

FREE PARKINSON'S RESOURCES

National Parkinson Foundation - <http://www.parkinson.org>

Free items available in the NPF Shop.

Aware in Care Kit

The Aware in Care kit includes tools and information that will help people with Parkinson's and their families plan for the next hospital stay.

The kit includes:

- Aware in Care Bag
- Hospital Action Plan
- Parkinson's Disease ID Bracelet
- Medical Alert Card
- Medication Form
- Parkinson's Disease Fact Sheet
- I Have Parkinson's Reminder Slips
- Magnet

One kit per person please. Please call 1-800-4PD-INFO (473-4636) for more information.

Publications:

- What You and Your Family Should Know
- Medications
- 10 Early Warning Signs of Parkinson's Disease
- A Guide to Deep Brain Stimulation Therapy
- Caring and Coping
- Cognition: A Mind Guide to Parkinson's Disease
- Fitness Counts
- Managing Parkinson's Mid-Stride: A Treatment Guide to Parkinson's
- Mood: A Mind Guide to Parkinson's Disease
- Nutrition Matters
- Psychosis: A Mind Guide to Parkinson's Disease
- Speech and Swallowing
- Medical Alert Card

Davis Finney Foundation - <https://www.davisphinneyfoundation.org>

- Every Victory Counts® manual – available in hardcopy or via electronic download
- Parkinson's Exercise Essentials: Getting Started, Staying Motivated, Seeing Results video – available via electronic download only

American Parkinson Disease Association (APDA) - <https://www.apdaparkinson.org>

Basic Information on Parkinson's Disease/How We Can Help

Booklets

- Parkinson's Disease Handbook – New Edition
- Be Active & Beyond – A Guide to Exercise and Wellness for People with Parkinson's Disease – New Edition
- Helping Those Who Serve: Parkinson's Disease Information For The Veterans Community
- Speaking Effectively: A Strategic Guide for Speaking and Swallowing
- My Mommy Has Parkinson's Disease But It's Okay!

Educational Supplements

- Keys to Caregiving
- Oral Health and Parkinson's Disease
- Fatigue in Parkinson's Disease
- Depression and Parkinson's Disease
- Incontinence & Parkinson's Disease
- Constipation & Parkinson's Disease
- Cognitive Changes in Parkinson's Diseases

Brochures and Other Materials

- Neurogenic Orthostatic Hypotension in Parkinson's Disease
- Motor Fluctuations in Parkinson's Disease: What You Need To Know
- Support Service for People with Parkinson's
- Everyday Helpful Hints to Improve the Quality of Life of Parkinson's Disease Patients
- Clinical Trials Brochure
- DBS – Deep Brain Stimulation for Parkinson's Disease – what you need to know
- Medications Approved for the Treatment of Parkinson's Disease in the USA
- Medications to Avoid
- Medical ID Cards
- Living Well With Parkinson's Disease – 10 Things You Can Do Now
- Fact Sheet: Communication and Intimacy in Parkinson's Disease

Parkinson Disease Foundation - <http://www.pdf.org>

- Parkinson's Disease Q & A, Seventh Edition
 - Parkinson's Disease Resource List
 - Diagnosis Parkinson's Disease: You Are Not Alone
 - The PDF Story 1957-2007: Fifty Years of Leadership and Commitment to the Parkinson's Disease Community
 - Diagnosis Parkinson's Disease: You Are Not Alone (DVD)
 - Parkinson's Awareness Toolkit: Awareness Advice from the Pros
- Plus various 1 page fact sheets