seeing Results

• 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

• 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

• 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/B0057Q75WA
- 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/DBSurgery/info
- NPF's Open Forum
  http://forum.parkinson.org/index.php/?forum/3-open-forum/
- NPF's 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
- Future Online Seminars
- 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

Multiple Languages

• Parkinson’s Disease
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
- 2014 Movement Disorders Series
  http://www.parkinsons.va.gov/Consortium/Presentations/Audio_Conference/MDS.asp
- A Special Edition for Persons with Parkinson’s Disease and their Families
- 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.