

## **Digital Resources for Veterans with Parkinson's Disease**

The Parkinson's Foundation offers an extensive collection of digital books, fact sheets, videos, webinars, podcasts and ways to connect. Below are examples of top Parkinson's Foundation resources tailored to various stages of Parkinson's Disease (PD). Learn more at [Parkinson.org](https://www.parkinson.org) to find everything you need to live better with Parkinson's.

### **For All Stages of Parkinson's**

- [Exercise and Parkinson's](#) fact sheet
- [Frequently Asked Questions](#) and [Managing Parkinson's Mid-Stride](#) books
- [Parkinson's and Medications: What's New](#) webinar
- [Aware in Care Hospital Safety Kit](#)

### **For People Newly Diagnosed with Parkinson's**

If you have been recently diagnosed, you are not alone. The Parkinson's Foundation is here for you with tools, information, and community to live a better life with Parkinson's disease.

- [Advice and testimonials](#) video from others newly diagnosed
- [Newly Diagnosed Kit](#) with actions to get started after a diagnosis
- [Living Your Best Life with Parkinson's](#) online book

### **For Care Partners**

- [Parkinson.org/Caregivers](https://www.parkinson.org/Caregivers) webpage
- [Caring and Coping](#) online book
- [Top 10 Essential Caregiver Resources](#) blog

### **Specialty Topics** (find more at [Parkinson.org/Library](https://www.parkinson.org/Library))

- [Mood: A Mind Guide to Parkinson's Disease](#) online book
- [Sleep and Parkinson's](#) online book
- [Walking with Parkinson's: Freezing, Balance and Falls](#) blog
- [PD Health @ Home](#) weekly wellness and education virtual events

### **Español**

- [Recursos en Español](#) sitio web
- [Podcast e n Español](#) sobre temas relevantes de la enfermedad
- [Aware in Care kit](#) para hospitalización
- [Preguntas frecuentes](#) libro

### **Ways to Connect** (English and Español)

- [Helpline](#) Connect at 1-800-4PD-INFO (473-4636) or [Helpline@parkinson.org](mailto:Helpline@parkinson.org)
- [PD Conversations](#) online community forum to connect with peers

**For the latest in Parkinson's news visit [Parkinson.org](https://www.parkinson.org) and [Parkinson.org/Subscribe](https://www.parkinson.org/Subscribe)**