



Suggested Education Essentials for Veterans with Parkinson's Disease

I. Overview of PD

- A. [Newly Diagnosed Kit](#) (Parkinson's Foundation)
- B. [Frequently Asked Questions](#) (Parkinson's Foundation)
- C. [Managing Parkinson's Mid-Stride](#) (Parkinson's Foundation)
- D. [Aware in Care Hospital Safety Kit](#) (Parkinson's Foundation)
- E. [Parkinson Disease Handbook](#) (APDA) booklet
- F. [Every Victory Counts](#) manual/program Essential Information and Inspiration for a Lifetime of Wellness with PD (Davis Phinney Foundation)
- G. [Parkinson's 360°](#) (Michael J. Fox Foundation) booklet

II. Veteran Specific

- A. [For Veterans and Family](#) National PADRECC website
- B. [VA Agent Orange](#) VA website
- C. [VA Military Exposures](#) VA website
- D. [Camp Lejeune-Past Water Contamination](#) VA website
- E. [VA Caregiver Support Program](#) VA Website
- E. [Frequently Asked Questions: For Veterans with Parkinson's Disease and Their Care Partners](#) (Parkinson's Foundation)

III. Exercise & Rehabilitation Therapy

- A. [Fitness Counts](#) booklet (Parkinson's Foundation)
- B. [Exercise and Parkinson's](#) fact sheet (Parkinson's Foundation)
- C. [Be Active & Beyond: A Guide to Exercise and Wellness for People with PD](#) (APDA) booklet
- D. [Exercise and Physical Activity](#) (National Institute on Aging)
- E. [LSVT BIG](#) physical/occupational therapy and [LSVT Loud](#) speech therapy – Lee Silverman Voice Treatment Rehabilitation Therapy for People with PD
- F. [Parkinson Voice Project](#) 855-707-7325
- G. [Rock Steady Boxing](#) non-contact boxing classes for people with PD
- H. [Dance for PD](#) dance classes for people with Parkinson's disease
- I. [Parkinson Wellness Recovery \(PWR!\)](#) exercise and wellness program for people with PD
- J. [Parkinson's Exercise Essentials Video](#) (Davis Phinney Foundation)

IV. Medications

- A. [Medications](#) booklet (Parkinson's Foundation)
- B. [Parkinson's and Medication: What's New](#) webinar (Parkinson's Foundation)
- C. [Medications on Time, Every Time](#)-tip sheet (Parkinson's Foundation)
- D. [Medications Approved for the Treatment of PD in the USA](#) fact sheet (APDA)

V. Nutrition

- A. [Nutrition and PD](#)- (Parkinson's Foundation)
- B. [A Practical Guide on Parkinson's Disease And Diet](#) booklet (Michael J. Fox Foundation)
- C. [Brian Grant Foundation-Nutrition](#) (website)

VI. Care Partners

- A. [Caring and Coping](#) (Parkinson's Foundation)
- B. [Parkinson.org/Caregivers](#) webpage (Parkinson's Foundation)
- C. [Top 10 Essential Caregiver Resources](#) blog (Parkinson's Foundation)
- A. [Resources for Care Partners](#) (APDA)

VII. Organizations

- A. [Parkinson's Foundation](#) 1-800-473-4636
- B. [American Parkinson Disease Association \(APDA\)](#) (800) 223-2732
- C. [Davis Phinney Foundation](#) (866) 358-0285
- D. [Michael J. Fox Foundation](#) (800) 708-7644

VIII. Regional Organizations

- A. [Parkinson's Association](#) (877) 737-7576 (California Area)
- B. [Brian Grant Foundation](#) 503-274-9382 (Oregon Area)
- C. [Parkinson Foundation of the National Capital Area](#) 301-844-6510 or 703-734-1017 (Washington DC Metro Area)
- D. [Parkinson Association of the Carolinas](#) 866-903-7275 (North & South Carolina)
- E. [Northwest Parkinson's Foundation](#) 877-980-7500 (Pacific Northwest)
- F. [Houston Area Parkinson Society](#) 713-625-7114 (Houston Area)
- G. [The Parkinson Council](#) 610-668-4292 (Philadelphia Area)

This form with active hyperlinks can be found at: www.parkinsons.va.gov