

Parkinson's Resources

(This list is based on pre-COVID programming which may impact in person events.)

There are many good sources of Parkinson's information on the internet, so many that it's confusing! For those newly diagnosed, it's important to use reliable sources at first and wait to join chat rooms or use social media until you're sure of the facts.

The Parkinson's Connection of Central New Mexico is the only group having a physical presence in our state allowing us to connect you with other locals, make referrals to community resources, and work to build needed services. All donations stay in New Mexico.

LOCAL

Parkinson's Connection of Central New Mexico—Based in Albuquerque Serves Bernalillo, Sandoval, Torrance, and Valencia Counties

www.parkinsoncnm.org | 505 261-0320 | info@parkinsoncnm.org

Holds local meetings for general PD audience and others for younger onset and newly diagnosed persons ❖ Developed information kits for healthcare professionals to distribute at time of diagnosis ❖ Reaches out to under-served populations. ❖ Has helpline to provide local information & resources ❖ Promotes local wellness classes ❖ Explores ways to reduce loneliness and isolation.

REGIONAL

Parkinson and Movement Disorders Alliance—Based in Tucson, AZ—www.pmda.org

Holds education programs in ABQ with professionals speaking on PD topics ❖ Holds trainings for support group leaders ❖ Holds monthly social groups in ABQ ❖ Stages yearly retreat for couples ❖ Has a wide variety of online educational programs

NATIONAL

These sites have reliable, up to date content plus videos, webinars, and downloads. It's likely you'll prefer one or two where content and organization are a match for you.

American Parkinson's Disease Association—Based in New York—www.apda.org

Resources/Activities Includes information on Young Onset PD (under age 50) & veterans.

Brian Grant Foundation—Based in Portland, OR—www.briangrant.org

Resources/Activities Focuses on exercise and nutrition. ❖ Free online training for exercise professionals interested in leading PD exercise classes.

Davis Phinney Foundation—Based near Boulder, CO—www.dpf.org

Resources/Activities *Every Victory Counts*—in depth online book guiding you to living well with PD and manage caregiving. Free print version upon request ❖ Holds Victory Summit Conferences around the world, including ABQ in 2018

Michael J Fox Foundation—Based in New York—www.michaeljfox.org

Resources/Activities Funds research for new treatments and biomarker to detect PD ❖ Promotes participation in clinical trials. ❖ Advocates on PD related healthcare issues

Parkinson Foundation—Based in Miami and New York—www.parkinson.org

Resources/Activities Has hospitalization kits to educate staff on need to give PD meds on time ❖ Free print materials ❖ Has national helpline ❖ Designates PD Centers of Excellence to identify best practices of care ❖ Researches genetic causes of PD ❖ Funds community grants

Compiled by Parkinson's Connection of Central New Mexico
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